

Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/01/2025																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN SANDWICH	SANDWIC	1	353	46	554	6.04	*1.44	*60.0	*15	*3.6	3	25.24	36.11	11.11	1.52	0.00
SHREDDED LETTUCE & TOMA	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
TO-DELI																
TATER TOTS - MCCAIN	10pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	2	1.51	21.1	5.28	0.00	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	1	96	1	123	0.73	*0.46	*25.5	*199	*0.0	*6	1.24	13.5	4.34	1.85	*0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1191	*58	1995	19.44	*4.31	*434.4	*5570	*114.08	*74	49.48	170.51	35.77	6.53	*0.00
% of Calories											*25.0%	16.6%	57.3%	27.0%	4.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/02/2025																
SECONDARY LUNCH 9-12	Total	1														
HOT DOG w/ CHILI	SERVINGS	1	345	35	684	4.75	*1.08	*60.0	*10	*2.4	5	15.0	32.5	18.25	6.27	0.00
CARROTS & BROCCOLI - FRESH	1 CUP	1	23	0	41	1.82	0.55	24.2	6005	21.42	*0	0.91	4.98	0.14	0.03	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
LUNCH BASKET	BASKET	1	437	43	749	4.31	*N/A*	*N/A*	*N/A*	*N/A*	7	20.5	44.48	18.34	5.81	0.00
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1081	*65	2065	12.50	*2.26	*427.1	*9885	*69.51	*71	40.02	153.97	35.76	9.38	*0.00
% of Calories											*26.2%	14.8%	57.0%	29.8%	7.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/05/2025																
SECONDARY LUNCH 9-12	Total	1														
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	0	0.0	9	15.0	10.0	3.5	1.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	610	3.37	2.42	33.7	4211	8.09	3	5.05	40.42	4.21	0.00	0.00
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	0.0	0.00	0.00
GRAHAM, TIGER BITES, CHOC Olate	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SE RVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK, STRAWBERRY	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
CHOCOLATE CHUNK COOKIE	COOKIE	1	102	6	100	0.80	0.54	10.0	45	0.0	9	1.2	15.8	3.9	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SE RVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK, STRAWBERRY	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1028	*70	1724	14.35	*4.87	*611.6	*6480	*125.53	*85	47.31	157.01	23.70	5.44	*0.00
% of Calories											*33.1%	18.4%	61.1%	20.8%	4.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/06/2025																
SECONDARY LUNCH 9-12	Total	1														
TACO SOUP	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*1111	*13.95	*5	18.89	21.65	10.25	3.59	*0.00
CHEDDAR/ JACK FANCY SHRE D-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9	6.0	34.0	5.0	1.00	0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	373	*15	344	10.17	*1.00	*46.9	*2350	*62.19	*16	15.49	41.02	16.79	2.75	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
NACHOS	SERVINGS	1	464	53	731	4.50	0.18	*459.8	*206	*0.3	0	17.97	38.0	27.49	8.94	0.00
CHILI, THREE BEAN JTM	1/2 CUP	1	130	0	269	5.50	*N/A*	*N/A*	*N/A*	*N/A*	3	6.0	19.0	3.5	0.55	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	0.3	0.04	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1184	*83	1852	20.21	*2.56	*686.9	*6349	*118.55	*74	53.25	154.24	40.04	11.86	*0.00
% of Calories											*24.9%	18.0%	52.1%	30.4%	9.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Wed - 05/07/2025																
SECONDARY LUNCH 9-12	Total	1														
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.50
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	0	0.0	*1	0.0	2.82	0.94	0.00	0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	449	59.72	*0	2.53	4.45	5.37	0.68	*0.02
ROLLS - NO EGGS	SERVINGS	1	123	0	280	2.10	1.06	10.3	78	0.0	*2	3.83	22.59	2.27	0.78	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
	RIVING															
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO																
SPICY CHICKEN PATTY - A PIE	Total	1														
RRE	SERVINGS	1	420	25	660	6.00	*1.44	*60.0	*15	3.6	4	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TOMA	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
