

Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Tue - 01/06/2026																		
SECONDARY LUNCH 9-12																		
	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	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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 SEC WEEKLY 1st CHO																		
CHEESESTEAK SANDWICH	Total SANDWICHES	2																
	1	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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00	
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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	
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00	
Weighted Daily Average % of Calories			805	64	1568	13.34	*2.14	*177.8	*9	*44.72	*41.69	*16.10	32.67	107.41	29.68	11.82	*0.24	
											*20.7%	*8.0%	16.2%	53.4%	33.2%	13.2%	*0.3%	
Nutrient Guideline			846				4.50	400.00	1500	19.20	<10.00 ¹		16.70		<=30.0	<10.00		

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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)
Wed - 01/07/2026																	
SECONDARY LUNCH 9-12 CHICKEN TENDERS - FR091	Total 2 TENDERS	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
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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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 SEC WEEKLY 1st CHO SPICY CHICKEN SANDWICH	Total 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 & 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. 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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	0.00
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
Weighted Daily Average % of Calories			919	48	2027	19.82	*2.49	*118.8	*41	*75.53	*57.69 *25.1%	*8.57 *3.7%	38.29 16.7%	133.36 58.0%	26.86 26.3%	6.31 6.2%	0.01 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=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)
Thu - 01/08/2026																	
SECONDARY LUNCH 9-12 CHICKEN SANDWICH	Total SANDWICH	1	353	46	554	6.04	*1.44	*60.0	*N/A*	*3.6	3.00	*N/A*	25.24	36.11	11.11	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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	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
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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	0.00
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 SEC WEEKLY 1st CHOICE NACHOS	Total 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 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 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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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			994	61	1961	20.62	*2.58	*165.1	*78	*81.53	*56.71 *22.8%	*10.70 *4.3%	40.48 16.3%	138.03 55.5%	34.35 31.1%	8.10 7.3%	*0.01 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 01/09/2026																	
SECONDARY LUNCH 9-12	Total	1															
TOTCHOS - SEC	SERVING	1	544	109	1389	4.45	*0.00	*0.0	*N/A*	*0.0	10.07	*0.00	30.6	36.21	30.87	12.55	0.44
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																	
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	3.0	15.0	3.0	0.50	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
CARROTS 1 CUP	1 CUP	1	120	10	392	4.92	1.53	54.0	*N/A*	4.51	*0.00	*0.00	1.07	13.86	8.2	2.03	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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 SEC WEEKLY 1st CHO																	
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	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			1020	97	1696	16.69	*2.24	*78.6	*46	*61.51	*50.79	*4.67	43.80	124.39	41.56	11.36	*0.22
% of Calories											*19.9%	*1.8%	17.2%	48.8%	36.7%	10.0%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Mon - 01/12/2026																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	*N/A*	0.0	9.00	*N/A*	15.0	10.0	3.5	1.00	0.00
RICE OR CHOW MEIN, CHO	SERVING	1	174	0	355	3.12	*0.09	*9.9	*72	*4.8	*2.10	*N/A*	4.26	33.34	2.77	0.01	*0.00
OSE SEC.																	
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	2.0	6.0	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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			769	63	1885	13.89	*1.39	*89.6	*91	*72.15	*58.87	*12.73	35.86	119.56	20.33	5.85	*0.00
% of Calories											*30.6%	*6.6%	18.7%	62.2%	23.8%	6.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Tue - 01/13/2026																		
SECONDARY LUNCH 9-12	Total	1																
TACO SOUP - RAW - 1 CUP	1 CUP	1	318	55	812	6.68	*2.07	*67.3	*11	*14.03	*5.37	*0.00	18.62	22.68	16.78	6.04	*0.00	
CHEDDAR/ JACK FANCY SH	.5 OZ	1	56	15	91	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	3.54	0.0	4.56	2.53	0.00	
RED- 5OZ																		
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	75	0	36	3.91	*0.38	*13.5	*N/A*	*1.13	*1.34	*N/A*	6.97	7.49	2.73	0.01	0.00	
CINNAMON ROLL W. W.W. B	ROLL	1	315	5	287	3.00	*0.01	*4.2	*0	*0.0	*27.10	*8.00	6.34	52.46	8.58	2.84	*0.00	
RIDGFOR																		
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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	
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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 SEC WEEKLY 1st CHO	Total	2																
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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00	
CUCUMBER & CARROTS: 3/4	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00	
CUP																		
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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	
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (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			835	77	1595	13.29	*1.77	*87.7	*13	*49.77	*45.99 *22.0%	*13.76 *6.6%	34.39 16.5%	101.92 48.8%	34.32 37.0%	12.65 13.6%	*0.24 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Wed - 01/14/2026																	
SECONDARY LUNCH 9-12	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
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	*0.00	2.53	4.45	5.37	0.68	*0.02
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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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 SEC WEEKLY 1st CHO	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. 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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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			918	46	2002	19.70	*4.06	*159.9	*41	*105.39	*54.39 *23.7%	*9.64 *4.2%	36.52 15.9%	131.74 57.4%	29.03 28.4%	7.58 7.4%	*0.27 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Thu - 01/15/2026																		
SECONDARY LUNCH 9-12	Total	1																
HAMBURGER - TYSON -SEC	SERVING	1	303	46	525	3.00	*1.44	*60.0	*N/A*	*3.6	3.00	*N/A*	18.23	27.0	13.21	4.59	0.51	
CHEESE: PROCESS SLICE	SLICE	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	
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. 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	
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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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	
ALT SEC WEEKLY 1st CHO																		
NACHOS	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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			1086	69	2167	18.30	*2.69	*147.2	*56	*73.82	*66.13	*13.92	38.68	148.72	41.06	13.22	*0.26	
% of Calories											*24.4%	*5.1%	14.3%	54.8%	34.0%	11.0%	*0.2%	
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00		

