

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
Mon - 03/02/2026																	
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 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.																	
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 :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: MONDAYS:INTE	1 CUP	1	68	4	464	1.50	*0.41	*21.3	*2	*14.9	*5.12	*2.89	1.84	9.2	3.12	0.77	0.00
RM.																	
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 INT WEEKLY 1st CHOI																	
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
PEANUT BUTTER UNCRUST	SANDWI	1	294	0	294	2.76	0.99	18.4	*N/A*	0.0	*N/A*	*N/A*	9.2	29.44	15.64	3.22	0.00
ABLE	CH																
CHEESE STICKS - CHOOSE	SERVING	2	110	30	175	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	0.5	9.0	5.50	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
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
SALAD BAR: MONDAYS:INTE	1 CUP	2	68	4	464	1.50	*0.41	*21.3	*2	*14.9	*5.12	*2.89	1.84	9.2	3.12	0.77	0.00
RM.																	
RANCH: (WILD COYOTE LITE)	PC CUP	2	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	2	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			741	58	1551	7.98	*0.87	*44.2	*27	*26.32	*39.82	*8.17	32.10	92.71	29.94	9.28	*0.01
% of Calories											*21.5%	*4.4%	17.3%	50.1%	36.4%	11.3%	*0.0%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)	
Tue - 03/03/2026																		
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 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	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	
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- IN TERM.	1 CUP	1	110	4	649	2.12	*0.39	*19.6	*2	*11.04	*4.62	*0.00	2.63	10.37	7.68	1.38	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	2																
CHEESESTEAK SANDWICH	SANDWICHES	1	404	69	615	2.17	*0.07	*3.1	*0	*0.12	5.41	*1.00	23.43	37.92	18.22	7.05	0.70	
WILD MIKE'S PEPPERONI C HEESY B	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	
TATER TOTS - MCCAIN	8 PIECES	2	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	
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	
SALAD BAR: 3 THURS. - INT ERM	1/2 CUP	2	38	2	235	1.09	*0.37	*19.3	*11	*9.75	*3.13	*0.00	1.26	5.4	1.54	0.37	0.00	
CONDIMENT: STEAKWICH	SERVING	2	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	2	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			842	62	1656	11.04	*1.57	*145.6	*10	*20.05	*44.46	*12.71	35.47	113.11	28.71	9.70	*0.25	
% of Calories											*21.1%	*6.0%	16.9%	53.8%	30.7%	10.4%	*0.3%	
Nutrient Guideline			600-700									<10.00 ¹				<10.00		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)	
Wed - 03/04/2026																		
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	
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	
ALT INT WEEKLY 1st CHOI SPICY CHICKEN SANDWICH	Total SANDWICH	2																
		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	
CHICKEN SANDWICH	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 & TO MATO-DELI	1/2 CUP	2	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	2	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 :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	
CONDIMENT - CHICKEN SAN MILK	SERVING CARTON	2	31	1	224	0.15	0.05	2.5	*2	*0.75	4.68	*2.02	0.14	5.8	0.78	0.13	0.02	
		2	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			742	48	1370	14.16	*1.80	*69.8	*43	*29.05	*40.20 *21.7%	*6.02 *3.2%	35.56 19.2%	102.94 55.5%	20.74 25.1%	4.67 5.7%	0.01 0.0%	
Nutrient Guideline			600-700									<10.00 ¹					<10.00	

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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 - 03/05/2026																		
INTERMEDIATE LUNCH 6-8	Total	1																
HAM AND EGGS SEC	3oz SERVING	1	289	348	1309	0.00	1.21	51.3	*0	0.0	*0.00	*0.00	18.23	6.07	19.75	6.07	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	
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	
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																		
NACHOS	Total SERVING	1	487	53	574	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00	
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	
REFRIED BEANS, V V	1/2 C SERVINGS	2	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	
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	
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	2	110	4	649	2.12	*0.39	*19.6	*2	*11.04	*4.62	*0.00	2.63	10.37	7.68	1.38	0.00	
SALSA PICANTE	1 OZ	2	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	2	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			937	155	2199	13.24	*2.09	*64.9	*3	*18.08	*47.82	*14.17	34.78	121.51	36.08	10.65	0.00	
% of Calories											*20.4%	*6.0%	14.8%	51.8%	34.6%	10.2%	0.0%	
Nutrient Guideline			600-700									<10.00 ¹					<10.00	

