

Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Mon - 11/03/2025																		
ELEMENTARY LUNCH	Total	1																
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00	
CHOW MEIN - ELEM	2.36oz S ERVING	1	96	0	285	2.14	*0.09	*8.8	*72	*4.8	2.10	*0.00	2.3	17.23	2.04	0.01	0.00	
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	7.00	1.0	17.0	4.0	1.00	0.00	
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			524	63	1151	6.38	*0.17	*32.9	*74	*15.36	*45.50	*11.67	25.63	78.01	14.03	2.79	0.01	
% of Calories											*34.7%	*8.9%	19.5%	59.5%	24.1%	4.8%	0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Tue - 11/04/2025																		
ELEMENTARY LUNCH	Total	1																
QUESADILLA, THREE CHEES	SERVING	1	323	36	582	3.32	*N/A*	*N/A*	*N/A*	*N/A*	2.29	0.00	17.43	32.51	14.2	8.62	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*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00	
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00	
COOKIE, PUMPKIN CHOCOL	COOKIE	1	147	1	137	2.85	*0.52	*29.1	*0	*0.0	*10.77	*8.07	2.03	23.08	5.66	2.39	*0.00	
ATE CHIP																		
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*0.00	1.41	9.18	5.9	1.17	0.00	
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			888	47	2085	18.92	*0.96	*60.4	*4	*21.43	*47.42	*12.73	37.54	125.90	29.27	12.70	*0.00	
% of Calories											*21.3%	*5.7%	16.9%	56.7%	29.7%	12.9%	*0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Wed - 11/05/2025																		
ELEMENTARY LUNCH	Total	1																
CHICKEN NOODLE SOUP: U SDA 1C.	1 CUP	1	199	47	451	1.92	*0.08	*20.5	*98	*1.69	*2.10	*0.00	17.21	18.34	5.05	1.23	0.00	
BREADSTICK, CHEESE - BO SCO'S	SERVING	1	150	15	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	10.0	17.0	5.0	2.50	0.00	
TOMATOES, CUCUMBER, C ARROTS:EL	3/4 CUP	1	25	0	35	1.89	0.54	20.2	*1	6.88	*1.39	*0.00	0.77	9.38	0.17	0.03	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average % of Calories			604	79	1124	7.76	*0.69	*48.8	*102	*19.13	*31.60 *20.9%	*4.67 *3.1%	36.66 24.3%	77.07 51.1%	19.25 28.7%	6.28 9.4%	0.00 0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Thu - 11/06/2025																		
ELEMENTARY LUNCH	Total	1																
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	*N/A*	0.0	4.00	*N/A*	14.0	6.0	8.0	3.50	0.50	
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00	
GRAVY, BROWN LOW SODI	1/4 CUP	1	2	0	19	0.00	0.01	1.1	*N/A*	0.0	0.12	*N/A*	0.0	0.37	0.0	0.00	*0.00	
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	53	3	451	1.02	0.29	16.6	*2	12.09	*3.70	*0.00	0.79	7.17	2.76	0.68	0.00	
ROLLS - NO EGGS	SERVING	1	140	0	317	2.38	1.21	11.7	*0	0.0	*2.14	*2.14	4.34	25.63	2.58	0.89	*0.00	
MARGARINE REDDIES: (1)	1 Patty	1	20	0	30	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	2.5	0.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average % of Calories			642	50	1869	9.35	*3.40	*79.9	*5	*52.69	*39.09 *24.4%	*6.81 *4.2%	30.82 19.2%	91.55 57.0%	17.86 25.0%	5.59 7.8%	*0.50 *0.7%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Fri - 11/07/2025																		
ELEMENTARY LUNCH	Total	1																
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	*N/A*	*N/A*	*N/A*	0.0	3.00	*N/A*	16.0	27.0	13.0	5.00	0.00	
DINNER SALAD ELEM.	1 CUP	1	59	3	472	1.69	0.56	30.2	*216	*5.74	*4.89	*0.00	0.9	8.34	2.89	0.71	0.00	
COOKIE, CHOCOLATE CHUN	COOKIE	1	102	6	100	0.80	0.54	10.0	*N/A*	0.0	9.00	*N/A*	1.2	15.8	3.9	1.00	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.01	*N/A*	2.0	12.02	1.5	0.00	0.00	
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			751	51	2100	9.44	*1.18	*48.3	*218	*16.29	*51.02	*4.67	28.79	95.51	30.32	9.23	0.00	