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 01/16/2026																	
SECONDARY LUNCH 9-12	Total	1															
CORN DOG, MINI PROVIEU (6 NUGG	1	249	60	348	2.98	*N/A*	*N/A*	*N/A*	*N/A*	0.99	*N/A*	9.95	29.85	9.95	2.49	0.00
	ETS																
CARROTS 1 CUP	1 CUP	1	120	10	392	4.92	1.53	54.0	*N/A*	4.51	*0.00	*0.00	1.07	13.86	8.2	2.03	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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 SEC WEEKLY 1st CHO																	
WRAP, CHICKEN - FR091	Total	1															
CHEDDAR/ JACK FANCY SH	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
RED.25OZ	.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
MIXED FRESH VEGETABLES	3/4 CUP	1	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			821	76	1267	14.42	*2.11	*74.9	*41	*59.50	*51.24	*8.72	31.22	116.48	28.69	6.32	*0.00
% of Calories											*25.0%	*4.2%	15.2%	56.7%	31.4%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Tue - 01/20/2026																	
SECONDARY LUNCH 9-12	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
SAUSAGE LINK - CLOVERDA	2 LINKS	1	233	40	344	0.00	0.73	*N/A*	*N/A*	*N/A*	0.00	*N/A*	8.1	2.02	21.26	7.09	0.00
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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
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

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (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			1135	162	1852	9.26	*3.84	*80.1	*8	*32.29	*71.18 *25.1%	*12.77 *4.5%	26.49 9.3%	147.83 52.1%	49.50 39.3%	13.14 10.4%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Wed - 01/21/2026																		
SECONDARY LUNCH 9-12																		
ROTINI ALFREDO: SEC	Total	1																
CHICKEN, DICED L/S TYSON	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4.49	*N/A*	11.2	36.65	7.11	3.20	0.00	
	2.3oz SE RIVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	14.09	0.78	3.91	1.17	0.00	
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	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	*0	59.72	*0.00	*0.00	2.53	4.45	5.37	0.68	*0.02	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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 SEC WEEKLY 1st CHO																		
SPICY CHICKEN SANDWICH	Total	1																
SHREDDED LETTUCE & TO MATO-DELI	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	
	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. 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	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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			909	54	1556	15.50	*2.55	*133.5	*41	*105.39	*54.09 *23.8%	*8.57 *3.8%	40.49 17.8%	131.73 58.0%	26.53 26.3%	6.58 6.5%	*0.02 *0.0%	
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00		

