

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 2/25/2026 12:45:51 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/02/2026			
ELEMENTARY LUNCH	Total		
ORANGE CHICKEN	2.94 OZ	123	16.45
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	78	16.12
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
COOKIE, FORTUNE COOKIE	COOKIE	35	7.0
SALAD BAR: MONDAYS:ELE	.5 CUP	65	8.36
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		532	84.56
% of Calories			63.6%
Nutrient Guideline		550-6	

\* - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/03/2026			
ELEMENTARY LUNCH	Total		
BEEF TACO STICK	1 EACH	328	28.97
REFRIED BEANS, V V	1/2 C SERVINGS	140	24.0
CORN 1/2 CUP	1/2 CUP	65	15.0
COOKIE, COWBOY	1 oz.	195	29.45
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	103	9.98
SALSA PICANTE	1 OZ	4	1.77
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		1010	142.51
% of Calories			56.4%
Nutrient Guideline		550-6	

\* - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/04/2026			
ELEMENTARY LUNCH	Total		
CHICKEN STRIPS, ELEM FR093	3 STRIPS	260	16.0
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	80	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	20	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	16	3.0
GARLIC TOAST - WG - BC	SERVINGS	100	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
BARBAQUE SAUCE: P/C	1 Each	44	10.13
MILK	CARTON	110	17.0
Weighted Daily Average		695	96.49
% of Calories			55.5%
Nutrient Guideline		550-6	

\* - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 2/25/2026 12:45:51 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/05/2026			
ELEMENTARY LUNCH	Total		
HAM AND EGGS - ELEM.	2oz SERVING	191	4.02
BISCUIT: WG RICH'S	BISCUIT	170	22.99
HASHBROWN PATTY: 1/2 CUP	2 EACH	220	27.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
JUICE, MANGO SPLASH	SERVINGS	60	14.0
COOKIE, BIRTHDAY	SERVINGS	175	27.77
KETCHUP: P/C	PC	40	10.12
SALSA PICANTE	1 OZ	4	1.77
JELLY: VARIETY PACK	PC	35	9.0
MILK	CARTON	110	17.0
Weighted Daily Average		1071	150.02
% of Calories			56.0%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Fri - 03/06/2026			
ELEMENTARY LUNCH	Total		
TOTCHOS - ELEM.	SERVING	450	25.06
LETTUCE & TOMATO: 1/2 CUP-TACOS	1/2 CUP	9	1.92
CARROT STICKS 3/4 CUP	3/4 CUP	99	9.0
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		874	88.32
% of Calories			40.4%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Tue - 03/17/2026			
ELEMENTARY LUNCH	Total		
QUESADILLA, THREE CHEESE	SERVINGS	323	32.51
REFRIED BEANS, V V	1/2 C SERVINGS	140	24.0
GREEN BEANS: 1/2 C.	1/2 CUP	16	3.0
COOKIE, PUMPKIN CHOCOLATE CHIP	COOKIE	147	23.08
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	103	9.98
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
Weighted Daily Average		909	127.68
% of Calories			56.2%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

*\*N/A\** - denotes a nutrient that is either missing or incomplete for an individual ingredient

*\** - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 2/25/2026 12:45:51 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/18/2026			
ELEMENTARY LUNCH	Total		
ROTINI ALFREDO: ELE	3/4 CUP	199	26.31
CHICKEN, DICED L/S TYSON	1.5oz SERVING	66	0.51
BREADSTICK, CHEESY GARLIC	SERVINGS	100	15.0
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		408	56.54
% of Calories			55.4%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/19/2026			
ELEMENTARY LUNCH	Total		
HOT DOG, BEEF CLOVERDALE	SERVINGS	280	23.0
TATER TOTS - MCCAIN	8 PIECES	90	14.0
CAKE DELIGHT	SERVING	280	42.72
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENTS - HOT DOG	PACKETS	16	4.15
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	79	10.82
MILK	CARTON	110	17.0
Weighted Daily Average		920	128.04
% of Calories			55.7%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/20/2026			
ELEMENTARY LUNCH	Total		
GRILLED CHEESE	SANDWICH	327	38.0
CARROT STICKS 3/4 CUP	3/4 CUP	99	9.0
CREAMIES JR.	CREAMIE	93	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		695	94.34
% of Calories			54.3%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/23/2026			
ELEMENTARY LUNCH	Total		
TERIYAKI CHICKEN - ELEM.	2 oz	93	7.14
CHOW MEIN - ELEM	2.36oz SERVING	96	17.23
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
COOKIE, CELEBRATION	SERVINGS	110	17.0
SALAD BAR: MONDAYS:ELE	.5 CUP	65	8.36
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0