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Fri - 03/06/2026																		
INTERMEDIATE LUNCH 6-8	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	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
ALT INT WEEKLY 1st CHOI	Total	2															
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	23	5	53	0.00	0.00	0.0	0	0.0	0.00	0.00	2.02	0.25	1.52	0.89	0.00
RED.25OZ																	
GRAB N GO -PROTEIN BOWL	SERVING	2	376	51	667	2.04	*0.00	*0.0	*N/A*	*0.0	2.04	*1.00	19.21	25.38	21.84	12.66	0.00
MIXED FRESH VEGETABLES	3/4 CUP	2	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	2	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	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
CONDIMENTS: WRAP	SERVING	2	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	2	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			978	99	1602	12.24	*1.17	*37.1	*29	*40.84	*39.69	*5.33	43.58	103.74	45.26	16.43	*0.11
% of Calories											*16.2%	*2.2%	17.8%	42.4%	41.7%	15.1%	*0.1%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Tue - 03/17/2026																		
INTERMEDIATE LUNCH 6-8	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- IN	1 CUP	1	110	4	649	2.12	*0.39	*19.6	*2	*11.04	*4.62	*0.00	2.63	10.37	7.68	1.38	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	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
ALT INT WEEKLY 1st CHOI CHEESESTEAK SANDWICH	Total SANDWICHES	2 1	404	69	615	2.17	*0.07	*3.1	*0	*0.12	5.41	*1.00	23.43	37.92	18.22	7.05	0.70
WILD MIKE'S PEPPERONI C HEESY B	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
TATER TOTS - MCCAIN	8 PIECES	2	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
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
SALAD BAR: 3 THURS. - INT ERM	1/2 CUP	2	38	2	235	1.09	*0.37	*19.3	*11	*9.75	*3.13	*0.00	1.26	5.4	1.54	0.37	0.00
CONDIMENT: STEAKWICH MILK	SERVING CARTON	2 2	36 110	2 7	209 155	0.00 0.00	0.00 *0.00	0.0 *N/A*	*N/A*	*0.0 *N/A*	4.05 16.00	4.05 4.67	0.04 8.0	5.37 17.0	1.54 0.83	0.24 0.50	0.03 0.00
Weighted Daily Average % of Calories			808	59	1633	11.52	*0.68	*38.3	*10	*20.05	*42.80 *21.2%	*10.39 *5.1%	34.63 17.1%	108.17 53.6%	27.27 30.4%	9.75 10.9%	*0.25 *0.3%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Wed - 03/18/2026																		
INTERMEDIATE LUNCH 6-8 ROTINI ALFREDO: SEC CHICKEN, DICED L/S TYSON	Total 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	
BREADSTICK, CHEESY GARL BROCCOLI, ROASTED, 3/4 C	1.5oz SE RVING SERVING	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	
FRUIT BAR :SPRING (ELE)	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	
MILK	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	
ALT INT WEEKLY 1st CHOI SPICY CHICKEN SANDWICH	Total SANDWICH	2 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	
CHICKEN SANDWICH	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 & TO MATO-DELI	1/2 CUP	2	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	2	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 :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	
CONDIMENT - CHICKEN SAN MILK	SERVING CARTON	2 2	31 110	1 7	224 155	0.15 0.00	0.05 *0.00	2.5 *N/A*	*2 *N/A*	*0.75 *N/A*	4.68 16.00	*2.02 4.67	0.14 8.0	5.8 17.0	0.78 0.83	0.13 0.50	0.02 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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
Weighted Daily Average % of Calories			719	47	1042	11.13	*1.67	*68.0	*43	*29.05	*38.09 *21.2%	*6.02 *3.3%	35.19 19.6%	101.38 56.4%	19.76 24.7%	4.67 5.8%	0.02 0.0%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Thu - 03/19/2026																	
INTERMEDIATE LUNCH 6-8	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
SALAD BAR: 3 THURSDAY'S: ELE	.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
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
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	2															
NACHOS	SERVING	1	487	53	574	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
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
REFRIED BEANS, V V	1/2 C SERVINGS	2	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
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
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	2	110	4	649	2.12	*0.39	*19.6	*2	*11.04	*4.62	*0.00	2.63	10.37	7.68	1.38	0.00
SALSA PICANTE	1 OZ	2	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	2	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			855	61	1817	13.79	*1.87	*78.2	*10	*25.54	*47.66 *22.3%	*11.28 *5.3%	32.23 15.1%	113.50 53.1%	33.06 34.8%	10.03 10.6%	*0.00 *0.0%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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 - 03/20/2026																		
INTERMEDIATE LUNCH 6-8	Total	1																
WILD MIKE'S PEPPERONI C HEESY B	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	
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	
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 RED.25OZ	.25 OZ	1	23	5	53	0.00	0.00	0.0	0	0.0	0.00	0.00	2.02	0.25	1.52	0.89	0.00	
GRAB N GO -PROTEIN BOWL	SERVING	2	376	51	667	2.04	*0.00	*0.0	*N/A*	*0.0	2.04	*1.00	19.21	25.38	21.84	12.66	0.00	
MIXED FRESH VEGETABLES	3/4 CUP	2	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	2	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	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	
CONDIMENTS: WRAP	SERVING	2	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	2	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			942	86	1400	10.63	*1.09	*121.3	*26	*40.65	*37.52	*5.33	40.89	105.08	41.01	15.28	*0.00	
% of Calories											*15.9%	*2.3%	17.4%	44.6%	39.2%	14.6%	*0.0%	
Nutrient Guideline			600-700									<10.00 ¹				<10.00		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Mon - 03/23/2026																		
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	
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, 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, 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 :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: MONDAYS:INTE RM.	1 CUP	1	68	4	464	1.50	*0.41	*21.3	*2	*14.9	*5.12	*2.89	1.84	9.2	3.12	0.77	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	

