

Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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)	Protgn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 12/02/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
DUTCH WAFFLE	1 EACH	1	300	20	350	3.00	1.80	40.0	*N/A*	0.0	12.00	*N/A*	4.0	43.0	13.0	3.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1oz SER VING	1	45	95	130	0.00	0.40	17.0	*N/A*	0.0	*N/A*	*N/A*	3.0	1.0	3.0	1.00	0.00
SAUSAGE LINK - CLOVERDA	1 LINK	1	115	20	170	0.00	0.36	*N/A*	*N/A*	*N/A*	0.00	*N/A*	4.0	1.0	10.5	3.50	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	*N/A*	2.4	1.00	*N/A*	2.0	27.0	11.0	1.50	0.00
JUICE, PARADISE PUNCH	CARTON	1	60	0	5	0.00	0.00	*N/A*	*N/A*	*N/A*	12.91	0.00	0.0	13.9	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
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	4.0	0.0	0.00	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
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	142	1677	6.95	*3.36	*65.1	*3	*12.96	*61.13	*12.77	21.68	132.38	38.52	9.52	0.00
% of Calories											*25.5%	*5.3%	9.0%	55.1%	36.1%	8.9%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Wed - 12/03/2025																	
INTERMEDIATE LUNCH 6-8	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
TOMATO, CUCUMBER, CAR ROTS:INTE	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
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
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
ALT INT WEEKLY 1st CHOI	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO MATO-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
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 - 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

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

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average % of Calories			688	56	1216	9.89	*1.57	*69.4	*82	*29.26	*35.83 *20.8%	*5.68 *3.3%	34.98 20.3%	92.28 53.7%	21.30 27.9%	5.63 7.4%	0.01 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Thu - 12/04/2025																	
INTERMEDIATE LUNCH 6-8 CHICKEN CHUNKS, TYSON	Total	1															
	5 NUGG ETS	1	240	55	570	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	23.0	15.0	10.0	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
SALAD BAR: 3 THURS. - INT ERM	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	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
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
ALT INT WEEKLY 1st CHOI NACHOS	Total	1															
	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	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
LETTUCE & TOMATO:3/4 CU P-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	*0.00	1.41	4.32	0.14	0.02	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: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	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 % of Calories			893	64	2153	13.31	*1.54	*123.9	*30	*34.53	*47.50 *21.3%	*8.72 *3.9%	37.55 16.8%	118.89 53.3%	32.38 32.6%	8.48 8.5%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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 - 12/05/2025																		
INTERMEDIATE LUNCH 6-8	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	
ALT INT WEEKLY 1st CHOI																		
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*N/A*	25.77	39.57	14.78	2.54	0.00	
CHEDDAR/ JACK FANCY SH	.25 OZ	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	
RED.25OZ																		
MIXED FRESH VEGETABLES	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	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	
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	
MAYONNAISE, CHIPOTLE	1oz SERVING	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.0	2.03	20.25	3.04	*N/A*	
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			893	70	1847	11.66	*1.78	*53.0	*144	*40.78	*47.99	*4.67	34.43	102.44	41.47	9.59	*0.00	
% of Calories											*21.5%	*2.1%	15.4%	45.9%	41.8%	9.7%	*0.0%	
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00		

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Mon - 12/08/2025																		
INTERMEDIATE LUNCH 6-8	Total	1																
ORANGE CHICKEN: (SEC.)	3.6 OZ	1	151	40	302	0.00	*N/A*	0.0	*N/A*	*N/A*	11.08	*N/A*	11.08	20.14	3.02	0.50	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	

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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)
ALT INT WEEKLY 1st CHOI	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	*0.00	1.8	6.07	0.11	0.03	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
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			568	45	944	5.76	*0.38	*34.0	*47	*20.26	*41.52	*9.08	28.31	82.66	16.77	4.65	*0.01
% of Calories											*29.2%	*6.4%	19.9%	58.2%	26.6%	7.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Tue - 12/09/2025																	
INTERMEDIATE LUNCH 6-8	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	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
	RVINGS																
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
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- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	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
ALT INT WEEKLY 1st CHOI	Total	1															
CHEESESTEAK SANDWICH	SANDWICHES	1	404	74	665	2.17	*0.07	*3.1	*0	*0.12	4.41	*1.00	21.43	34.92	19.73	8.05	0.70
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
CARROT & CELERY STICKS: ELE	3/4 CUP	1	50	2	161	3.05	0.84	41.9	*8	3.41	*0.50	*N/A*	0.79	8.03	2.17	0.53	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 THURS. - INT ERM	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	0.00
CONDIMENT: STEAKWICH	SERVING	1	36	2	209	0.00	0.00	0.0	*N/A*	*0.0	4.05	4.05	0.04	5.37	1.54	0.24	0.03
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

