

Washington County School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/01/2026		
K-7 BREAKFAST MENU	Total	
DONUT:SPRINKLED	DONUT	23.0
CHEESE STICKS - CHOOSE	SERVING	0.5
TOAST	SLICE	19.0
JELLY: VARIETY PACK	PC	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	22.51
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
TOTCHOS - ELEM.	SERVING	21.38
LETTUCE & TOMATO:1/2 CUP-TACOS	1/2 CUP	1.92
SUN CHIPS	BAG	18.5
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
Weighted Daily Average		91.75
% of Calories		57.7%
Nutrient Guideline		

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

Mon - 05/04/2026		
K-7 BREAKFAST MENU	Total	
PANCAKE, BITES	SERVINGS	37.02
CHEESE STICKS - CHOOSE	SERVING	0.5
SYRUP	1 EA	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	22.51
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
TERIYAKI CHICKEN - ELEM.	2 oz	7.14
CHOW MEIN - ELEM	2.36oz SERVING	17.23
GREEN BEANS 3/4 CUP	3/4 CUP	4.5
COOKIE, OATMEAL	1 EACH	19.51
SALAD BAR: MONDAYS:ELE	.5 CUP	4.67
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
MILK	CARTON	17.0
Weighted Daily Average		92.39
% of Calories		61.4%
Nutrient Guideline		

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Tue - 05/05/2026		
K-7 BREAKFAST MENU	Total	
PANCAKE CORNDOGS	SERVINGS	17.17
SYRUP	1 EA	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	22.51
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0

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	Portion Size	Carb (g)
ELEMENTARY LUNCH	Total	
TAMALE, CHEESE & GREEN CHILE	TAMALES	26.48
SPANISH RICE - 1/2 Cup Serving	1/2 CUP SERVING	19.24
REFRIED BEANS, V V	1/2 C SERVINGS	24.0
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	52.46
FIESTA BAR - ELEM	.5 CUP	6.38
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALSA PICANTE	1 OZ	1.77
MILK	CARTON	17.0
Weighted Daily Average		120.84
% of Calories		59.8%
Nutrient Guideline		

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Wed - 05/06/2026		
K-7 BREAKFAST MENU	Total	
BREAKFAST BURRITO: ELEM.	BURRITOS	22.28
BREAKFAST FRUIT BASKET	1/2 CUP	22.51
JUICE : VARIETY SUNCUP	BOX	15.25
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		83.28
% of Calories		52.3%
Nutrient Guideline		

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Thu - 05/07/2026		
K-7 BREAKFAST MENU	Total	
SMOOTHIE	SMOOTHIES	53.5
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	21.0
BREAKFAST FRUIT BASKET	1/2 CUP	22.51
JUICE : VARIETY SUNCUP	BOX	15.25
MILK	CARTON	17.0
ELEMENTARY LUNCH	Total	
HAMBURGER, TYSON	HAMBURGERS	23.0
CHEESE: PROCESS SLICE	SLICE	1.0
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	18.76
CAKE, SWEET	SERVING	44.46
FRUIT BAR :SPRING (ELE)	1/2 CUP	18.44
SALAD BAR: 3 THURS:ELE	.5 CUP	10.78
CONDIMENT - BURGER	SERVING	3.02
MILK	CARTON	17.0

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	Portion Size	Carb (g)
Weighted Daily Average		132.86
% of Calories		66.7%
Nutrient Guideline		

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Fri - 05/08/2026		
K-7 BREAKFAST MENU	Total	
BAGELS, MINI	MINI BAGELS	41.97
CHEESE STICKS - CHOOSE	SERVING	0.5
BREAKFAST FRUIT BASKET	1/2 CUP	22.51
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		94.01
% of Calories		62.6%
Nutrient Guideline		

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Mon - 05/11/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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Tue - 05/12/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/13/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Thu - 05/14/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Fri - 05/15/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Mon - 05/18/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Tue - 05/19/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Wed - 05/20/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Thu - 05/21/2026		
K-7 BREAKFAST MENU	Total	
Cooks Choice Entree	1 each	0.0
ELEMENTARY LUNCH	Total	
Cooks Choice Entree	1each	0.0
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

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Weighted Average		102.52 60.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	102.52	60.29%						

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