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
ALT INT WEEKLY 1st CHOI	Total	2															
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
PEANUT BUTTER UNCRUST	SANDWI	1	294	0	294	2.76	0.99	18.4	*N/A*	0.0	*N/A*	*N/A*	9.2	29.44	15.64	3.22	0.00
ABLE	CH																
CHEESE STICKS - CHOOSE	SERVING	2	110	30	175	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	0.5	9.0	5.50	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
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
SALAD BAR: MONDAYS:INTE	1 CUP	2	68	4	464	1.50	*0.41	*21.3	*2	*14.9	*5.12	*2.89	1.84	9.2	3.12	0.77	0.00
RM.																	
RANCH: (WILD COYOTE LITE)	PC CUP	2	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	2	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			746	63	1596	8.31	*0.87	*44.2	*27	*26.32	*40.27	*10.34	32.14	91.72	30.93	9.68	*0.01
% of Calories											*21.6%	*5.5%	17.2%	49.2%	37.3%	11.7%	*0.0%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Tue - 03/24/2026																		
INTERMEDIATE LUNCH 6-8	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	1oz SER	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	
FRESH	VING																	
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, 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	
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	
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			600-700									<10.00 ¹					<10.00	

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
Wed - 03/25/2026																	
INTERMEDIATE LUNCH 6-8	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
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 :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
ALT INT WEEKLY 1st CHOI	Total	2															
SPICY CHICKEN SANDWICH	SANDWI CH	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
CHICKEN SANDWICH	SANDWI CH	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 & TO MATO-DELI	1/2 CUP	2	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	2	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 :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
CONDIMENT - CHICKEN SAN	SERVING	2	31	1	224	0.15	0.05	2.5	*2	*0.75	4.68	*2.02	0.14	5.8	0.78	0.13	0.02
MILK	CARTON	2	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			732	51	1310	12.17	*2.06	*141.9	*43	*31.55	*38.03	*6.35	35.58	99.62	22.51	6.84	0.01
											*20.8%	*3.5%	19.4%	54.4%	27.7%	8.4%	0.0%
Nutrient Guideline			600-700									<10.00 ¹				<10.00	

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Thu - 03/26/2026																	
INTERMEDIATE LUNCH 6-8	Total	1															
CHICKEN CHUNKS, TYSON	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 CR ACKER 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 :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 THURS. - INT ERM	1/2 CUP	1	38	2	235	1.09	*0.37	*19.3	*11	*9.75	*3.13	*0.00	1.26	5.4	1.54	0.37	0.00
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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
ALT INT WEEKLY 1st CHOI NACHOS	Total SERVING	2 1															
			487	53	574	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
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
REFRIED BEANS, V V	1/2 C SE RVINGS	2	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
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
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	2	110	4	649	2.12	*0.39	*19.6	*2	*11.04	*4.62	*0.00	2.63	10.37	7.68	1.38	0.00
SALSA PICANTE	1 OZ	2	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	2	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			814	56	1807	13.56	*1.63	*82.5	*8	*23.11	*39.69 *19.5%	*6.02 *3.0%	35.71 17.5%	108.83 53.5%	28.79 31.8%	7.88 8.7%	0.00 0.0%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Fri - 03/27/2026																		
INTERMEDIATE LUNCH 6-8	Total SERVING	1 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	
PEPPERONI PIZZA RIPPERS	DINNER SALAD ELEM.	1 CUP	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	
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 RED.25OZ	.25 OZ	1	23	5	53	0.00	0.00	0.0	0	0.0	0.00	0.00	2.02	0.25	1.52	0.89	0.00	
GRAB N GO -PROTEIN BOWL	SERVING	2	376	51	667	2.04	*0.00	*0.0	*N/A*	*0.0	2.04	*1.00	19.21	25.38	21.84	12.66	0.00	
MIXED FRESH VEGETABLES	3/4 CUP	2	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	2	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	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	
CONDIMENTS: WRAP	SERVING	2	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	2	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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			932	80	1733	11.89	*2.12	*48.1	*98	*41.41	*42.63 *18.3%	*5.33 *2.3%	39.62 17.0%	107.13 46.0%	40.54 39.2%	14.49 14.0%	*0.00 *0.0%
Nutrient Guideline			600-700									<10.00 ¹					<10.00

