

Washington County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 04/01/2026		
INTERMEDIATE LUNCH 6-8	Total	
CHICKEN TENDERS - FR091	2 TENDERS	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	18.0
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
ALT INT WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		102.94
% of Calories		55.5%
Nutrient Guideline		

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Thu - 04/02/2026		
INTERMEDIATE LUNCH 6-8	Total	
SANDWICH, CHICKEN TUKEY HAM & SUN CHIPS	SANDWICHES BAG	27.04 19.0
CARROT & CELERY STICKS:INTER	3/4 CUP	8.03
COOKIE, EASTER	COOKIE	27.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MUSTARD:, P/C	1 Each	0.33
MAYONNAISE, LIGHT	POUCH	0.61
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
NACHOS	SERVINGS	38.19
PEPPERONI PIZZA RIPPERS	SERVING	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		106.30
% of Calories		51.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/07/2026		
INTERMEDIATE LUNCH 6-8	Total	
TACO SALAD - RAW	SERVING	26.27
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	52.46
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALSA PICANTE	1 OZ	1.77
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
BURRITO, BIRRIA	SERVINGS	36.45
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	36.0
SPANISH RICE	1/4 CUP SERVING	9.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
MILK	CARTON	17.0
Weighted Daily Average		91.26
% of Calories		44.1%
Nutrient Guideline		

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Wed - 04/08/2026		
INTERMEDIATE LUNCH 6-8	Total	
TERIYAKI BEEF NUGGETS	4 Nugget	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	2.82
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
ALT INT WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		101.48
% of Calories		55.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 04/09/2026		
INTERMEDIATE LUNCH 6-8	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 THURS. - INTERM	1/2 CUP	5.39
CONDIMENT - BURGER	SERVING	3.02
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
NACHOS	SERVINGS	38.19
PEPPERONI PIZZA RIPPERS	SERVING	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		110.48
% of Calories		53.1%
Nutrient Guideline		

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Fri - 04/10/2026		
INTERMEDIATE LUNCH 6-8	Total	
CORN DOG, MINI PROVIEW (5)	5 NUGGETS	24.88
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
ALT INT WEEKLY 1st CHOI	Total	
WRAP, CHICKEN - FR091	WRAP	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	0.25
MIXED FRESH VEGETABLES	3/4 CUP	6.31
SUN CHIPS	BAG	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENTS: WRAP	SERVINGS	4.36
MILK	CARTON	17.0
Weighted Daily Average		88.60
% of Calories		54.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/13/2026		
INTERMEDIATE LUNCH 6-8	Total	
GENERAL TSO - YANGS	3.6oz SERVING	22.15
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	33.34
GREEN BEANS 3/4 CUP	3/4 CUP	4.5
BROWNIE MIX, w/ PEAR SAUCE	SERVINGS	24.24
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: MONDAYS:INTERM.	1 CUP	9.16
SOY SAUCE: PC	PC	1.0
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI		
DOMINOS PIZZA	Total SLICE	30.0
PEANUT BUTTER UNCRUSTABLE	SANDWICH	30.72
CHEESE STICKS - CHOOSE	SERVING	0.5
SUN CHIPS	BAG	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: MONDAYS:INTERM.	1 CUP	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		99.92
% of Calories		52.4%
Nutrient Guideline		

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Tue - 04/14/2026		
INTERMEDIATE LUNCH 6-8	Total	
SOFT FLOUR TACO:SEC	TACO	23.0
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
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI		
BURRITO, BIRRIA	Total SERVINGS	36.45
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	36.0
TATER TOTS - MCCAIN	8 PIECES	13.87
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
CONDIMENT: STEAKWICH	SERVING	5.37
MILK	CARTON	17.0
Weighted Daily Average		103.01
% of Calories		51.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/15/2026		
INTERMEDIATE LUNCH 6-8	Total	
ROTINI ALFREDO: SEC	1 CUP	37.0
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
ALT INT WEEKLY 1st CHOI		
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		101.99
% of Calories		57.2%
Nutrient Guideline		

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Thu - 04/16/2026		
INTERMEDIATE LUNCH 6-8	Total	
HOT DOG, BEEF CLOVERDALE	SERVINGS	23.0
TATER TOTS - MCCAIN	8 PIECES	13.87
CAKE DELIGHT	SERVING	42.72
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	10.78
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENTS - HOT DOG	PACKETS	4.15
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI		
NACHOS	SERVINGS	38.19
PEPPERONI PIZZA RIPPERS	SERVING	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		110.47
% of Calories		53.5%
Nutrient Guideline		

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Fri - 04/17/2026		
INTERMEDIATE LUNCH 6-8	Total	
CALZONE, MINI, WG	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