% of Calories											*27.2%	*2.5%	15.3%	50.8%	36.3%	11.1%	0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Mon - 11/10/2025																		
ELEMENTARY LUNCH	Total	1																
ORANGE CHICKEN	2.94 OZ	1	123	33	247	0.00	*N/A*	0.0	*N/A*	*N/A*	9.05	*N/A*	9.05	16.45	2.47	0.41	0.00	
RICE: COOKED BROWN RIC	1/2 CUP	1	78	0	70	0.98	*0.00	1.1	*0	0.0	*0.00	*0.00	1.95	16.12	0.73	0.00	*0.00	
E (ELE)																		
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01	
COOKIE, FORTUNE COOKIE	COOKIE	1	35	0	5	0.00	0.00	0.0	0	0.0	3.00	0.50	0.5	7.0	0.5	0.00	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			462	41	744	4.22	*0.08	*25.2	*3	*10.56	*40.02	*5.17	23.12	76.21	9.19	1.48	*0.01	
% of Calories											*34.6%	*4.5%	20.0%	66.0%	17.9%	2.9%	*0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Tue - 11/11/2025																		
ELEMENTARY LUNCH	Total	1																
BEEF TACO STICK	1 EACH	1	328	46	752	3.07	2.63	312.5	*N/A*	*N/A*	1.00	*N/A*	18.52	28.97	15.17	7.69	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*	1.00	*N/A*	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*	3.00	*N/A*	2.0	15.0	1.0	0.00	0.00	
COOKIE, COWBOY	1 oz.	1	198	1	159	1.69	*0.95	*42.8	*0	*0.0	*15.04	*15.04	2.79	29.36	8.06	3.25	*0.00	
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*0.00	1.41	9.18	5.9	1.17	0.00	
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average % of Calories			993	57	2152	17.51	*4.01	*386.5	*4	*21.43	*52.39 *21.1%	*19.70 *7.9%	40.40 16.3%	140.63 56.7%	33.65 30.5%	12.64 11.5%	*0.00 *0.0%	
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Wed - 11/12/2025																		
ELEMENTARY LUNCH	Total	1																
CHICKEN STRIPS, ELEM FRO	3 STRIPS	1	260	25	390	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	15.0	16.0	15.0	2.50	*N/A*	
MASHED POTATOES, Dry mi x, 1/2	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00	
GRAVY, CHICKEN: LOW SO DIUM	1/4 CUP	1	20	0	142	0.00	0.01	1.1	*0	0.0	*1.00	*0.00	0.0	3.0	0.5	0.00	0.00	
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00	
GARLIC TOAST - WG - BC	SERVING	1	100	0	125	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	0.00	3.0	14.0	3.5	0.50	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average % of Calories			690	32	1477	9.30	*0.45	*31.7	*3	*40.60	*40.80 *23.6%	*4.67 *2.7%	30.10 17.4%	95.50 55.4%	21.09 27.5%	3.53 4.6%	*0.00 *0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Thu - 11/13/2025																		
ELEMENTARY LUNCH	Total	1																
CHICKEN SANDWICH	SANDWICH	1	323	46	504	5.04	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	24.24	31.11	10.61	1.52	0.00	
LETTUCE & TOMATO:1/2 CU	1/2 CUP	1	9	0	5	0.79	0.25	7.5	*9	4.02	1.11	*0.00	0.72	1.92	0.04	0.01	0.00	
P-TACOS																		
TATER TOTS - MCCAIN	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00	
COOKIE, CHOCOLATE CHIP	1 EACH	1	96	1	123	0.73	*0.46	*25.5	*0	*0.0	*5.90	*5.90	1.24	13.5	4.34	1.85	*0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	53	3	451	1.02	0.29	16.6	*2	12.09	*3.70	*0.00	0.79	7.17	2.76	0.68	0.00	
ELE																		
CONDIMENT - CHICKEN SAN	SERVING	1	31	1	224	0.15	0.05	2.5	*N/A*	*0.75	4.68	*2.02	0.14	5.8	0.78	0.13	0.02	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			773	57	1624	11.68	*2.21	*120.1	*14	*29.82	*45.51	*12.59	36.82	105.86	23.06	4.70	*0.02	
% of Calories											*23.6%	*6.5%	19.1%	54.8%	26.9%	5.5%	*0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Fri - 11/14/2025																		
ELEMENTARY LUNCH	Total	1																
SLOPPY JOE: JTM ELEMEN	2 OZ	1	200	24	578	2.43	1.08	60.0	*N/A*	2.4	6.14	*N/A*	12.32	27.53	4.68	1.21	0.22	
TARY																		
CARROT STICKS 3/4 CUP	3/4 CUP	1	99	10	326	2.70	*0.00	*0.0	*N/A*	*0.0	4.58	*0.00	0.9	9.0	8.22	2.07	0.00	