TO-DELI																
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
	RIVING															
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1179	*58	2289	18.67	*4.55	*443.0	*2555	*123.57	*72	46.90	160.65	39.67	9.16	*0.26
% of Calories											*24.5%	15.9%	54.5%	30.3%	7.0%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/08/2025																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	240	55	570	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	23.0	15.0	10.0	2.00	0.00
TATER TOTS - MCCAIN	10pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	2	1.51	21.1	5.28	0.00	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
MIXED FRESH VEGETABLES: SE	1 CUP	1	37	0	56	2.92	0.80	38.4	6076	50.91	*1	2.0	7.73	0.29	0.10	0.00
EC																
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	100	1.00	0.72	100.0	500	0.0	8	2.0	21.0	4.0	1.00	0.00
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1159	*60	1988	18.40	*4.15	*466.2	*8540	*135.72	*74	49.20	172.10	33.03	6.14	*0.00
% of Calories											*25.5%	17.0%	59.4%	25.6%	4.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/09/2025																
SECONDARY LUNCH 9-12	Total	1														
CHEESE RIPPER	SERVING	1	260	25	520	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	14.0	29.0	10.0	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
COOKIE, OATMEAL	1 EACH	1	127	14	141	0.86	*0.69	*9.4	*172	*0.0	*9	2.22	19.44	4.57	1.74	*0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
LUNCH BASKET	BASKET	1	437	43	749	4.31	*N/A*	*N/A*	*N/A*	*N/A*	7	20.5	44.48	18.34	5.81	0.00
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1084	*74	2102	11.77	*1.87	*409.2	*8606	*60.87	*74	40.79	154.16	34.98	9.72	*0.00
% of Calories											*27.5%	15.0%	56.9%	29.0%	8.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/12/2025																
SECONDARY LUNCH 9-12	Total	1														
GENERAL TSO'S CHICKEN	3.9oz SE RVING	1	210	50	450	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13	12.0	24.0	7.0	1.00	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0	0.0	*0	4.0	32.96	1.5	0.00	*0.00
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	0.0	0.00	0.00
BROWNIE MIX, SHIRLEY J	SERVINGS	1	120	0	65	1.00	*0.00	*0.2	*0	*0.0	*15	1.0	23.0	3.5	1.15	0.00
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE RVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
CHOCOLATE CHUNK COOKIE	COOKIE	1	102	6	100	0.80	0.54	10.0	45	0.0	9	1.2	15.8	3.9	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE RVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1033	*60	1279	14.16	*4.02	*595.9	*4375	*121.49	*89	44.79	161.28	23.85	5.51	*0.00
% of Calories											*34.6%	17.3%	62.4%	20.8%	4.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/13/2025																
SECONDARY LUNCH 9-12	Total	1														
SOFT FLOUR TACO:SEC	serving	1	244	49	437	3.00	1.44	120.1	418	0.6	0	17.01	21.0	10.5	3.70	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	0.3	0.04	0.00
CHEDDAR/ JACK FANCY SHRE D-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
CHURRO- APPLE WG	SERVINGS	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	25.0	5.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	373	*15	344	10.17	*1.00	*46.9	*2350	*62.19	*16	15.49	41.02	16.79	2.75	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
NACHOS	SERVINGS	1	464	53	731	4.50	0.18	*459.8	*206	*0.3	0	17.97	38.0	27.49	8.94	0.00
CHILI, THREE BEAN JTM	1/2 CUP	1	130	0	269	5.50	*N/A*	*N/A*	*N/A*	*N/A*	3	6.0	19.0	3.5	0.55	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	0.3	0.04	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1221	*80	1658	22.26	*2.30	*710.8	*3800	*105.63	*74	54.77	169.14	39.02	11.66	*0.00
% of Calories											*24.3%	17.9%	55.4%	28.8%	8.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/14/2025																
SECONDARY LUNCH 9-12	Total	1														