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Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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)
Weighted Daily Average % of Calories			912	72	2012	14.26	*2.87	*236.6	*19	*27.47	*47.79 *21.0%	*14.71 *6.5%	37.14 16.3%	123.07 54.0%	32.83 32.4%	11.39 11.2%	*0.37 *0.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Wed - 12/10/2025																		
INTERMEDIATE LUNCH 6-8	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	
BUTTER MASHED POTATOE	2/3 cup	1	130	5	420	9.00	0.36	20.0	*N/A*	0.0	0.00	*N/A*	2.0	18.0	5.0	2.50	0.00	
S-sec																		
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	*N/A*	0.0	*0.94	*N/A*	0.0	2.82	0.94	0.00	0.00	
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	1.00	*N/A*	*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	
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	
ALT INT WEEKLY 1st CHOI	Total	1																
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00	
SHREDDED LETTUCE & TO	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	
MATO-DELI																		
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	
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 - 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 % of Calories			713	42	1473	14.18	*2.76	*75.4	*33	*24.98	*37.63 *21.1%	*6.75 *3.8%	31.66 17.8%	97.64 54.8%	21.70 27.4%	6.19 7.8%	*0.26 *0.3%	
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00		

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Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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)	
Thu - 12/11/2025																		
INTERMEDIATE LUNCH 6-8 CHICKEN SANDWICH	Total SANDWICH	1																
		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	
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	
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	
COLESLAW	1/2 C. SERVINGS	1	34	1	40	1.58	0.29	24.7	*44	21.21	*3.56	*1.26	0.8	6.02	1.15	0.21	*0.00	
PEAR CRISP	4 oz SERVING	1	145	0	117	2.76	*0.39	*7.6	*0	*0.0	*16.70	*8.62	1.26	27.06	4.07	1.58	*0.00	
FRUIT BAR :WINTER:EL	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 THURS. - INT	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	0.00	
ERM																		
CONDIMENT - CHICKEN SANDWICH	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	
ALT INT WEEKLY 1st CHOICE	Total SERVING	1																
NACHOS		1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00	
REFRIED BEANS, V V	1/2 C SERVINGS	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	
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	*0.00	1.41	4.32	0.14	0.02	0.00	
P-TACOS																		
FRUIT BAR :WINTER:EL	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- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	0.00	
TERM.																		
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			907	61	1880	17.22	*2.13	*130.9	*82	*53.80	*50.71	*10.62	38.16	121.78	32.31	7.74	*0.01	
% of Calories											*22.4%	*4.7%	16.8%	53.7%	32.1%	7.7%	*0.0%	
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00		

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Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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)	
Fri - 12/12/2025																		
INTERMEDIATE LUNCH 6-8	Total	1																
SLOPPY JOE: JTM ELEMEN TARY	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	
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	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	
ALT INT WEEKLY 1st CHOI																		
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*N/A*	25.77	39.57	14.78	2.54	0.00	
CHEDDAR/ JACK FANCY SH	.25 OZ	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	
RED.25OZ																		
MIXED FRESH VEGETABLES	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	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	
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	
MAYONNAISE, CHIPOTLE	1oz SER VING	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.0	2.03	20.25	3.04	*N/A*	
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			817	65	1389	11.31	*2.10	*77.9	*40	*56.27	*40.55 *19.9%	*4.67 *2.3%	32.24 15.8%	97.28 47.6%	36.26 39.9%	7.13 7.8%	*0.11 *0.1%	
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00		

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Mon - 12/15/2025																		
INTERMEDIATE LUNCH 6-8	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	
CARROTS & EDAMAME 3/4 C UP	3/4 CUP	1	73	0	22	3.59	*N/A*	*N/A*	*N/A*	*N/A*	2.64	*N/A*	6.84	6.65	2.74	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	

