

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
Mon - 03/02/2026																	
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
BROCCOLI, ROASTED, 3/4 CUP	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
SALAD BAR: MONDAYS:ELEMENTARY	.5 CUP	1	65	4	461	1.27	*0.29	*14.6	*2	*11.9	*4.51	*2.89	1.78	8.36	3.23	0.77	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			541	45	978	6.19	*0.39	*39.8	*4	*21.72	*44.76 *33.1%	*8.06 *6.0%	24.14 17.8%	86.66 64.1%	12.52 20.8%	2.25 3.7%	*0.02 *0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Tue - 03/03/2026																	
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 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
CORN	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	195	1	159	1.64	*0.59	*38.7	*0	*0.0	*15.04	*15.04	2.46	29.45	8.01	3.16	*0.00
SALAD BAR: 2 TUESDAY (ELEMENTARY)	.5 CUP	1	103	5	607	2.22	*0.39	*24.1	*2	*11.04	*4.65	*0.00	2.95	9.98	6.73	1.45	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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			1019	58	2173	18.58	*3.71	*383.4	*3	*20.86	*52.93 *20.8%	*19.70 *7.7%	41.86 16.4%	144.61 56.8%	34.55 30.5%	12.83 11.3%	*0.00 *0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

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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 - 03/04/2026																		
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	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	
x, 1/2																		
GRAVY, CHICKEN: LOW SO	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	
DIUM																		
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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			704	32	1480	9.99	*0.48	*31.7	*2	*39.87	*41.03	*4.67	30.35	98.59	21.20	3.54	*0.00	
% of Calories											*23.3%	*2.7%	17.2%	56.0%	27.1%	4.5%	*0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Thu - 03/05/2026																		
ELEMENTARY LUNCH	Total	1																
HAM AND EGGS - ELEM.	2oz SERVING	1	191	230	867	0.00	0.80	34.0	*0	0.0	*0.00	*0.00	12.07	4.02	13.09	4.02	0.00	
BISCUIT: WG RICH'S	BISCUIT	1	170	0	380	3.00	1.08	20.0	*N/A*	0.0	2.00	1.00	4.0	22.99	7.0	4.50	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	
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	0.00	
JUICE, MANGO SPLASH	SERVING	1	60	0	5	0.00	*N/A*	*N/A*	*N/A*	*N/A*	13.00	0.00	0.0	14.0	0.0	0.00	0.00	
COOKIE, BIRTHDAY	SERVING	1	175	5	67	1.03	*N/A*	*N/A*	*N/A*	*N/A*	14.40	14.40	2.06	27.77	6.17	1.54	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	
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	
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	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			1080	242	2423	8.67	*2.70	*62.1	*2	*12.22	*72.74	*33.16	29.06	152.12	38.38	12.10	0.00	
% of Calories											*26.9%	*12.3%	10.8%	56.3%	32.0%	10.1%	0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Mar 2, 2026 thru Mar 31, 2026

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)
Fri - 03/06/2026																	
ELEMENTARY LUNCH	Total	1															
TOTCHOS - ELEM.	SERVING	1	450	97	1109	3.04	*0.00	*0.0	*N/A*	*0.0	7.40	*0.00	26.35	25.06	27.19	11.94	0.33
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																	
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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			883	114	1740	11.17	*0.35	*15.6	*11	*13.85	*42.45	*4.67	38.90	90.42	42.58	15.06	0.33
% of Calories											*19.2%	*2.1%	17.6%	41.0%	43.4%	15.3%	0.3%
Nutrient Guideline			550-650									<10.00 ¹					<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 - 03/17/2026																	
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	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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	103	5	607	2.22	*0.39	*24.1	*2	*11.04	*4.65	*0.00	2.95	9.98	6.73	1.45	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			918	48	2105	20.03	*1.01	*61.4	*3	*20.87	*47.95	*12.73	39.33	129.78	30.21	12.99	*0.00
% of Calories											*20.9%	*5.6%	17.1%	56.6%	29.6%	12.7%	*0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Mar 2, 2026 thru Mar 31, 2026