*\*N/A\** - denotes a nutrient that is either missing or incomplete for an individual ingredient

*\** - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 2/25/2026 12:45:51 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		594	86.36
% of Calories			58.1%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Tue - 03/24/2026			
ELEMENTARY LUNCH	Total		
DUTCH WAFFLE	1 EACH	330	37.97
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	45	1.0
SAUSAGE LINK - CLOVERDALE	1 LINK	115	1.0
HASHBROWN PATTY:1/2 CUP	2 EACH	220	27.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
JUICE, MANGO SPLASH	SERVINGS	60	14.0
SYRUP	1 EA	10	4.0
KETCHUP : P/C	PC	40	10.12
MILK	CARTON	110	17.0
Weighted Daily Average		995	128.44
% of Calories			51.6%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Wed - 03/25/2026			
ELEMENTARY LUNCH	Total		
CHICKEN POT PIE	1 CUP	415	38.76
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	25	9.38
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
RANCH: (WILD COYOTE LITE)	PC CUP	60	0.0
MILK	CARTON	110	17.0
Weighted Daily Average		675	81.49
% of Calories			48.3%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Thu - 03/26/2026			
ELEMENTARY LUNCH	Total		
CHICKEN CHUNKS, POPCORN TYSON	10 NUGGETS	304	15.18
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	181	28.51
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	120	21.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	79	10.82
CONDIMENT: TENDERS	SERVINGS	44	10.8
MILK	CARTON	110	17.0
Weighted Daily Average		903	119.66
% of Calories			53.0%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 5

Generated on: 2/25/2026 12:45:51 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Fri - 03/27/2026</b>			
ELEMENTARY LUNCH	Total		
PEPPERONI PIZZA RIPPERS	SERVING	270	29.0
DINNER SALAD ELEM.	1 CUP	59	8.34
COOKIE, CHOCOLATE CHUNK	COOKIE	102	15.8
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MARINARA SAUCE	1/2 CUP	70	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	60	0.0
MILK	CARTON	110	17.0
Weighted Daily Average		736	98.50
% of Calories			53.5%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

<b>Mon - 03/30/2026</b>			
ELEMENTARY LUNCH	Total		
ORANGE CHICKEN	2.94 OZ	123	16.45
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	78	16.12
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
COOKIE, FORTUNE COOKIE	COOKIE	35	7.0
SALAD BAR: MONDAYS:ELE	.5 CUP	65	8.36
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		532	84.56
% of Calories			63.6%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

<b>Tue - 03/31/2026</b>			
ELEMENTARY LUNCH	Total		
BEEF TACO STICK	1 EACH	328	28.97
REFRIED BEANS, V V	1/2 C SERVINGS	140	24.0
CORN 1/2 CUP	1/2 CUP	65	15.0
COOKIE, COWBOY	1 oz.	195	29.45
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	103	9.98
SALSA PICANTE	1 OZ	4	1.77
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
Weighted Daily Average		1010	142.51
% of Calories			56.4%
Nutrient Guideline		550-6	

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Weighted Average		785	106.88
			54.5%

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 6

Generated on: 2/25/2026 12:45:51 PM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Cals	Carb	Overage	Error Messages (if any)
				Size	(kcal)	(g)		
Calories	785		550 - 650				135	Correction Required - Calories too High
Carbohydrate (g)	106.88	54.46%						

<sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.