

Washington County School District

Mar 2, 2026 thru Mar 31, 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)
Mon - 03/02/2026																	
SECONDARY LUNCH 9-12	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 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, 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 (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	101	4	541	3.19	*0.83	*42.5	*4	*29.8	*7.43	*2.89	4.21	14.32	3.77	0.86	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	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 ABLE	SANDWICH	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
CHEESE STICKS - CHOOSE	SERVING	1	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	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	0.00
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			807	48	1612	11.31	*1.84	*94.1	*74	*76.26	*45.69 *22.7%	*8.17 *4.1%	32.97 16.3%	109.63 54.4%	29.89 33.4%	7.78 8.7%	*0.01 *0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Tue - 03/03/2026																	
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 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
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	124	4	720	3.11	*0.54	*34.9	*3	*16.07	*4.66	*0.00	2.73	11.81	8.53	1.85	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Washington County School District

Mar 2, 2026 thru Mar 31, 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 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 CHEESY 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	12pc	2	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
FRUIT BAR :SPRING (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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 % of Calories			937	64	1931	14.27	*2.32	*183.3	*50	*50.22	*50.86 *21.7%	*14.64 *6.3%	37.79 16.1%	129.51 55.3%	31.67 30.4%	10.21 9.8%	*0.25 *0.2%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Wed - 03/04/2026																	
SECONDARY LUNCH 9-12 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 (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	1	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO 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
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	2	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 :SPRING (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	0.00
CONDIMENT - CHICKEN SANDWICH	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			882	52	1983	17.33	*2.89	*121.9	*73	*63.27	*47.97 *21.8%	*8.91 *4.0%	39.04 17.7%	124.82 56.6%	25.78 26.3%	5.98 6.1%	0.01 0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Thu - 03/05/2026																		
SECONDARY LUNCH 9-12 HAM AND EGGS SEC	Total 3oz SERVING	1 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 (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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	
ALT SEC WEEKLY 1st CHO 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 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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00	
SALAD BAR: 2 TUESDAY (SE)	1 CUP	2	124	4	720	3.11	*0.54	*34.9	*3	*16.07	*4.66	*0.00	2.73	11.81	8.53	1.85	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	

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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)
Weighted Daily Average % of Calories			965	155	2246	14.64	*2.28	*81.3	*5	*33.62	*51.03 *21.2%	*14.17 *5.9%	35.05 14.5%	127.33 52.8%	36.70 34.2%	10.98 10.2%	0.00 0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Fri - 03/06/2026																	
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
CARROT 1 CUP	1 CUP	1	60	0	132	4.92	1.53	54.0	*N/A*	4.51	*N/A*	*N/A*	1.07	13.86	0.2	0.03	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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															
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
GRAB N GO -PROTEIN BOWL	SERVING	1	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
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																	
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	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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	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			845	80	1340	13.14	*1.78	*61.3	*31	*54.53	*40.60 *19.2%	*5.00 *2.4%	39.04 18.5%	102.68 48.6%	32.50 34.6%	11.20 11.9%	*0.15 *0.2%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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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 - 03/17/2026																	
SECONDARY LUNCH 9-12																	
QUESADILLA, THREE CHEES	Total SERVING	1	323	36	582	3.32	*N/A*	*N/A*	*N/A*	*N/A*	2.29	0.00	17.43	32.51	14.2	8.62	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
COOKIE, PUMPKIN CHOCOL	COOKIE	1	147	1	137	2.85	*0.52	*29.1	*0	*0.0	*10.77	*8.07	2.03	23.08	5.66	2.39	*0.00
ATE CHIP																	
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	124	4	720	3.11	*0.54	*34.9	*3	*16.07	*4.66	*0.00	2.73	11.81	8.53	1.85	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	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	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																	
TATER TOTS - MCCAIN	12pc	2	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
FRUIT BAR :SPRING (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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			903	61	1908	14.76	*1.42	*75.9	*50	*50.22	*49.20	*12.32	36.95	124.57	30.23	10.26	*0.25
% of Calories											*21.8%	*5.5%	16.4%	55.2%	30.1%	10.2%	*0.3%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Wed - 03/18/2026																	
SECONDARY LUNCH 9-12																	
ROTINI ALFREDO: SEC	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
CHICKEN, DICED L/S TYSON	2.3oz SE RVING	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 :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	1	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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

