

Washington County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 04/01/2026		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
BARBAQUE SAUCE: P/C	1 Each	10.13
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		123.02
% of Calories		53.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/02/2026		
SECONDARY LUNCH 9-12	Total	
SANDWICH, CHICKEN TUKEY HAM & SUN CHIPS	SANDWICHES	27.04
CARROT & CELERY STICKS:SEC	BAG	19.0
FRUIT BAR :SPRING (SEC)	1 CUP	5.67
COOKIE, EASTER	1 CUP	23.3
MUSTARD:, P/C	COOKIE	27.0
MAYONNAISE, LIGHT	1 Each	0.33
MILK	POUCH	0.61
	CARTON	17.0
ALT SEC 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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		114.30
% of Calories		51.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/07/2026		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	11.81
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
BURRITO, BIRRIA	SERVINGS	36.45
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	36.0
TATER TOTS - MCCAIN	12pc	20.91
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT: STEAKWICH	SERVING	5.37
MILK	CARTON	17.0
Weighted Daily Average		129.46
% of Calories		49.9%
Nutrient Guideline		

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Wed - 04/08/2026		
SECONDARY LUNCH 9-12	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, CUP	1 CUP	4.45
ROLLS - NO EGGS	SERVINGS	25.63
MARGARINE REDDIES: (1)	1 Patty	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		121.94
% of Calories		53.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 04/09/2026		
SECONDARY LUNCH 9-12	Total	
HAMBURGER - TYSON -SEC	SERVINGS	27.0
CHEESE: PROCESS SLICE	SLICE	1.0
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
CAKE, SWEET	SERVING	44.38
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - BURGER	SERVING	3.02
MILK	CARTON	17.0
ALT SEC 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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		126.75
% of Calories		53.2%
Nutrient Guideline		

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Fri - 04/10/2026		
SECONDARY LUNCH 9-12	Total	
CORN DOG, MINI PROVIEW (6)	6 NUGGETS	29.85
CARROT 1 CUP	1 CUP	13.86
COOKIE, SNICKERDOODLE, WG	SERVINGS	16.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
KETCHUP : P/C	PC	10.12
MUSTARD:, P/C	1 Each	0.33
MILK	CARTON	17.0
ALT SEC 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 (SEC)	1 CUP	23.3
CONDIMENTS: WRAP	SERVINGS	4.36
MILK	CARTON	17.0
Weighted Daily Average		88.95
% of Calories		60.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/13/2026		
SECONDARY LUNCH 9-12	Total	
GENERAL TSO - YANGS	3.6oz SERVING	22.15
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	33.34
GREEN BEANS 1 CUP	1 CUP	6.0
BROWNIE MIX, w/ PEAR SAUCE	SERVINGS	24.24
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: MONDAYS:SEC	1 CUP	14.32
SOY SAUCE: PC	PC	1.0
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI		
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 (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		115.79
% of Calories		54.3%
Nutrient Guideline		

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Tue - 04/14/2026		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI		
BURRITO, BIRRIA	SERVINGS	36.45
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	36.0
TATER TOTS - MCCAIN	12pc	20.91
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT: STEAKWICH	SERVING	5.37
MILK	CARTON	17.0
Weighted Daily Average		119.31
% of Calories		51.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/15/2026		
SECONDARY LUNCH 9-12	Total	
ROTINI ALFREDO: SEC	1 CUP	37.0
CHICKEN, DICED L/S TYSON	2.3oz SERVING	0.0
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	17.0
BROCCOLI, ROASTED, CUP	1 CUP	4.45
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		122.46
% of Calories		54.7%
Nutrient Guideline		

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Thu - 04/16/2026		
SECONDARY LUNCH 9-12	Total	
HOT DOG, BEEF CLOVERDALE	SERVINGS	23.0
TATER TOTS - MCCAIN	12pc	20.91
CAKE DELIGHT	SERVING	42.72
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENTS - HOT DOG	PACKETS	4.15
MILK	CARTON	17.0
ALT SEC 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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		122.37
% of Calories		53.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/17/2026		
SECONDARY LUNCH 9-12	Total	
CALZONE, MINI, WG	3 CALZONES	40.01
CARROT STICKS 3/4 CUP	3/4 CUP	9.0
CREAMIES JR.	CREAMIE	14.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
MARINARA SAUCE	1/2 CUP	12.02
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI		
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 (SEC)	1 CUP	23.3
CONDIMENTS: WRAP	SERVINGS	4.36
MILK	CARTON	17.0
Weighted Daily Average		90.57
% of Calories		57.4%
Nutrient Guideline		