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 01/22/2026																	
SECONDARY LUNCH 9-12	Total	1															
HOT DOG, BEEF CLOVERDAL	SERVING	1	280	35	550	2.00	*1.08	*60.0	*N/A*	*2.4	3.00	*N/A*	12.0	23.0	16.5	6.00	0.00
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	60	10	260	0.00	0.00	0.0	*0	*0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
COOKIE, OATMEAL	1 EACH	1	127	14	141	0.86	*0.69	*9.4	*0	*0.0	*9.21	*9.19	2.22	19.44	4.57	1.74	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	0.00
CONDIMENTS - HOT DOG	PACKET	1	16	0	152	0.07	0.00	0.0	*N/A*	*0.0	3.37	*3.37	0.07	4.15	0.07	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 SEC WEEKLY 1st CHO																	
NACHOS	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	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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			963	66	2037	16.72	*2.06	*133.7	*26	*59.75	*53.81	*12.39	33.03	127.33	40.09	11.10	*0.00
% of Calories											*22.3%	*5.1%	13.7%	52.9%	37.5%	10.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Fri - 01/23/2026																	
SECONDARY LUNCH 9-12	Total	1															
WILD MIKE'S PEPPERONI C	SERVING	1	400	40	610	1.00	0.00	*N/A*	*N/A*	*N/A*	4.00	0.00	19.0	36.0	17.0	7.00	0.00
HEESY B																	
CARROTS 1 CUP	1 CUP	1	120	10	392	4.92	1.53	54.0	*N/A*	4.51	*0.00	*0.00	1.07	13.86	8.2	2.03	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	*N/A*	3.45	*N/A*	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO WRAP, CHICKEN - FR091	Total 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 RED.25OZ	.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
MIXED FRESH VEGETABLES	3/4 CUP	1	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			899	76	1314	13.07	*2.11	*204.9	*41	*61.22	*45.19 *20.1%	*4.67 *2.1%	36.14 16.1%	113.33 50.4%	35.85 35.9%	10.08 10.1%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Mon - 01/26/2026																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	*N/A*	0.0	9.00	*N/A*	15.0	10.0	3.5	1.00	0.00
RICE OR CHOW MEIN, CHO OSE SEC.	SERVING	1	174	0	355	3.12	*0.09	*9.9	*72	*4.8	*2.10	*N/A*	4.26	33.34	2.77	0.01	*0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	*0.00	2.53	4.45	5.37	0.68	*0.02
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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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
ALT SEC WEEKLY 1st CHO DOMINOS PIZZA	Total 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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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			797	66	1737	12.76	*1.63	*114.9	*91	*102.01	*61.37 *30.8%	*15.23 *7.6%	35.62 17.9%	120.28 60.3%	23.77 26.8%	6.19 7.0%	*0.01 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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)	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)
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Tue - 01/27/2026																		
SECONDARY LUNCH 9-12	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	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																	
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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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 SEC WEEKLY 1st CHO																		
CHEESESTEAK SANDWICH	Total SANDWICHES	2																
	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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00	
CUCUMBER & CARROTS: 3/4	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00	
	CUP																	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00	
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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	
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00	
Weighted Daily Average			771	61	1545	13.81	*1.12	*69.1	*9	*44.72	*40.04	*13.78	31.71	102.50	28.22	11.84	*0.24	
% of Calories											*20.8%	*7.2%	16.5%	53.2%	33.0%	13.8%	*0.3%	
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00		