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Washington County School District

Mar 2, 2026 thru Mar 31, 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 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
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	2	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 :SPRING (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	0.00
CONDIMENT - CHICKEN SANDWICH	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			875	56	1669	14.45	*2.93	*131.7	*73	*83.17	*45.58 *20.8%	*8.91 *4.1%	40.50 18.5%	123.73 56.6%	25.56 26.3%	6.16 6.3%	*0.02 *0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Thu - 03/19/2026																		
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	
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 (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00	
SALAD BAR: HIGH	1 CUP	1	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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	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 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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00	
SALAD BAR: 2 TUESDAY (SE)	1 CUP	2	124	4	720	3.11	*0.54	*34.9	*3	*16.07	*4.66	*0.00	2.73	11.81	8.53	1.85	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			905	61	1911	15.82	*2.22	*100.7	*28	*45.15	*51.57 *22.8%	*11.28 *5.0%	32.98 14.6%	123.04 54.4%	34.42 34.2%	10.39 10.3%	*0.00 *0.0%	
Nutrient Guideline			750-850									<10.00 ¹					<10.00	

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 7

Generated on: 3/2/2026 6:51:58 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)
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Fri - 03/20/2026																	
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																	
CARROT 1 CUP	1 CUP	1	60	0	132	4.92	1.53	54.0	*N/A*	4.51	*N/A*	*N/A*	1.07	13.86	0.2	0.03	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 :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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 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
GRAB N GO -PROTEIN BOWL	SERVING	1	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
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																	
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	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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	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			764	66	1085	10.72	*1.70	*145.5	*28	*54.34	*36.87	*5.00	33.93	95.31	28.69	10.35	*0.00
% of Calories											*19.3%	*2.6%	17.8%	49.9%	33.8%	12.2%	*0.0%
Nutrient Guideline			750-850									<10.00 ¹				<10.00	

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Washington County School District

Mar 2, 2026 thru Mar 31, 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)
Mon - 03/23/2026																	
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 :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	101	4	541	3.19	*0.83	*42.5	*4	*29.8	*7.43	*2.89	4.21	14.32	3.77	0.86	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	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 ABLE	SANDWICH	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
CHEESE STICKS - CHOOSE	SERVING	1	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	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	0.00
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			825	60	1703	11.64	*1.84	*94.1	*74	*76.26	*47.00 *22.8%	*10.34 *5.0%	34.44 16.7%	109.58 53.2%	31.22 34.1%	8.28 9.0%	*0.01 *0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Washington County School District

Mar 2, 2026 thru Mar 31, 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 - 03/24/2026																	
SECONDARY LUNCH 9-12	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
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 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
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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
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 % of Calories			1141	157	1833	8.38	*2.04	*31.3	*3	*24.41	*64.63 *22.7%	*23.76 *8.3%	26.24 9.2%	136.42 47.8%	55.43 43.7%	13.14 10.4%	0.00 0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Wed - 03/25/2026																	
SECONDARY LUNCH 9-12	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
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	1	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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															
SPICY CHICKEN SANDWICH	SANDWICH	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
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	2	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 :SPRING (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	0.00
CONDIMENT - CHICKEN SANDWICH	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			844	52	1824	14.71	*2.97	*187.3	*73	*63.48	*45.34 *21.5%	*9.24 *4.4%	38.80 18.4%	118.37 56.1%	24.82 26.5%	7.47 8.0%	0.01 0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Washington County School District