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Portion Values - Detailed

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	Portion Size	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	
WRAP, CHICKEN - FR091	WRAP	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	0.25
MIXED FRESH VEGETABLES	3/4 CUP	6.31
SUN CHIPS	BAG	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENTS: WRAP	SERVINGS	4.36
MILK	CARTON	17.0
Weighted Daily Average		90.50
% of Calories		53.5%
Nutrient Guideline		

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Mon - 04/20/2026		
INTERMEDIATE LUNCH 6-8	Total	
TERIYAKI CHICKEN - ELEM.	2 oz	7.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	3.29
COOKIE, CELEBRATION	SERVINGS	17.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: MONDAYS:INTERM.	1 CUP	9.16
SOY SAUCE: PC	PC	1.0
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
DOMINOS PIZZA	SLICE	30.0
PEANUT BUTTER UNCRUSTABLE	SANDWICH	30.72
CHEESE STICKS - CHOOSE	SERVING	0.5
SUN CHIPS	BAG	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: MONDAYS:INTERM.	1 CUP	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		92.10
% of Calories		49.5%
Nutrient Guideline		

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Tue - 04/21/2026		
INTERMEDIATE LUNCH 6-8	Total	
QUESADILLA, THREE CHEESE	SERVINGS	32.51
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
PEAR CRISP	4 oz SERVING	27.15
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
FIESTA BAR - ELEM	.5 CUP	9.64
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0

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Portion Values - Detailed

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	Portion Size	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	
BURRITO, BIRRIA	SERVINGS	36.45
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
FIESTA BAR - ELEM	.5 CUP	9.64
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		102.30
% of Calories		56.6%
Nutrient Guideline		

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Wed - 04/22/2026		
INTERMEDIATE LUNCH 6-8	Total	
CHICKEN POT PIE	1 CUP	40.78
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	9.38
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		99.62
% of Calories		54.4%
Nutrient Guideline		

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Thu - 04/23/2026		
INTERMEDIATE LUNCH 6-8	Total	
CHICKEN CHUNKS, TYSON	5 NUGGETS	15.0
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 THURS. - INTERM	1/2 CUP	5.39
CONDIMENT: TENDERS	SERVINGS	10.8
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
NACHOS	SERVINGS	38.19
PEPPERONI PIZZA RIPPERS	SERVING	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0

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Weighted Daily Average		105.86
% of Calories		53.9%
Nutrient Guideline		

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Fri - 04/24/2026		
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	
WRAP, CHICKEN - FR091	WRAP	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	0.25
MIXED FRESH VEGETABLES	3/4 CUP	6.31
SUN CHIPS	BAG	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENTS: WRAP	SERVINGS	4.36
MILK	CARTON	17.0
Weighted Daily Average		90.21
% of Calories		53.0%
Nutrient Guideline		

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Mon - 04/27/2026		
INTERMEDIATE LUNCH 6-8	Total	
ORANGE CHICKEN: (SEC.)	3.6 OZ	20.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	3.29
COOKIE, FORTUNE COOKIE	COOKIE	7.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: MONDAYS:INTERM.	1 CUP	9.16
SOY SAUCE: PC	PC	1.0
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
DOMINOS PIZZA	SLICE	30.0
PEANUT BUTTER UNCRUSTABLE	SANDWICH	30.72
CHEESE STICKS - CHOOSE	SERVING	0.5
SUN CHIPS	BAG	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: MONDAYS:INTERM.	1 CUP	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		93.10
% of Calories		50.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/28/2026		
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
BURRITO, BIRRIA	SERVINGS	36.45
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	36.0
TATER TOTS - MCCAIN	8 PIECES	13.87
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
CONDIMENT: STEAKWICH	SERVING	5.37
MILK	CARTON	17.0
Weighted Daily Average		111.40
% of Calories		51.7%
Nutrient Guideline		

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

Wed - 04/29/2026		
INTERMEDIATE LUNCH 6-8	Total	
CHICKEN TENDERS - FR091	2 TENDERS	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	18.0
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
ALT INT WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		102.94
% of Calories		55.5%
Nutrient Guideline		

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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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Washington County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 04/30/2026		
INTERMEDIATE LUNCH 6-8	Total	
CHICKEN SANDWICH	SANDWICH	31.11
TATER TOTS - MCCAIN	8 PIECES	13.87
COLESLAW	1/2 C. SERVINGS	6.02
COOKIE, CHOCOLATE CHIP	1 EACH	13.5
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	5.39
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
ALT INT WEEKLY 1st CHOI	Total	
NACHOS	SERVINGS	38.19
PEPPERONI PIZZA RIPPERS	SERVING	29.0
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	5.92
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		104.20
% of Calories		53.3%
Nutrient Guideline		

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Weighted Average	100.43
	52.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	100.43	52.88%						

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