SUN CHIPS	BAG	1	140	0	140	2.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	2.0	19.0	6.0	0.50	0.00	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			609	41	1202	9.08	*1.16	*68.1	*3	*12.96	39.84	*4.67	23.90	87.88	19.93	4.31	0.22	
% of Calories											26.2%	*3.1%	15.7%	57.7%	29.4%	6.4%	0.3%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00		

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Nov 3, 2025 thru Nov 28, 2025

ELEMENTARY LUNCH

Generated on: 10/29/2025 6:48:38 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 11/17/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - ELEM	2.36oz S ERVING	1	96	0	285	2.14	*0.09	*8.8	*72	*4.8	2.10	*0.00	2.3	17.23	2.04	0.01	0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.50	*N/A*	1.5	4.5	0.0	0.00	0.00
BISCUIT	BISCUIT	1	90	0	160	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	2.00	2.0	14.0	2.5	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			473	57	1385	8.09	*0.17	*16.9	*74	*15.36	*39.15	*6.67	26.20	76.22	8.06	2.25	0.00
% of Calories											*33.1%	*5.6%	22.1%	64.4%	15.3%	4.3%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 11/18/2025																	
ELEMENTARY LUNCH	Total	1															
ROASTED TURKEY VIP	2oz SERVING	1	56	28	306	0.00	*N/A*	0.0	*N/A*	0.0	0.70	0.70	11.83	0.7	0.7	0.00	0.00
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY	1/4 Cup	1	15	0	280	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	3.0	0.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
EDAMAME, IQF SHELLED	3 oz	1	60	0	3	2.68	*N/A*	*N/A*	*N/A*	*N/A*	1.34	*N/A*	6.71	4.02	2.68	0.00	0.00
DELUXE FRUIT SALAD	1/2 CUP	1	78	0	4	1.00	*0.10	2.4	*3	*1.76	13.71	*4.86	0.52	15.65	2.07	2.02	0.00
PUMPKIN PIE : (Sara Lee)	Slice	1	385	50	530	1.00	*0.00	*0.0	*N/A*	0.0	26.00	*N/A*	5.0	59.0	15.0	7.00	0.00
ROLLS - NO EGGS	SERVING	1	140	0	317	2.38	1.21	11.7	*0	0.0	*2.14	*2.14	4.34	25.63	2.58	0.89	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	20	0	30	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	2.5	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			960	85	2081	10.06	*1.69	*36.5	*3	*31.81	*61.89	*12.36	39.40	145.02	27.36	10.41	*0.00
% of Calories											*25.8%	*5.2%	16.4%	60.4%	25.7%	9.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 11/19/2025																	
ELEMENTARY LUNCH	Total	1															
POPCORN CHICKEN - FR100	10 PIECE	1	240	75	480	3.00	*N/A*	*N/A*	*N/A*	0.0	0.00	*N/A*	18.0	19.0	11.0	2.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	2.0	21.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
CONDIMENT: TENDERS	SERVING	1	44	0	236	0.30	0.09	5.0	*N/A*	*1.51	8.85	*4.05	0.24	10.8	0.02	0.01	0.01
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			756	82	1363	8.84	*1.35	*113.1	*3	*18.28	43.97	*8.72	31.52	111.67	22.53	5.48	0.01
% of Calories											23.3%	*4.6%	16.7%	59.1%	26.8%	6.5%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 11/20/2025																	
ELEMENTARY LUNCH	Total	1															
HAMBURGER, TYSON	HAMBURGERS	1	273	46	475	2.00	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	17.23	22.0	12.71	4.59	0.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	119	0	256	1.71	0.31	0.0	*N/A*	4.09	0.00	*N/A*	1.71	18.76	4.26	1.28	0.00
SWEET CAKE	SERVING	1	279	5	223	1.23	*0.54	*16.9	*0	*0.31	*31.70	*13.58	1.94	44.38	11.07	4.80	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	53	3	451	1.02	0.29	16.6	*2	12.09	*3.70	*0.00	0.79	7.17	2.76	0.68	0.00
CONDIMENT - BURGER	SERVING	1	20	1	205	0.06	0.00	0.0	*N/A*	*0.0	2.28	*2.02	0.08	3.02	0.83	0.12	0.02
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			946	62	1778	10.19	*2.87	*121.0	*65	*49.84	*71.05	*20.27	32.19	134.24	32.93	12.02	*0.53