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Mon - 03/30/2026																		
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 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.																		
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 :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: MONDAYS:INTE	1 CUP	1	68	4	464	1.50	*0.41	*21.3	*2	*14.9	*5.12	*2.89	1.84	9.2	3.12	0.77	0.00	
RM.																		
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 INT WEEKLY 1st CHOI	Total	2																
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	
PEANUT BUTTER UNCRUST	SANDWI	1	294	0	294	2.76	0.99	18.4	*N/A*	0.0	*N/A*	*N/A*	9.2	29.44	15.64	3.22	0.00	
ABLE	CH																	
CHEESE STICKS - CHOOSE	SERVING	2	110	30	175	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	0.5	9.0	5.50	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	
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	
SALAD BAR: MONDAYS:INTE	1 CUP	2	68	4	464	1.50	*0.41	*21.3	*2	*14.9	*5.12	*2.89	1.84	9.2	3.12	0.77	0.00	
RM.																		
RANCH: (WILD COYOTE LITE)	PC CUP	2	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	2	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			741	58	1551	7.98	*0.87	*44.2	*27	*26.32	*39.82 *21.5%	*8.17 *4.4%	32.10 17.3%	92.71 50.1%	29.94 36.4%	9.28 11.3%	*0.01 *0.0%	
Nutrient Guideline			600-700									<10.00 ¹					<10.00	

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)	
Tue - 03/31/2026																		
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 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	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	
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- IN TERM.	1 CUP	1	110	4	649	2.12	*0.39	*19.6	*2	*11.04	*4.62	*0.00	2.63	10.37	7.68	1.38	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																		
CHEESESTEAK SANDWICH	Total SANDWICHES	2																
	SERVING	1	404	69	615	2.17	*0.07	*3.1	*0	*0.12	5.41	*1.00	23.43	37.92	18.22	7.05	0.70	
WILD MIKE'S PEPPERONI C HEESY B	8 PIECES	2	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	
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	
SALAD BAR: 3 THURS. - INT ERM	1/2 CUP	2	38	2	235	1.09	*0.37	*19.3	*11	*9.75	*3.13	*0.00	1.26	5.4	1.54	0.37	0.00	
CONDIMENT: STEAKWICH	SERVING	2	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	2	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			842	62	1656	11.04	*1.57	*145.6	*10	*20.05	*44.46	*12.71	35.47	113.11	28.71	9.70	*0.25	
% of Calories											*21.1%	*6.0%	16.9%	53.8%	30.7%	10.4%	*0.3%	
Nutrient Guideline			600-700									<10.00 ¹				<10.00		

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Weighted Average			836	74	1599	11.14	*1.47	*74.9	*26	*26.91	*42.78	*9.51	34.81	106.61	31.74	9.87	*0.06
											*46.1%	*10.2%	16.7%	51.0%	34.2%	10.6%	*0.1%

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
NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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	836		600 - 700	119%					136	Correction Required - Calories too High											
Cholesterol (mg)	74																				
Sodium 1a (mg)	1599		1225	131%					374	Correction Required - Sodium too High											
Fiber (g)	11.14																				
Iron (mg)	1.47					Missing															
Calcium (mg)	74.9					Missing															
Vitamin A (RAE)	26					Missing															
Total Sugars (g)	42.78	20.47%				Missing															
Added Sugars (g)	9.51	4.55%	<10.00% ¹	95%		Missing	0			Correction Required - Added Sugars should be < 10.00% of Calories											
Vitamin C (mg)	26.91					Missing															
Protein (g)	34.81	16.66%																			
Carbohydrate (g)	106.61	51.02%																			
Total Fat (g)	31.74	34.17%																			
Saturated Fat (g)	9.87	10.62%	<10.00%							Correction Required - Sat. Fat too High											
Trans Fat (g)	0.06	0.06%				Missing															

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.