

# Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Base Menu Spreadsheet

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 03/02/2026</b>			
INTERMEDIATE LUNCH 6-8	Total		
ORANGE CHICKEN: (SEC.)	3.6 OZ	151	20.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	174	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
COOKIE, FORTUNE COOKIE	COOKIE	35	7.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: MONDAYS:INTERM.	1 CUP	68	9.2
SOY SAUCE: PC	PC	0	1.0
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
DOMINOS PIZZA	SLICE	277	30.0
PEANUT BUTTER UNCRUSTABLE	SANDWICH	294	29.44
CHEESE STICKS - CHOOSE	SERVING	110	0.5
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: MONDAYS:INTERM.	1 CUP	68	9.2
RANCH: (WILD COYOTE LITE)	PC CUP	60	0.0
MILK	CARTON	110	17.0
Weighted Daily Average		732	90.61
% of Calories			49.5%
Nutrient Guideline		600-7	

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

<b>Tue - 03/03/2026</b>			
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	110	10.37
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
CHEESESTEAK SANDWICH	SANDWICHES	404	37.92
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	400	36.0
TATER TOTS - MCCAIN	8 PIECES	90	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	38	5.4
CONDIMENT: STEAKWICH	SERVING	36	5.37
MILK	CARTON	110	17.0
Weighted Daily Average		833	111.01
% of Calories			53.3%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/04/2026			
INTERMEDIATE LUNCH 6-8	Total		
CHICKEN TENDERS - FR091	2 TENDERS	230	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	130	18.0
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
ALT INT WEEKLY 1st CHOI	Total		
SPICY CHICKEN SANDWICH	SANDWICH	420	44.0
CHICKEN SANDWICH	SANDWICH	353	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	31	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	119	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENT - CHICKEN SAND.	SERVING	31	5.8
MILK	CARTON	110	17.0
Weighted Daily Average		733	100.84
% of Calories			55.0%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/05/2026			
INTERMEDIATE LUNCH 6-8	Total		
HAM AND EGGS SEC	3oz SERVING	289	6.07
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
JELLY: VARIETY PACK	PC	35	9.0
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
NACHOS	SERVINGS	487	38.19
PEPPERONI PIZZA RIPPERS	SERVING	270	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	140	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	110	10.37
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
Weighted Daily Average		928	119.41
% of Calories			51.4%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/06/2026			
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI			
WRAP, CHICKEN - FR091	WRAP	381	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	23	0.25
GRAB N GO -PROTEIN BOWL	SERVINGS	376	25.38
MIXED FRESH VEGETABLES	3/4 CUP	29	6.31
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENTS: WRAP	SERVINGS	94	4.36
MILK	CARTON	110	17.0
Weighted Daily Average		969	101.64
% of Calories			42.0%
Nutrient Guideline		600-7	

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Tue - 03/17/2026			
INTERMEDIATE LUNCH 6-8	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- INTERM.	1 CUP	110	10.37
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI			
CHEESESTEAK SANDWICH	SANDWICHES	404	37.92
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	400	36.0
TATER TOTS - MCCAIN	8 PIECES	90	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	38	5.4
CONDIMENT: STEAKWICH	SERVING	36	5.37
MILK	CARTON	110	17.0
Weighted Daily Average		799	106.07
% of Calories			53.1%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 03/18/2026</b>			
INTERMEDIATE LUNCH 6-8	Total		
ROTINI ALFREDO: SEC	1 CUP	248	36.65
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
ALT INT WEEKLY 1st CHOI	Total		
SPICY CHICKEN SANDWICH	SANDWICH	420	44.0
CHICKEN SANDWICH	SANDWICH	353	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	31	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	119	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENT - CHICKEN SAND.	SERVING	31	5.8
MILK	CARTON	110	17.0
Weighted Daily Average		710	99.28
% of Calories			55.9%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
<b>Thu - 03/19/2026</b>			
INTERMEDIATE LUNCH 6-8	Total		
HOT DOG, BEEF CLOVERDALE	SERVINGS	280	23.0
TATER TOTS - MCCAIN	8 PIECES	90	14.0
CAKE DELIGHT	SERVING	280	42.72
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	79	10.82
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENTS - HOT DOG	PACKETS	16	4.15
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
NACHOS	SERVINGS	487	38.19
PEPPERONI PIZZA RIPPERS	SERVING	270	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	140	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	110	10.37
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
Weighted Daily Average		846	111.40
% of Calories			52.7%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
<b>Fri - 03/20/2026</b>			
INTERMEDIATE LUNCH 6-8	Total		
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	400	36.0
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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
ALT INT WEEKLY 1st CHOI	Total		
WRAP, CHICKEN - FR091	WRAP	381	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	23	0.25
GRAB N GO -PROTEIN BOWL	SERVINGS	376	25.38
MIXED FRESH VEGETABLES	3/4 CUP	29	6.31
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENTS: WRAP	SERVINGS	94	4.36
MILK	CARTON	110	17.0
Weighted Daily Average		933	102.98
% of Calories			44.1%
Nutrient Guideline		600-7	