% of Calories											*30.1%	*8.6%	13.6%	56.8%	31.3%	11.4%	*0.5%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 11/21/2025																	
ELEMENTARY LUNCH	Total	1															
CORN DOG, MINI PROVIEU (4 NUGG	1	166	40	232	1.99	*N/A*	*N/A*	*N/A*	*N/A*	0.66	*N/A*	6.63	19.9	6.63	1.66	0.00
	ETS																
CARROT STICKS 3/4 CUP	3/4 CUP	1	99	10	326	2.70	*0.00	*0.0	*N/A*	*0.0	4.58	*0.00	0.9	9.0	8.22	2.07	0.00
COOKIE, SNICKERDOODLE, WG	SERVING	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*	1.0	16.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	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	*N/A*	0.0	0.00	*N/A*	0.22	0.33	0.22	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			583	63	1182	7.36	*0.08	*8.1	*3	*10.56	47.46 32.6%	*12.77 *8.8%	17.44 12.0%	87.71 60.2%	20.10 31.0%	5.26 8.1%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Mon - 11/24/2025																	
ELEMENTARY LUNCH	Total	1															
ORANGE CHICKEN	2.94 OZ	1	123	33	247	0.00	*N/A*	0.0	*N/A*	*N/A*	9.05	*N/A*	9.05	16.45	2.47	0.41	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	78	0	70	0.98	*0.00	1.1	*0	0.0	*0.00	*0.00	1.95	16.12	0.73	0.00	*0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.50	*N/A*	1.5	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
BROWNIE MIX, SHIRLEY J	SERVING	1	120	0	65	1.00	*0.00	*0.2	*N/A*	*0.0	*15.00	*N/A*	1.0	23.0	3.5	1.15	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			516	40	749	6.92	*0.08	*9.4	*3	*10.56	*52.68 *40.8%	*4.67 *3.6%	22.19 17.2%	92.43 71.7%	7.72 13.5%	2.09 3.6%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 11/25/2025																	
ELEMENTARY LUNCH																	
	Total	1															
	TACO	1	197	36	432	1.24	0.81	88.6	*N/A*	0.44	0.50	*N/A*	12.83	17.48	8.17	3.24	0.00
	SHREDDED LETTUCE & TO MATO-DELI	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
	CHEDDAR/ JACK FANCY SH RED.25OZ	1	28	8	46	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	1.77	0.0	2.28	1.27	0.00
	REFRIED BEANS, V V	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
	CHURRO- APPLE WG	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8.00	*N/A*	2.0	25.0	5.0	1.00	0.00
	SALAD BAR: 2 TUESDAY (ELE	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*0.00	1.41	9.18	5.9	1.17	0.00
	FRUIT BAR :WINTER:ELE	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
	SALSA PICANTE	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
	MILK	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			808	54	1784	15.22	*1.81	*139.2	*64	*42.26	*46.11	*4.67	35.46	116.35	25.15	7.24	0.00
% of Calories											*22.8%	*2.3%	17.6%	57.6%	28.0%	8.1%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Weighted Average			705	56	1521	10.02	*1.31	*79.2	*38	*24.64	*46.80	*9.26	30.48	102.22	21.27	6.35	*0.08
											*59.8%	*11.8%	17.3%	58.0%	27.2%	8.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	705		645	109%				
Cholesterol (mg)	56							
Sodium 1 (mg)	1521					1521		
Fiber (g)	10.02							
Iron (mg)	1.31		3.30	40%	Missing	1.99		Correction Required - Iron is Low
Calcium (mg)	79.2		267.00	30%	Missing	187.81		Correction Required - Calcium is Low
Vitamin A (RAE)	38		1055	4%	Missing	1017		Correction Required - Vitamin A is Low
Total Sugars (g)	46.80	26.57%			Missing			
Added Sugars (g)	9.26	5.26%	<10.00% ¹	93%	Missing			
Vitamin C (mg)	24.64		15.00	164%	Missing			
Protein (g)	30.48	17.30%	8.87	344%				
Carbohydrate (g)	102.22	58.03%						
Total Fat (g)	21.27	27.16%	<=30.00%					
Saturated Fat (g)	6.35	8.12%	<10.00%					
Trans Fat (g)	0.08	0.10%			Missing			

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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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
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