ELEMENTARY LUNCH

Generated on: 3/2/2026 6:53:52 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)	
Wed - 03/18/2026																		
ELEMENTARY LUNCH	Total	2																
ROTINI ALFREDO: ELE	3/4 CUP	1	199	18	206	2.03	*N/A*	*N/A*	*N/A*	*N/A*	4.02	*N/A*	9.56	26.31	6.77	3.20	0.00	
CHICKEN, DICED L/S TYSON	1.5oz SE RIVING	1	66	28	64	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	9.17	0.51	2.55	0.76	0.00	
BREADSTICK, CHEESY GARL	SERVING	2	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, 3/4 C	3/4 CUP	2	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 :SPRING (ELE)	1/2 CUP	2	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			417	28	393	5.95	*0.10	*24.1	*2	*9.83	*24.21	*2.33	19.22	58.64	12.84	3.31	0.01	
% of Calories											*23.2%	*2.2%	18.4%	56.3%	27.7%	7.1%	0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Thu - 03/19/2026																		
ELEMENTARY LUNCH	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	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	
CAKE DELIGHT	SERVING	1	280	32	226	1.15	*0.49	*10.7	*0	*0.37	*31.70	*13.58	2.64	42.72	11.53	4.99	*0.00	
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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	
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	79	4	470	2.45	*0.78	*40.6	*23	*22.0	*5.85	*2.89	2.93	10.82	3.25	0.77	0.00	
ELE																		
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			929	77	1718	10.32	*2.45	*119.4	*25	*34.60	*72.27	*24.51	27.57	130.14	35.99	12.29	*0.00	
% of Calories											*31.1%	*10.6%	11.9%	56.0%	34.9%	11.9%	*0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<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 - 03/20/2026																		
ELEMENTARY LUNCH	Total	1																
GRILLED CHEESE	SANDWICH	1	327	15	976	4.00	2.88	40.0	*0	0.0	*2.00	*0.00	12.8	38.0	13.92	6.54	0.00	
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	
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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			704	48	1501	9.34	*2.98	*308.1	*2	*13.28	*33.93 *19.3%	*4.67 *2.7%	24.63 14.0%	96.44 54.8%	26.78 34.2%	11.15 14.3%	0.00 0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Mon - 03/23/2026																		
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 SERVING	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 CUP	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, 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	
SALAD BAR: MONDAYS:ELE	.5 CUP	1	65	4	461	1.27	*0.29	*14.6	*2	*11.9	*4.51	*2.89	1.78	8.36	3.23	0.77	0.00	
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			603	67	1384	8.35	*0.48	*47.6	*75	*26.52	*50.24 *33.3%	*14.56 *9.7%	26.66 17.7%	88.46 58.6%	17.36 25.9%	3.57 5.3%	0.02 0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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 - 03/24/2026																	
ELEMENTARY LUNCH	Total	1															
DUTCH WAFFLE	1 EACH	1	330	15	330	3.00	*N/A*	*N/A*	*N/A*	0.0	11.99	10.99	4.0	37.97	18.99	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
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	0.00
JUICE, MANGO SPLASH	SERVING	1	60	0	5	0.00	*N/A*	*N/A*	*N/A*	*N/A*	13.00	0.00	0.0	14.0	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
Weighted Daily Average			1004	137	1659	7.64	*1.58	*25.1	*2	*12.22	*61.45	*23.76	21.93	130.54	44.61	9.53	0.00
% of Calories											*24.5%	*9.5%	8.7%	52.0%	40.0%	8.5%	0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Wed - 03/25/2026																	
ELEMENTARY LUNCH	Total	1															
CHICKEN POT PIE	1 CUP	1	425	52	959	6.48	0.63	*217.3	*1	*0.63	5.78	1.00	25.71	40.78	17.18	9.48	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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	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
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			694	68	1414	11.01	*1.26	*245.6	*3	*17.33	*34.52	*5.67	35.41	85.60	26.48	12.04	0.00
% of Calories											*19.9%	*3.3%	20.4%	49.3%	34.3%	15.6%	0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)	
Thu - 03/26/2026																		
ELEMENTARY LUNCH	Total	1																
CHICKEN CHUNKS, POPCO	10 NUG	1	304	66	536	2.02	*N/A*	*N/A*	*N/A*	*N/A*	1.01	*N/A*	20.24	15.18	18.22	4.05	*N/A*	
RN TYSON	GETS																	
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 CR	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	
ACKER STIC																		
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	0.00	
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	79	4	470	2.45	*0.78	*40.6	*23	*22.0	*5.85	*2.89	2.93	10.82	3.25	0.77	0.00	
ELE																		
CONDIMENT: TENDERS	SERVING	1	44	0	236	0.30	0.09	5.0	*4	*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			912	76	1892	11.01	*2.15	*153.7	*29	*39.55	*51.08	*11.61	36.95	121.76	33.11	8.31	*0.01	
% of Calories											*22.4%	*5.1%	16.2%	53.4%	32.7%	8.2%	*0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Fri - 03/27/2026																		
ELEMENTARY LUNCH	Total	1																
PEPPERONI PIZZA RIPPERS	SERVING	1	270	30	580	3.00	2.00	0.0	0	0.0	3.00	0.00	14.0	29.0	11.0	5.00	0.00	
DINNER SALAD ELEM.	1 CUP	1	59	3	472	1.68	0.56	30.3	*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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			745	56	2133	10.12	*3.20	*48.4	*217	*15.56	*51.26	*4.67	27.04	100.60	28.42	9.24	0.00	
% of Calories											*27.5%	*2.5%	14.5%	54.0%	34.3%	11.2%	0.0%	
Nutrient Guideline			550-650									<10.00 ¹					<10.00	

