

Washington County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 04/01/2026		
K-7 BREAKFAST MENU	Total	
BISCUITS & GRAVY	SERVING	29.0
STRING CHEESE: 1oz M	1 EA	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
CHICKEN STRIPS, ELEM FR093	3 STRIPS	16.0
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	3.0
GARLIC TOAST - WG - BC	SERVINGS	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
BARBAQUE SAUCE: P/C	1 Each	10.13
MILK	CARTON	17.0
Weighted Daily Average		92.07
% of Calories		59.1%
Nutrient Guideline		

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

Thu - 04/02/2026		
K-7 BREAKFAST MENU	Total	
YOGURT: UPSTATE FARMS	SERVING	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	24.02
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
SANDWICH, CHICKEN TUKEY HAM & SUN CHIPS	SANDWICHES	27.04
CARROT & CELERY STICKS:ELE	BAG	19.0
FRUIT BAR :SPRING (ELE)	3/4 CUP	8.03
COOKIE, EASTER	1/2 CUP	18.44
MUSTARD:, P/C	COOKIE	27.0
MAYONNAISE, LIGHT	1 Each	0.33
MILK	POUCH	0.61
	CARTON	17.0
Weighted Daily Average		115.86
% of Calories		63.3%
Nutrient Guideline		

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Tue - 04/07/2026		
K-7 BREAKFAST MENU	Total	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	22.49
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MAYONNAISE, LIGHT	POUCH	0.61
MILK	CARTON	17.0

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Portion Values - Detailed

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	Portion Size	Carb (g)
ELEMENTARY LUNCH	Total	
NACHOS, MACHO	SERVINGS	19.96
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
CORN 1/2 CUP	1/2 CUP	15.0
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	52.46
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	9.85
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		118.56
% of Calories		55.8%
Nutrient Guideline		

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Wed - 04/08/2026		
K-7 BREAKFAST MENU	Total	
OMELET, COLBY CHEESE	SERVING	1.0
TOAST	SLICE	19.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
JELLY: VARIETY PACK	PC	9.0
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
TERIYAKI BEEF NUGGETS	4 Nugget	6.0
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	17.03
GRAVY, BROWN LOW SODIUM	1/4 CUP	0.37
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	3.29
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
ROLLS - NO EGGS	SERVINGS	25.63
MARGARINE REDDIES: (1)	1 Patty	0.0
MILK	CARTON	17.0
Weighted Daily Average		87.04
% of Calories		60.4%
Nutrient Guideline		

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Thu - 04/09/2026		
K-7 BREAKFAST MENU	Total	
PARFAIT, YOGURT VAN. PEACH	PARFAIT	49.68
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0

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Combined: K-7 BREAKFAST MENU/ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
ELEMENTARY LUNCH	Total	
HAMBURGER, TYSON	HAMBURGERS	22.0
CHEESE: PROCESS SLICE	SLICE	1.0
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
CAKE, SWEET	SERVING	44.38
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	10.78
CONDIMENT - BURGER	SERVING	3.02
MILK	CARTON	17.0
Weighted Daily Average		120.30
% of Calories		64.8%
Nutrient Guideline		

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Fri - 04/10/2026		
K-7 BREAKFAST MENU	Total	
DONUT:SPRINKLED	DONUT	23.0
STRING CHEESE: 1oz M	1 EA	1.0
TOAST	SLICE	19.0
JELLY: VARIETY PACK	PC	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
CORN DOG, MINI PROVIEW (4)	4 NUGGETS	19.9
CARROT STICKS 3/4 CUP	3/4 CUP	9.0
COOKIE, SNICKERDOODLE, WG	SERVINGS	16.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
KETCHUP : P/C	PC	10.12
MUSTARD:, P/C	1 Each	0.33
MILK	CARTON	17.0
Weighted Daily Average		99.17
% of Calories		62.3%
Nutrient Guideline		

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Mon - 04/13/2026		
K-7 BREAKFAST MENU	Total	
PANCAKE, BITES	SERVINGS	37.02
STRING CHEESE: 1oz M	1 EA	1.0
SYRUP	1 EA	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0

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Portion Values - Detailed

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	Portion Size	Carb (g)
ELEMENTARY LUNCH	Total	
ORANGE CHICKEN	2.94 OZ	16.45
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	16.12
GREEN BEANS 3/4 CUP	3/4 CUP	4.5
BROWNIE MIX, w/ PEAR SAUCE	SERVINGS	24.24
SALAD BAR: MONDAYS:ELE	.5 CUP	8.32
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
Weighted Daily Average		101.32
% of Calories		67.6%
Nutrient Guideline		

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Tue - 04/14/2026		
K-7 BREAKFAST MENU	Total	
PANCAKE CORNDOGS	SERVINGS	17.17
SYRUP	1 EA	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
SOFT FLOUR TACO: ELE	TACO	17.48
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
CHURRO- APPLE WG	SERVINGS	25.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	9.85
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		95.25
% of Calories		60.6%
Nutrient Guideline		

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Wed - 04/15/2026		
K-7 BREAKFAST MENU	Total	
BREAKFAST BURRITO: ELEM.	BURRITOS	22.28
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
ROTINI ALFREDO: ELE	3/4 CUP	26.66
CHICKEN, DICED L/S TYSON	1.5oz SERVING	0.0
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	17.0
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	3.29
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		80.99
% of Calories		52.9%
Nutrient Guideline		

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Thu - 04/16/2026		
K-7 BREAKFAST MENU		
SMOOTHIE	Total SMOOTHIES	36.0
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	21.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
HOT DOG, BEEF CLOVERDALE	Total SERVINGS	23.0
TATER TOTS - MCCAIN	8 PIECES	13.87
CAKE DELIGHT	SERVING	42.72
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENTS - HOT DOG	PACKETS	4.15
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	10.78
MILK	CARTON	17.0
Weighted Daily Average		121.26
% of Calories		67.4%
Nutrient Guideline		