Mar 2, 2026 thru Mar 31, 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)
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Thu - 03/26/2026																	
SECONDARY LUNCH 9-12 CHICKEN CHUNKS, TYSON	Total 5 NUGG ETS	1	240	55	570	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	23.0	15.0	10.0	2.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	2.0	21.0	4.0	1.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	1	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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
ALT SEC WEEKLY 1st CHO																	
NACHOS	Total SERVING	2	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	2	124	4	720	3.11	*0.54	*34.9	*3	*16.07	*4.66	*0.00	2.73	11.81	8.53	1.85	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			863	57	1953	15.70	*2.13	*112.1	*29	*46.80	*44.33 *20.6%	*6.98 *3.2%	36.86 17.1%	117.82 54.6%	30.13 31.4%	8.38 8.7%	0.00 0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Fri - 03/27/2026																	
SECONDARY LUNCH 9-12 PEPPERONI PIZZA RIPPERS	Total 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
FRUIT BAR :SPRING (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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

Mar 2, 2026 thru Mar 31, 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	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
GRAB N GO -PROTEIN BOWL	SERVING	1	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
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																	
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	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	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	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			747	60	1395	11.24	*2.22	*54.3	*100	*53.59	*43.50	*5.00	32.61	95.74	28.22	9.58	*0.00
% of Calories											*23.3%	*2.7%	17.5%	51.2%	34.0%	11.5%	*0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Mon - 03/30/2026																	
SECONDARY LUNCH 9-12	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, 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, 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 (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	101	4	541	3.19	*0.83	*42.5	*4	*29.8	*7.43	*2.89	4.21	14.32	3.77	0.86	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	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	1	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	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 (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	0.00
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Washington County School District

Mar 2, 2026 thru Mar 31, 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			807	48	1612	11.31	*1.84	*94.1	*74	*76.26	*45.69 *22.7%	*8.17 *4.1%	32.97 16.3%	109.63 54.4%	29.89 33.4%	7.78 8.7%	*0.01 *0.0%
Nutrient Guideline			750-850									<10.00 ¹					<10.00

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Tue - 03/31/2026																		
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	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 (SEC)	1 CUP	1	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00	
SALAD BAR: 2 TUESDAY (SE)	1 CUP	1	124	4	720	3.11	*0.54	*34.9	*3	*16.07	*4.66	*0.00	2.73	11.81	8.53	1.85	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	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	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	
HESY B																		
TATER TOTS - MCCAIN	12pc	2	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	
FRUIT BAR :SPRING (SEC)	1 CUP	2	93	0	5	3.39	*0.20	*14.3	*3	*22.01	*14.54	*0.00	1.14	23.3	0.35	0.05	0.00	
SALAD BAR: HIGH	1 CUP	2	100	4	531	3.32	*1.27	*58.8	*68	*34.21	*7.42	*2.89	3.86	14.9	3.7	0.87	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 % of Calories			937	64	1931	14.27	*2.32	*183.3	*50	*50.22	*50.86 *21.7%	*14.64 *6.3%	37.79 16.1%	129.51 55.3%	31.67 30.4%	10.21 9.8%	*0.25 *0.2%	
Nutrient Guideline			750-850									<10.00 ¹					<10.00	

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Weighted Average			878	71	1746	13.36	*2.17	*109.5	*51	*56.36	*47.55 *48.7%	*10.41 *10.7%	35.50 16.2%	117.36 53.5%	31.68 32.5%	9.26 9.5%	*0.06 *0.1%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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	878		750 - 850	103%					28	Correction Required - Calories too High										
Cholesterol (mg)	71																			
Sodium 1a (mg)	1746		1280	136%					466	Correction Required - Sodium too High										
Fiber (g)	13.36																			
Iron (mg)	2.17					Missing														
Calcium (mg)	109.5					Missing														
Vitamin A (RAE)	51					Missing														
Total Sugars (g)	47.55	21.67%				Missing														
Added Sugars (g)	10.41	4.74%	<10.00% ¹	104%		Missing	0			Correction Required - Added Sugars should be < 10.00% of Calories										
Vitamin C (mg)	56.36					Missing														
Protein (g)	35.50	16.18%																		
Carbohydrate (g)	117.36	53.48%																		
Total Fat (g)	31.68	32.48%																		
Saturated Fat (g)	9.26		<10.00%																	
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.

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