

Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/01/2024																
SECONDARY BREAKFAST	Total	1														
BREAKFAST SANDWICH - McM	SANDWI	1	334	154	1030	1.00	*0.00	*150.0	*300	*0.0	2	20.86	23.49	16.45	6.74	0.00
UFFIN	CHES															
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total	1														
TOAST	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
JELLY: VARIETY PACK	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
PEACH CUPS -DICED	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
EC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			756	95	1116	7.15	*0.61	*482.8	*951	*133.88	*81	30.11	126.33	14.61	5.26	0.00
% of Calories											*42.9%	15.9%	66.9%	17.4%	6.3%	0.0%
Nutrient Guideline			450-600		640										<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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

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Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/02/2024																
SECONDARY BREAKFAST	Total	1														
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0	8.0	1.0	8.0	3.50	0.00
HASH BROWN (1)	HASHBR OWN	1	110	0	224	1.00	0.36	0.0	2	1.2	0	1.0	13.46	5.48	0.75	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			717	98	1052	8.14	*1.15	*386.8	*803	*137.29	*71	26.68	126.82	11.62	3.77	0.00
% of Calories											*39.6%	14.9%	70.7%	14.6%	4.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 10/03/2024																
SECONDARY BREAKFAST	Total	1														
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	211	0	103	1.74	3.10	328.7	207	1.96	*6	5.26	44.75	1.52	0.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			673	15	715	7.51	*2.52	*592.1	*837	*75.46	*67	23.81	133.16	5.64	1.64	0.00
% of Calories											*40.1%	14.2%	79.2%	7.5%	2.2%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 10/04/2024																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
SECONDARY BREAKFAST	Total	1														
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	1.00	20.0	0	0.0	11	2.0	23.0	12.0	6.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			719	15	711	8.15	*1.47	*437.8	*803	*134.48	*85	22.18	136.58	10.88	4.64	0.00
% of Calories											*47.3%	12.3%	76.0%	13.6%	5.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/07/2024																
SECONDARY BREAKFAST PANCAKE, BAKE CRAFTER SYRUP	Total SERVINGS	1	175	10	215	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	32.0	3.5	0.50	0.00
APPLESAUCE, W/CINNAMON	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	102	0	5	2.68	0.56	9.8	71	2.44	*N/A*	0.41	27.5	0.24	0.02	*N/A*
JUICE : VARIETY SUNCUP	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME BREAKFAST CEREAL-ALL TOAST	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
JELLY: VARIETY PACK	Total BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
APPLESAUCE, W/CINNAMON	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	1 CUP	1	102	0	5	2.68	0.56	9.8	71	2.44	*N/A*	0.41	27.5	0.24	0.02	*N/A*
MILK : CHOCOLATE MILK F/F	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK 1% WHITE	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
Weighted Daily Average % of Calories	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
Nutrient Guideline	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
			694	20	701	9.33	*1.17	*417.5	*802	*76.32	*70	22.10	142.08	6.37	1.91	*0.00
			450-600		640						*40.4%	12.7%	81.9%	8.3%	2.5%	*0.0%
																<10.00

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Tue - 10/08/2024																
SECONDARY BREAKFAST	Total	1														
PANCAKE CORNDOGS	SERVINGS	1	200	25	310	3.00	1.44	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			742	28	869	9.15	*1.69	*437.8	*803	*134.48	*82	24.68	139.28	9.88	2.89	0.00
% of Calories											*44.5%	13.3%	75.1%	12.0%	3.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/09/2024																
SECONDARY BREAKFAST EGGSTRAVAGANZA, BACON & CHEESE HASH BROWN (1)	Total SERVINGS	1	120	170	280	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	8.0	1.0	9.0	3.00	0.00