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Fri - 04/17/2026		
K-7 BREAKFAST MENU		
BAGELS, MINI	Total MINI BAGELS	41.97
STRING CHEESE: 1oz M	1 EA	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
CALZONE, MINI, WG	Total 3 CALZONES	40.01
CARROT STICKS 1/2 CUP	1/2 CUP	0.0
CREAMIES JR.	CREAMIE	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MARINARA SAUCE	1/2 CUP	12.02
MILK	CARTON	17.0
Weighted Daily Average		99.99
% of Calories		61.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 04/20/2026		
K-7 BREAKFAST MENU	Total	
FRENCH TOAST STICKS	2 sticks	38.0
SYRUP	1 EA	4.0
STRING CHEESE: 1oz M	1 EA	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
TERIYAKI CHICKEN - ELEM.	2 oz	7.14
CHOW MEIN - ELEM	2.36oz SERVING	17.23
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	3.29
COOKIE, CELEBRATION	SERVINGS	17.0
SALAD BAR: MONDAYS:ELE	.5 CUP	8.32
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
Weighted Daily Average		93.48
% of Calories		62.7%
Nutrient Guideline		

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Tue - 04/21/2026		
K-7 BREAKFAST MENU	Total	
BREAKFAST PIZZA: SAUSAGE	SLICE	24.96
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
QUESADILLA, THREE CHEESE	Total	
REFRIED BEANS, V V	SERVINGS	32.51
PEAR CRISP	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	4 oz SERVING	27.15
FIESTA BAR - ELEM	1/2 CUP	18.44
SALSA PICANTE	.5 CUP	9.64
MILK	1 OZ	1.77
	CARTON	17.0
Weighted Daily Average		105.51
% of Calories		62.5%
Nutrient Guideline		

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Wed - 04/22/2026		
K-7 BREAKFAST MENU	Total	
BISCUITS & GRAVY	SERVING	29.0
STRING CHEESE: 1oz M	1 EA	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0

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Portion Values - Detailed

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	Portion Size	Carb (g)
ELEMENTARY LUNCH	Total	
CHICKEN POT PIE	1 CUP	40.78
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	9.38
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		85.57
% of Calories		55.4%
Nutrient Guideline		

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Thu - 04/23/2026		
K-7 BREAKFAST MENU	Total	
YOGURT: UPSTATE FARMS	SERVING	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	24.02
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
CHICKEN CHUNKS, POPCORN TYSON	10 NUGGETS	15.18
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	21.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	10.78
CONDIMENT: TENDERS	SERVINGS	10.8
MILK	CARTON	17.0
Weighted Daily Average		118.00
% of Calories		63.1%
Nutrient Guideline		

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Fri - 04/24/2026		
K-7 BREAKFAST MENU	Total	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	52.46
STRING CHEESE: 1oz M	1 EA	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
PEPPERONI PIZZA RIPPERS	SERVING	29.0
DINNER SALAD ELEM.	1 CUP	8.34
COOKIE, CHOCOLATE CHUNK	COOKIE	15.8
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MARINARA SAUCE	1/2 CUP	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		104.80
% of Calories		59.8%
Nutrient Guideline		

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Mon - 04/27/2026		
K-7 BREAKFAST MENU	Total	
WAFFLE, BC	WAFFLE	12.0
STRING CHEESE: 1oz M	1 EA	1.0
SYRUP	1 EA	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
ORANGE CHICKEN	2.94 OZ	16.45
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	16.12
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	3.29
COOKIE, FORTUNE COOKIE	COOKIE	7.0
SALAD BAR: MONDAYS:ELE	.5 CUP	8.32
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
Weighted Daily Average		79.58
% of Calories		65.6%
Nutrient Guideline		

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Tue - 04/28/2026		
K-7 BREAKFAST MENU	Total	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	22.49
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MAYONNAISE, LIGHT	POUCH	0.61
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
BEEF TACO STICK	1 EACH	28.97
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
CORN 1/2 CUP	1/2 CUP	15.0
COOKIE, COWBOY	1 oz.	29.45
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	9.85
SALSA PICANTE	1 OZ	1.77
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
Weighted Daily Average		111.56
% of Calories		57.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/29/2026		
K-7 BREAKFAST MENU	Total	
OMELET, COLBY CHEESE	SERVING	1.0
TOAST	SLICE	19.0
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
JELLY: VARIETY PACK	PC	9.0
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ELEMENTARY LUNCH		
CHICKEN STRIPS, ELEM FR093	3 STRIPS	16.0
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	3.0
GARLIC TOAST - WG - BC	SERVINGS	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
BARBAQUE SAUCE: P/C	1 Each	10.13
MILK	CARTON	17.0
Weighted Daily Average		92.45
% of Calories		60.8%
Nutrient Guideline		

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Thu - 04/30/2026		
K-7 BREAKFAST MENU	Total	
PARFAIT, YOGURT STRAW	PARFAIT	43.2
BREAKFAST FRUIT BASKET	1/2 CUP	23.29
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH		
CHICKEN SANDWICH	SANDWICH	31.11
TATER TOTS - MCCAIN	8 PIECES	13.87
COOKIE, CHOCOLATE CHIP	1 EACH	13.5
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	10.78
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		104.63
% of Calories		65.1%
Nutrient Guideline		

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

Weighted Average		101.37
		61.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	101.37	61.30%						

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

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ELEMENTARY LUNCH

Portion Values - Detailed

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Portion Size	Carb (g)
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**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*

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