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Mon - 03/23/2026			
INTERMEDIATE LUNCH 6-8	Total		
TERIYAKI CHICKEN - ELEM.	2 oz	93	7.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	174	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
COOKIE, CELEBRATION	SERVINGS	110	17.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: MONDAYS:INTERM.	1 CUP	68	9.2
SOY SAUCE: PC	PC	0	1.0
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
DOMINOS PIZZA	SLICE	277	30.0
PEANUT BUTTER UNCRUSTABLE	SANDWICH	294	29.44
CHEESE STICKS - CHOOSE	SERVING	110	0.5
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: MONDAYS:INTERM.	1 CUP	68	9.2
RANCH: (WILD COYOTE LITE)	PC CUP	60	0.0
MILK	CARTON	110	17.0
Weighted Daily Average		737	89.62
% of Calories			48.6%
Nutrient Guideline		600-7	

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Tue - 03/24/2026			
INTERMEDIATE LUNCH 6-8	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
JUICE, MANGO SPLASH	SERVINGS	60	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SYRUP	1 EA	10	4.0
KETCHUP : P/C	PC	40	10.12
MILK	CARTON	110	17.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		995	128.44
% of Calories			51.6%
Nutrient Guideline		600-7	

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Wed - 03/25/2026			
INTERMEDIATE LUNCH 6-8	Total		
CHICKEN POT PIE	1 CUP	415	38.76
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	25	9.38
RANCH: (WILD COYOTE LITE)	PC CUP	60	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
SPICY CHICKEN SANDWICH	SANDWICH	420	44.0
CHICKEN SANDWICH	SANDWICH	353	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	31	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	119	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENT - CHICKEN SAND.	SERVING	31	5.8
MILK	CARTON	110	17.0
Weighted Daily Average		720	96.84
% of Calories			53.8%
Nutrient Guideline		600-7	

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Thu - 03/26/2026			
INTERMEDIATE LUNCH 6-8	Total		
CHICKEN CHUNKS, TYSON	5 NUGGETS	240	15.0
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 THURS. - INTERM	1/2 CUP	38	5.4
CONDIMENT: TENDERS	SERVINGS	44	10.8
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
NACHOS	SERVINGS	487	38.19
PEPPERONI PIZZA RIPPERS	SERVING	270	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	140	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	110	10.37
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
Weighted Daily Average		805	106.73
% of Calories			53.0%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
<b>Fri - 03/27/2026</b>			
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total		
WRAP, CHICKEN - FR091	WRAP	381	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	23	0.25
GRAB N GO -PROTEIN BOWL	SERVINGS	376	25.38
MIXED FRESH VEGETABLES	3/4 CUP	29	6.31
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
CONDIMENTS: WRAP	SERVINGS	94	4.36
MILK	CARTON	110	17.0
Weighted Daily Average		923	105.03
% of Calories			45.5%
Nutrient Guideline		600-7	

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<b>Mon - 03/30/2026</b>			
INTERMEDIATE LUNCH 6-8	Total		
ORANGE CHICKEN: (SEC.)	3.6 OZ	151	20.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	174	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	55	3.29
COOKIE, FORTUNE COOKIE	COOKIE	35	7.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: MONDAYS:INTERM.	1 CUP	68	9.2
SOY SAUCE: PC	PC	0	1.0
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
DOMINOS PIZZA	SLICE	277	30.0
PEANUT BUTTER UNCRUSTABLE	SANDWICH	294	29.44
CHEESE STICKS - CHOOSE	SERVING	110	0.5
SUN CHIPS	BAG	140	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: MONDAYS:INTERM.	1 CUP	68	9.2
RANCH: (WILD COYOTE LITE)	PC CUP	60	0.0
MILK	CARTON	110	17.0
Weighted Daily Average		732	90.61
% of Calories			49.5%
Nutrient Guideline		600-7	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/31/2026			
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	110	10.37
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT INT WEEKLY 1st CHOI	Total		
CHEESESTEAK SANDWICH	SANDWICHES	404	37.92
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	400	36.0
TATER TOTS - MCCAIN	8 PIECES	90	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	65	16.34
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	38	5.4
CONDIMENT: STEAKWICH	SERVING	36	5.37
MILK	CARTON	110	17.0
Weighted Daily Average		833	111.01
% of Calories			53.3%
Nutrient Guideline		600-7	

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

Weighted Average		827	104.47
			50.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	827		600 - 700	118%			127	
Carbohydrate (g)	104.47	50.55%						Correction Required - Calories too High

\* - 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.