

Washington County School District

May 1, 2026 thru May 22, 2026

Base Menu Spreadsheet

Combined: K-7 BREAKFAST
MENU/INTERMEDIATE LUNCH 6-8

Portion Values - Detailed

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Generated on: 4/21/2026 4:21:26 PM

| | 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 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| TOTCHOS - ELEM. | SERVING | 21.38 |
| LETTUCE & TOMATO:1/2 CUP-TACOS | 1/2 CUP | 1.92 |
| CARROT STICKS 3/4 CUP | 3/4 CUP | 9.0 |
| SUN CHIPS | BAG | 18.5 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 18.44 |
| MILK | CARTON | 17.0 |
| Weighted Daily Average | | 96.25 |
| % of Calories | | 56.1% |
| 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 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| TERIYAKI CHICKEN - ELEM. | 2 oz | 7.14 |
| RICE OR CHOW MEIN, CHOOSE SEC. | SERVINGS | 33.34 |
| GREEN BEANS 3/4 CUP | 3/4 CUP | 4.5 |
| COOKIE, OATMEAL | 1 EACH | 19.51 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 18.44 |
| SALAD BAR: MONDAYS:INTERM. | 1 CUP | 4.83 |
| SOY SAUCE: PC | PC | 1.0 |
| MILK | CARTON | 17.0 |
| Weighted Daily Average | | 101.02 |
| % of Calories | | 64.3% |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| INTERMEDIATE LUNCH 6-8 | 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 |
| 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 |
| Weighted Daily Average | | 85.00 |
| % of Calories | | 50.7% |
| 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 |
| INTERMEDIATE LUNCH 6-8 | 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. - INTERM | 1/2 CUP | 5.39 |
| CONDIMENT - BURGER | SERVING | 3.02 |
| MILK | CARTON | 17.0 |

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| | Portion Size | Carb (g) |
|---|--------------|-----------------|
| Weighted Daily Average % of Calories | | 130.16 67.0% |
| 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 |
| 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 |
| Weighted Daily Average % of Calories | | 96.50 62.1% |
| Nutrient Guideline | | |

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| Mon - 05/11/2026 | | |
|---|--------|--------------|
| K-7 BREAKFAST MENU | Total | |
| Cooks Choice Entree | 1 each | 0.0 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average % of Calories | | 0.00 0.0% |
| Nutrient Guideline | | |

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| Tue - 05/12/2026 | | |
|---|--------|--------------|
| K-7 BREAKFAST MENU | Total | |
| Cooks Choice Entree | 1 each | 0.0 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average % of Calories | | 0.00 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 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

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| | | |
|------------------------|--------|------|
| Thu - 05/14/2026 | | |
| K-7 BREAKFAST MENU | Total | |
| Cooks Choice Entree | 1 each | 0.0 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

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| | | |
|------------------------|--------|------|
| Fri - 05/15/2026 | | |
| K-7 BREAKFAST MENU | Total | |
| Cooks Choice Entree | 1 each | 0.0 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

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| | | |
|------------------------|--------|------|
| Mon - 05/18/2026 | | |
| K-7 BREAKFAST MENU | Total | |
| Cooks Choice Entree | 1 each | 0.0 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

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| | | |
|------------------------|--------|-----|
| Tue - 05/19/2026 | | |
| K-7 BREAKFAST MENU | Total | |
| Cooks Choice Entree | 1 each | 0.0 |
| INTERMEDIATE LUNCH 6-8 | 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 |
| INTERMEDIATE LUNCH 6-8 | 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 |
| INTERMEDIATE LUNCH 6-8 | Total | |
| Cooks Choice Entree | 1each | 0.0 |
| Weighted Daily Average % of Calories | | 0.00 0.0% |
| Nutrient Guideline | | |

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| | | |
|------------------|--|-----------------|
| Weighted Average | | 104.96 60.1% |
|------------------|--|-----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 104.96 | 60.11% | | | | | | |

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