TOAST	HASHBR OWN SLICE	1	110	0	224	1.00	0.36	0.0	2	1.2	0	1.0	13.46	5.48	0.75	0.00
MIXED FRUIT CUP	SERVINGS	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JELLY: VARIETY PACK	PC	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
KETCHUP: P/C	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MILK: CHOCOLATE MILK F/F	CARTON	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
BREAKFAST CEREAL-ALL	Total BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK: CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			726	100	1155	8.24	*1.15	*386.8	*848	*137.29	*72	26.81	127.52	12.18	3.52	0.00
% of Calories											*39.6%	14.8%	70.3%	15.1%	4.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/10/2024																
SECONDARY BREAKFAST SMOOTHIE	Total SMOOTHIES	1	127	0	70	*0.50	*N/A*	*60.0	*N/A*	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			622	15	646	*6.90	*0.61	*437.8	*731	*75.38	*77	23.18	124.83	6.38	2.14	0.00
% of Calories											*49.8%	14.9%	80.2%	9.2%	3.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/11/2024																
SECONDARY BREAKFAST STRAWBERRY-BOLI	Total SERVINGS	1	240	0	270	0.00	*N/A*	*N/A*	*N/A*	*N/A*	14	5.0	41.0	5.0	2.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			757	15	804	7.65	*0.97	*427.8	*803	*134.48	*86	23.68	150.28	7.38	2.89	0.00
% of Calories											*45.7%	12.5%	79.4%	8.8%	3.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/14/2024																
SECONDARY BREAKFAST	Total	2295														
FRENCH TOAST STICKS	2 sticks	1	240	10	260	2.00	0.72	40.0	50	0.0	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	102	0	5	2.68	0.56	9.8	71	2.44	*N/A*	0.41	27.5	0.24	0.02	*N/A*
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	102	0	5	2.68	0.56	9.8	71	2.44	*N/A*	0.41	27.5	0.24	0.02	*N/A*
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1	0	1	0.01	*0.00	*0.4	*1	*0.07	*0	0.02	0.14	0.01	0.00	*0.00
% of Calories											*35.0%	12.4%	80.2%	9.8%	2.4%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/15/2024																
SECONDARY BREAKFAST	Total	1														
BREAKFAST PIZZA: SAUSAGE	SLICE	1	210	15	349	2.99	*N/A*	*N/A*	*N/A*	0.0	5	8.98	26.95	6.99	2.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			674	22	733	8.14	*0.61	*407.8	*801	*133.88	*82	24.17	128.06	7.87	2.64	0.00
% of Calories											*49.0%	14.4%	76.0%	10.5%	3.5%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/16/2024																
SECONDARY BREAKFAST	Total	1														
SUNRISE STICK, BREAKFAST	1 EACH	1	154	19	361	1.65	*N/A*	*N/A*	*N/A*	*N/A*	0	8.82	15.49	6.67	3.05	0.11
HASH BROWN (1)	HASHBR OWN	1	110	0	224	1.00	0.36	0.0	2	1.2	0	1.0	13.46	5.48	0.75	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			739	25	1117	8.97	*1.15	*386.8	*803	*137.29	*71	27.09	134.07	10.96	3.54	0.06
% of Calories											*38.5%	14.7%	72.5%	13.3%	4.3%	0.1%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/22/2024																
SECONDARY BREAKFAST	Total	1														
BREAKFAST SANDWICH - McM	SANDWI	1	334	154	1030	1.00	*0.00	*150.0	*300	*0.0	2	20.86	23.49	16.45	6.74	0.00
UFFIN	CHES															
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			756	95	1116	7.15	*0.61	*482.8	*951	*133.88	*81	30.11	126.33	14.61	5.26	0.00
% of Calories											*42.9%	15.9%	66.9%	17.4%	6.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 10/23/2024																
SECONDARY BREAKFAST	Total	1														
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0	8.0	1.0	8.0	3.50	0.00
HASH BROWN (1)	HASHBR	1	110	0	224	1.00	0.36	0.0	2	1.2	0	1.0	13.46	5.48	0.75	0.00
	OWN															
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			717	98	1052	8.14	*1.15	*386.8	*803	*137.29	*71	26.68	126.82	11.62	3.77	0.00
% of Calories											*39.6%	14.9%	70.7%	14.6%	4.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 10/24/2024																
SECONDARY BREAKFAST	Total	1														