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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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 01/28/2026																	
SECONDARY LUNCH 9-12																	
CHICKEN NOODLE SOUP: U SDA 1C.	Total	1															
BREADSTICK, CHEESE - BO SCO'S	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
TOMATOES, CUCUMBER, C ARROTS:SE	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
RANCH: (WILD COYOTE LITE)	1 CUP	1	27	0	36	2.04	0.59	23.3	*2	7.59	*1.69	*0.00	0.9	9.86	0.21	0.05	0.00
FRUIT BAR :WINTER:SEC	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
SALAD BAR: HIGH	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
MILK	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	0.00
	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 SEC WEEKLY 1st CHO																	
SPICY CHICKEN SANDWICH	Total	1															
SHREDDED LETTUCE & TO MATO-DELI	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
FRENCH FRIES- S.S. 3/4 CUP	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
FRUIT BAR :WINTER:SEC	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
SALAD BAR: HIGH	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
CONDIMENT - CHICKEN SAN	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	0.00
MILK	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
	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			867	59	1792	15.63	*2.64	*130.1	*91	*80.17	*53.24	*8.57	39.14	125.89	25.96	6.69	0.01
% of Calories											*24.6%	*4.0%	18.0%	58.1%	26.9%	6.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 01/29/2026																	
SECONDARY LUNCH 9-12 CHICKEN CHUNKS, TYSON	Total 5 NUGG ETS	1															
		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
MIXED FRESH VEGETABLES	1 CUP	1	37	0	56	2.92	0.80	38.4	*11	50.91	*1.35	*0.00	2.0	7.73	0.29	0.10	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	91	3	508	2.89	*0.85	*44.1	*4	*30.16	*7.21	*2.89	2.94	14.07	3.32	0.69	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
ALT SEC WEEKLY 1st CHO 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 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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	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			965	64	2041	18.16	*2.22	*170.7	*31	*87.87	*54.87 *22.7%	*8.14 *3.4%	40.05 16.6%	135.00 56.0%	33.28 31.0%	8.76 8.2%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Fri - 01/30/2026																	
SECONDARY LUNCH 9-12 PEPPERONI PIZZA RIPPERS	Total SERVING	1															
		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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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
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

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO WRAP, CHICKEN - FR091	Total 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 RED.25OZ	.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
MIXED FRESH VEGETABLES	3/4 CUP	1	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			853	60	1635	13.86	*1.90	*68.0	*149	*60.11	*55.14	*4.67	35.15	112.98	32.15	7.92	*0.00
% of Calories											*25.8%	*2.2%	16.5%	53.0%	33.9%	8.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Weighted Average			907	71	1760	15.49	*2.31	*122.5	*50	*69.86	*54.02	*10.42	36.10	124.36	32.29	9.19	*0.09
											*53.6%	*10.3%	15.9%	54.8%	32.0%	9.1%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	907		846	107%				
Cholesterol (mg)	71							
Sodium 1 (mg)	1760						1760	
Fiber (g)	15.49							
Iron (mg)	2.31		4.50	51%	Missing	2.19		Correction Required - Iron is Low
Calcium (mg)	122.5		400.00	31%	Missing	277.52		Correction Required - Calcium is Low
Vitamin A (RAE)	50		1500	3%	Missing	1450		Correction Required - Vitamin A is Low
Total Sugars (g)	54.02	23.82%			Missing			
Added Sugars (g)	10.42	4.60%	<10.00% ¹	104%	Missing	0		Correction Required - Added Sugars should be < 10.00% of Calories
Vitamin C (mg)	69.86		19.20	364%	Missing			
Protein (g)	36.10	15.92%	16.70	216%				
Carbohydrate (g)	124.36	54.84%						
Total Fat (g)	32.29	32.04%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	9.19	9.12%	<10.00%					
Trans Fat (g)	0.09	0.09%			Missing			

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