ROTINI ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.3oz SE RVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	14.09	0.78	3.91	1.17	0.00
BREADSTICK, CHEESY GARLI C DOUG	SERVINGS	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	15.0	3.0	0.50	0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	449	59.72	*0	2.53	4.45	5.37	0.68	*0.02
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN PATTY - A PIE RRE	SERVINGS	1	420	25	660	6.00	*1.44	*60.0	*15	3.6	4	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
WAFFLE FRIES, SKIN ON MCC AIN	3oz SER VINGS	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1170	*66	1857	14.61	*3.12	*417.3	*2405	*123.57	*72 *24.6%	51.13 17.5%	162.16 55.4%	36.58 28.1%	7.70 5.9%	*0.01 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/24/2025 9:36:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/15/2025																
SECONDARY LUNCH 9-12	Total	1														
CORN DOG, MINI PROVIEU (6)	6 NUGGETS	1	249	60	348	2.98	*N/A*	*N/A*	*N/A*	*N/A*	1	9.95	29.85	9.95	2.49	0.00
TATER TOTS - MCCAIN	10pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	2	1.51	21.1	5.28	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
CHOCOLATE CHUNK COOKIE	COOKIE	1	102	6	100	0.80	0.54	10.0	45	0.0	9	1.2	15.8	3.9	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	285	*0	251	7.66	*3.05	*46.6	*2227	*68.04	*14	12.23	36.49	10.81	1.11	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1163	*70	1711	16.95	*3.48	*392.0	*5227	*109.07	*77	41.88	168.73	35.92	6.58	*0.00
% of Calories											*26.5%	14.4%	58.0%	27.8%	5.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/24/2025 9:36:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/16/2025																
SECONDARY LUNCH 9-12	Total	1														
CALZONE, MINI, WG	3 CALZO NES	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO																
LUNCH BASKET	BASKET	1	437	43	749	4.31	*N/A*	*N/A*	*N/A*	*N/A*	7	20.5	44.48	18.34	5.81	0.00
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1100	*74	2036	11.85	*2.42	*647.0	*9514	*62.59	*71	41.93	156.95	35.20	9.85	*0.00
% of Calories											*26.0%	15.3%	57.1%	28.8%	8.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 05/19/2025																
SECONDARY LUNCH 9-12	Total	1														
Cooks Choice Entree	1each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ICE CREAM SANDWICH	SANDWI CHES	1	140	*N/A*	150	2.00	*N/A*	*N/A*	*N/A*	*N/A*	14	4.0	29.02	2.0	1.00	0.00
Weighted Daily Average			140	*0	150	2.00	*0.00	*0.0	*0	*0.00	14	4.00	29.02	2.00	1.00	0.00
% of Calories											40.0%	11.4%	82.9%	12.9%	6.4%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/20/2025																
SECONDARY LUNCH 9-12	Total	1														
Cooks Choice Entree	1each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	
Wed - 05/21/2025																
SECONDARY LUNCH 9-12	Total	1														
Cooks Choice Entree	1each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	
Thu - 05/22/2025																
SECONDARY LUNCH 9-12	Total	1														
Cooks Choice Entree	1each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	
Weighted Average			1056	*63	1747	15.17	*3.07	*480.1	*5639	*97.70	*71 *60.5%	43.50 16.5%	151.53 57.4%	31.96 27.2%	7.73 6.6%	*0.02 *0.0%

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		Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1056		846	125%													
Cholesterol (mg)	63				Missing												
Sodium 1 (mg)	1747								1747								
Fiber (g)	15.17																
Iron (mg)	3.07		4.50	68%	Missing	1.43				Correction Required - Iron is Low							
Calcium (mg)	480.1		400.00	120%	Missing												
Vitamin A (IU)	5639		1500	376%	Missing												
Sugars (g)	71	26.87%			Missing												
Vitamin C (mg)	97.70		19.20	509%	Missing												
Protein (g)	43.50	16.47%	16.70	260%													
Carbohydrate (g)	151.53	57.38%															
Total Fat (g)	31.96	27.23%	<=30.00%														
Saturated Fat (g)	7.73	6.59%	<10.00%														
Trans Fat ¹ (g)	0.02	0.02%			Missing												

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