YOGURT STRAW PARFAIT	PARFAIT	1	226	0	107	2.50	4.17	342.9	*8	*0.6	*8	*5.58	46.67	1.93	0.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			680	15	717	7.90	*3.05	*599.2	*737	*74.78	*68	*23.97	134.12	5.85	1.64	0.00
% of Calories											*40.2%	*14.1%	78.9%	7.7%	2.2%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/25/2024																
SECONDARY BREAKFAST	Total	1														
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	1.00	20.0	0	0.0	11	2.0	23.0	12.0	6.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			719	15	711	8.15	*1.47	*437.8	*803	*134.48	*85	22.18	136.58	10.88	4.64	0.00
% of Calories											*47.3%	12.3%	76.0%	13.6%	5.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/28/2024																
SECONDARY BREAKFAST	Total	1														
PANCAKE, BAKE CRAFTER	SERVINGS	1	175	10	215	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	32.0	3.5	0.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	102	0	5	2.68	0.56	9.8	71	2.44	*N/A*	0.41	27.5	0.24	0.02	*N/A*
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	102	0	5	2.68	0.56	9.8	71	2.44	*N/A*	0.41	27.5	0.24	0.02	*N/A*
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			694	20	701	9.33	*1.17	*417.5	*802	*76.32	*70	22.10	142.08	6.37	1.91	*0.00
% of Calories											*40.4%	12.7%	81.9%	8.3%	2.5%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 10/29/2024																
SECONDARY BREAKFAST	Total	1														
PANCAKE CORNDOGS	SERVINGS	1	200	25	310	3.00	1.44	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			742	28	869	9.15	*1.69	*437.8	*803	*134.48	*82	24.68	139.28	9.88	2.89	0.00
% of Calories											*44.5%	13.3%	75.1%	12.0%	3.5%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/30/2024																
SECONDARY BREAKFAST	Total	1														
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	120	170	280	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	8.0	1.0	9.0	3.00	0.00
HASH BROWN (1)	HASHBR OWN	1	110	0	224	1.00	0.36	0.0	2	1.2	0	1.0	13.46	5.48	0.75	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			726	100	1155	8.24	*1.15	*386.8	*848	*137.29	*72	26.81	127.52	12.18	3.52	0.00
% of Calories											*39.6%	14.8%	70.3%	15.1%	4.4%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/31/2024																
SECONDARY BREAKFAST SMOOTHIE	Total SMOOTHIES	1	127	0	70	*0.50	*N/A*	*60.0	*N/A*	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAM, TIGER BITES, CHOC OLATE	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
BREAKFAST FRUIT BASKET: ELE JUICE : VARIETY SUNCUP	1/2 CUP BOX	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F MILK 1% WHITE	CARTON	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL TOAST	Total BOWL SLICE	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
JELLY: VARIETY PACK	PC	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F MILK 1% WHITE	CARTON	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			622	15	646	*6.90	*0.61	*437.8	*731	*75.38	*77	23.18	124.83	6.38	2.14	0.00
											*49.8%	14.9%	80.2%	9.2%	3.1%	0.0%
Nutrient Guideline			450-600		640											<10.00
Weighted Average			674	42	829	*7.71	*1.20	*419.4	*773	*110.71	*73	*23.71	126.34	9.08	3.03	*0.00
											*97.1%	*14.1%	75.0%	12.1%	4.1%	*0.0%

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Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	674		450 - 600	112%					74	Correction Required - Calories too High							
Cholesterol (mg)	42																
Sodium 1 (mg)	829		640	130%					189	Correction Required - Sodium too High							
Fiber (g)	7.71				Missing												
Iron (mg)	1.20				Missing												
Calcium (mg)	419.4				Missing												
Vitamin A (IU)	773				Missing												
Sugars (g)	73	43.16%			Missing												
Vitamin C (mg)	110.71				Missing												
Protein (g)	23.71	14.08%			Missing												
Carbohydrate (g)	126.34	75.00%															
Total Fat (g)	9.08	12.12%															
Saturated Fat (g)	3.03	4.05%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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