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Mon - 04/20/2026		
SECONDARY LUNCH 9-12	Total	
TERIYAKI CHICKEN	2.8 oz	10.0
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	33.34
BROCCOLI, ROASTED, CUP	1 CUP	4.45
COOKIE, CELEBRATION	SERVINGS	17.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: MONDAYS:SEC	1 CUP	14.32
SOY SAUCE: PC	PC	1.0
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI		
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 (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		108.80
% of Calories		51.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/21/2026		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	23.3
FIESTA BAR - SEC	1 CUP	10.21
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
BURRITO, BIRRIA	SERVINGS	36.45
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
FIESTA BAR - SEC	1 CUP	10.21
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		108.31
% of Calories		56.9%
Nutrient Guideline		

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Wed - 04/22/2026		
SECONDARY LUNCH 9-12	Total	
CHICKEN POT PIE	1 CUP	40.78
BREADSTICK, CHEESY GARLIC	SERVINGS	15.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		121.57
% of Calories		53.2%
Nutrient Guideline		

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Thu - 04/23/2026		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT: TENDERS	SERVINGS	10.8
MILK	CARTON	17.0

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	Portion Size	Carb (g)
ALT SEC 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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		117.22
% of Calories		53.6%
Nutrient Guideline		

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Fri - 04/24/2026		
SECONDARY LUNCH 9-12	Total	
PEPPERONI PIZZA RIPPERS	SERVING	29.0
DINNER SALAD ELEM.	1 CUP	8.34
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
COOKIE, CHOCOLATE CHUNK	COOKIE	15.8
MARINARA SAUCE	1/2 CUP	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
ALT SEC 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 (SEC)	1 CUP	23.3
CONDIMENTS: WRAP	SERVINGS	4.36
MILK	CARTON	17.0
Weighted Daily Average		87.28
% of Calories		56.1%
Nutrient Guideline		

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Mon - 04/27/2026		
SECONDARY LUNCH 9-12	Total	
ORANGE CHICKEN: (SEC.)	3.6 OZ	20.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	33.34
BROCCOLI, ROASTED, CUP	1 CUP	4.45
COOKIE, FORTUNE COOKIE	COOKIE	7.0
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: MONDAYS:SEC	1 CUP	14.32
SOY SAUCE: PC	PC	1.0
MILK	CARTON	17.0

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	Portion Size	Carb (g)
ALT SEC 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 (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
RANCH: (WILD COYOTE LITE)	PC CUP	0.0
MILK	CARTON	17.0
Weighted Daily Average		108.85
% of Calories		52.3%
Nutrient Guideline		

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Tue - 04/28/2026		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
ALT SEC WEEKLY 1st CHOI	Total	
BURRITO, BIRRIA	SERVINGS	36.45
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	36.0
TATER TOTS - MCCAIN	12pc	20.91
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT: STEAKWICH	SERVING	5.37
MILK	CARTON	17.0
Weighted Daily Average		127.70
% of Calories		52.3%
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		
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
BARBAQUE SAUCE: P/C	1 Each	10.13
MILK	CARTON	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

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Washington County School District

Apr 1, 2026 thru Apr 30, 2026

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Carb (g)
ALT SEC WEEKLY 1st CHOI	Total	
SPICY CHICKEN SANDWICH	SANDWICH	44.0
CHICKEN SANDWICH	SANDWICH	36.11
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	28.51
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
Weighted Daily Average		123.02
% of Calories		53.5%
Nutrient Guideline		

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Thu - 04/30/2026		
SECONDARY LUNCH 9-12	Total	
CHICKEN SANDWICH	SANDWICH	36.11
TATER TOTS - MCCAIN	12pc	20.91
COLESLAW	1/2 C. SERVINGS	6.02
COOKIE, CHOCOLATE CHIP	1 EACH	13.5
FRUIT BAR :SPRING (SEC)	1 CUP	23.3
SALAD BAR: HIGH	1 CUP	13.1
CONDIMENT - CHICKEN SAND.	SERVING	5.8
MILK	CARTON	17.0
ALT SEC 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 (SEC)	1 CUP	23.3
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	11.81
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		119.56
% of Calories		53.4%
Nutrient Guideline		

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Weighted Average		114.86
		53.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	114.86	53.53%						

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