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ALT INT WEEKLY 1st CHOI	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	*0.00	1.8	6.07	0.11	0.03	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
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			584	49	1143	7.99	*0.42	*29.9	*83	*22.66	*40.64	*9.83	31.51	81.90	17.30	4.99	0.00
% of Calories											*27.8%	*6.7%	21.6%	56.1%	26.6%	7.7%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Tue - 12/16/2025																		
INTERMEDIATE LUNCH 6-8	Total	1																
HAM - COBBLE STREET	2oz SERVING	1	93	30	560	0.00	*N/A*	0.0	*N/A*	0.0	0.67	*N/A*	8.67	1.33	6.0	2.00	0.00	
SCALLOPED POTATOES:ELE	1/2 CUP	1	111	6	460	0.00	0.01	1.1	*N/A*	0.0	*2.03	*N/A*	2.03	17.29	4.11	2.47	*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	
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	
CAKE, JELLO	SLICE	1	125	0	185	0.50	0.36	10.5	*N/A*	0.67	*12.01	*N/A*	1.15	21.29	4.25	3.00	*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	
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			676	43	1850	6.83	*1.65	*31.4	*3	*11.23	*44.98	*6.81	25.88	100.90	20.47	8.88	*0.00	
% of Calories											*26.6%	*4.0%	15.3%	59.7%	27.2%	11.8%	*0.0%	
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=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 - 12/17/2025																	
INTERMEDIATE LUNCH 6-8 CHICKEN TENDERS - FR091	Total 2 TENDERS	1															
		1	230	45	400	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	20.0	12.0	11.0	2.00	0.00
BUTTER MASHED POTATOE S-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	*N/A*	0.0	0.00	*N/A*	2.0	18.0	5.0	2.50	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
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
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
ALT INT WEEKLY 1st CHOI	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO	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
MATO-DELI																	
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
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 - 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			760	45	1398	13.81	*1.44	*67.6	*33	*24.98	*40.35	*5.68	34.67	100.13	24.46	5.52	0.02
% of Calories											*21.2%	*3.0%	18.2%	52.7%	28.9%	6.5%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	<10.00 ¹	15.00		<=30.0	<10.00		

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Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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)	
Thu - 12/18/2025																		
INTERMEDIATE LUNCH 6-8 HAMBURGER, TYSON	Total HAMBURGERS	1																
		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	
CHEESE: PROCESS SLICE SHREDDED LETTUCE & TOMATO-DELI	SLICE 1/2 CUP	1	50	13	250	0.00	0.00	*N/A*	*N/A*	0.0	0.50	0.00	2.5	1.0	4.5	2.50	0.00	
		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	
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	
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 THURS. - INT	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	0.00	
CONDIMENT - BURGER MILK	SERVING CARTON	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	
		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	
ALT INT WEEKLY 1st CHOI NACHOS	Total SERVING	1																
		1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00	
REFRIED BEANS, V V	1/2 C SERVINGS	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	
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	*0.00	1.41	4.32	0.14	0.02	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: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	0.00	
SALSA PICANTE MILK	1 OZ CARTON	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	
		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			925	67	2030	14.18	*2.40	*134.9	*59	*44.86	*46.65 *20.2%	*13.20 *5.7%	36.59 15.8%	116.85 50.5%	37.43 36.4%	11.89 11.6%	*0.26 *0.3%	
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00		

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Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

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)
Fri - 12/19/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
CORN DOG, MINI PROVIEU (5 NUGG	1	207	50	290	2.49	*N/A*	*N/A*	*N/A*	*N/A*	0.83	*N/A*	8.29	24.88	8.29	2.07	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
ALT INT WEEKLY 1st CHOI	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*N/A*	25.77	39.57	14.78	2.54	0.00
CHEDDAR/ JACK FANCY SH	.25 OZ	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
RED.25OZ																	
MIXED FRESH VEGETABLES	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	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
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
MAYONNAISE, CHIPOTLE	1oz SER	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.0	2.03	20.25	3.04	*N/A*
	VING																
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			829	81	1417	10.87	*1.23	*32.8	*36	*37.91	*46.29	*8.72	29.58	101.03	37.19	7.81	*0.00
% of Calories											*22.3%	*4.2%	14.3%	48.7%	40.4%	8.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Weighted Average			795	64	1602	11.30	*1.83	*83.1	*49	*31.57	*44.97	*8.71	32.46	104.94	29.31	7.81	*0.07
											*50.9%	*9.9%	16.3%	52.8%	33.2%	8.8%	*0.1%

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Washington County School District

Dec 1, 2025 thru Dec 19, 2025

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	795		783		101%														
Cholesterol (mg)	64																		
Sodium 1 (mg)	1602							1602											
Fiber (g)	11.30																		
Iron (mg)	1.83			4.50	41%	Missing	2.67												
Calcium (mg)	83.1			400.00	21%	Missing	316.94												
Vitamin A (RAE)	49			1500	3%	Missing	1451												
Total Sugars (g)	44.97	22.64%																	
Added Sugars (g)	8.71	4.38%		<10.00% ¹	87%	Missing													
Vitamin C (mg)	31.57			16.70	189%	Missing													
Protein (g)	32.46	16.34%		15.00	216%														
Carbohydrate (g)	104.94	52.82%																	
Total Fat (g)	29.31	33.20%		<=30.00%															
Saturated Fat (g)	7.81	8.85%		<10.00%															
Trans Fat (g)	0.07	0.08%				Missing													

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