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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 - 03/30/2026																	
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
BROCCOLI, ROASTED, 3/4 CUP	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
SALAD BAR: MONDAYS:ELEMENTARY	.5 CUP	1	65	4	461	1.27	*0.29	*14.6	*2	*11.9	*4.51	*2.89	1.78	8.36	3.23	0.77	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			541	45	978	6.19	*0.39	*39.8	*4	*21.72	*44.76 *33.1%	*8.06 *6.0%	24.14 17.8%	86.66 64.1%	12.52 20.8%	2.25 3.7%	*0.02 *0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Tue - 03/31/2026																	
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 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
CORN	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	195	1	159	1.64	*0.59	*38.7	*0	*0.0	*15.04	*15.04	2.46	29.45	8.01	3.16	*0.00
SALAD BAR: 2 TUESDAY (ELEMENTARY)	.5 CUP	1	103	5	607	2.22	*0.39	*24.1	*2	*11.04	*4.65	*0.00	2.95	9.98	6.73	1.45	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 :SPRING (ELE)	1/2 CUP	1	74	0	5	2.64	*0.10	*8.1	*2	*9.83	*11.36	*0.00	0.93	18.44	0.3	0.03	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			1019	58	2173	18.58	*3.71	*383.4	*3	*20.86	*52.93 *20.8%	*19.70 *7.7%	41.86 16.4%	144.61 56.8%	34.55 30.5%	12.83 11.3%	*0.00 *0.0%
Nutrient Guideline			550-650									<10.00 ¹					<10.00

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Weighted Average			795	75	1634	10.82	*1.68	*124.3	*24	*21.30	*48.66 *55.1%	*12.66 *14.3%	30.57 15.4%	109.10 54.9%	28.26 32.0%	8.96 10.1%	*0.03 *0.0%
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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Mar 2, 2026 thru Mar 31, 2026

ELEMENTARY LUNCH

Generated on: 3/2/2026 6:53:53 AM

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		550 - 650	122%					145	Correction Required - Calories too High									
Cholesterol (mg)	75																		
Sodium 1a (mg)	1634		1110	147%					524	Correction Required - Sodium too High									
Fiber (g)	10.82																		
Iron (mg)	1.68					Missing													
Calcium (mg)	124.3					Missing													
Vitamin A (RAE)	24					Missing													
Total Sugars (g)	48.66	24.49%				Missing													
Added Sugars (g)	12.66	6.37%	<10.00% ¹	127%		Missing	-3			Correction Required - Added Sugars should be < 10.00% of Calories									
Vitamin C (mg)	21.30					Missing													
Protein (g)	30.57	15.39%																	
Carbohydrate (g)	109.10	54.92%																	
Total Fat (g)	28.26	32.00%																	
Saturated Fat (g)	8.96	10.14%	<10.00%							Correction Required - Sat. Fat too High									
Trans Fat (g)	0.03	0.03%				Missing													

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