

Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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Generated on: 10/29/2024 7:36:25 AM

	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 - 11/01/2024																
K-7 BREAKFAST MENU	Total	1														
STRAWBERRY-BOLI	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
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: 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 BREAKFAST K-7	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
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			643	15	688	4.74	*0.48	*391.4	*703	*113.44	*78	21.59	124.27	6.73	2.86	0.00
% of Calories											*48.6%	13.4%	77.3%	9.4%	4.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 11/04/2024																
K-7 BREAKFAST MENU	Total	1														
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
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: 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 BREAKFAST K-7	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*
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

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.

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

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 % of Calories			680	20	723	7.42	*1.40	*421.1	*729	*55.88	*61 *35.9%	22.51 13.2%	133.27 78.4%	7.98 10.6%	2.13 2.8%	*0.00 *0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 11/05/2024																
K-7 BREAKFAST MENU	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
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: 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 BREAKFAST K-7	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
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 % of Calories			628	22	733	6.24	*0.48	*391.4	*703	*113.44	*75 *47.5%	23.58 15.0%	116.24 74.1%	7.73 11.1%	2.61 3.7%	0.00 0.0%
Nutrient Guideline			350-500		540										<10.00	

Wed - 11/06/2024																
K-7 BREAKFAST MENU	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
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
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
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

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

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 BREAKFAST K-7	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: 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
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
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			671	25	1002	7.97	*0.79	*366.8	*801	*136.69	*71	25.59	119.87	10.46	3.54	0.06
% of Calories											*42.1%	15.3%	71.5%	14.0%	4.8%	0.1%
Nutrient Guideline			350-500		540										<10.00	

Thu - 11/07/2024																
K-7 BREAKFAST MENU	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	2	68	0.00	0.00	300.0	0	0.6	*5	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	240	5	210	6.00	0.62	29.6	9	0.0	17	5.0	43.0	6.0	2.00	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 BREAKFAST K-7	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: 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
Weighted Daily Average			664	18	688	8.65	*0.92	*572.6	*735	*74.18	*75	23.68	127.58	7.38	2.64	0.00
% of Calories											*45.1%	14.3%	76.9%	10.0%	3.6%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

Page 4

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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)
Fri - 11/08/2024																
K-7 BREAKFAST MENU	Total	1														
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9	6.0	34.0	5.0	1.00	0.00
DGFOR																
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: 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 BREAKFAST K-7																
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
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			628	15	678	6.24	*0.48	*391.4	*703	*113.44	*76	22.09	120.77	6.73	2.11	0.00
% of Calories											*48.1%	14.1%	76.9%	9.6%	3.0%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 11/11/2024																
K-7 BREAKFAST MENU	Total	1														
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2	2.0	12.0	3.0	0.00	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
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: 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 BREAKFAST K-7																
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*
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

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

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 % of Calories			600	18	646	6.92	*1.40	*411.1	*704	*55.88	*57 *38.0%	20.51 13.7%	120.27 80.1%	5.98 9.0%	1.63 2.4%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 11/12/2024																
K-7 BREAKFAST MENU	Total	1														
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	334	154	1030	1.00	*0.00	*150.0	*300	*0.0	2	20.86	23.49	16.45	6.74	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: 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
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 BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL TOAST	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	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
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 % of Calories			710	95	1116	5.24	*0.48	*466.4	*853	*113.44	*73 *41.2%	29.52 16.6%	114.51 64.5%	14.46 18.3%	5.23 6.6%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

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Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 - 11/13/2024																
K-7 BREAKFAST MENU	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
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
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
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
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
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 BREAKFAST K-7																
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: 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
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
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			350-500		540										<10.00	

Thu - 11/14/2024																
K-7 BREAKFAST MENU	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: 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

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Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 BREAKFAST K-7	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: 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
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			350-500		540										<10.00	

Fri - 11/15/2024																
K-7 BREAKFAST MENU	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: 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 BREAKFAST K-7	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: 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
Weighted Daily Average			673	15	711	6.24	*1.34	*421.4	*705	*114.04	*77	21.59	124.77	10.73	4.61	0.00
% of Calories											*45.8%	12.8%	74.2%	14.4%	6.2%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 - 11/18/2024																
K-7 BREAKFAST MENU	Total	1														
APPLE CINNAMON TOAST, WG	SERVINGS	1	260	0	290	2.00	2.70	40.0	400	1.2	17	8.0	45.0	6.0	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
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: 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 BREAKFAST K-7																
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*
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			690	15	738	7.42	*2.39	*421.1	*904	*56.48	*65	23.51	136.77	7.47	2.13	*0.00
% of Calories											*37.4%	13.6%	79.3%	9.7%	2.8%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 11/19/2024																
K-7 BREAKFAST MENU	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
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: 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
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 BREAKFAST K-7																
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
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

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 % of Calories			628	28	753	6.24	*1.20	*401.4	*703	*113.44	*74 *47.2%	22.59 14.4%	113.27 72.2%	9.23 13.2%	2.86 4.1%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 11/20/2024																
K-7 BREAKFAST MENU EGGSTRAVAGANZA, BACON & CHEESE	Total SERVINGS	1														
TOAST	SLICE	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	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: ELE	1/2 CUP	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	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	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	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 BREAKFAST K-7 BREAKFAST CEREAL-ALL	Total BOWL	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
TOAST	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: ELE	1/2 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
MIXED FRUIT CUP	SERVINGS	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	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	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
Weighted Daily Average % of Calories			722	100	1077	8.14	*1.15	*386.8	*803	*137.29	*72 *39.6%	26.68 14.8%	126.82 70.2%	12.12 15.1%	3.52 4.4%	0.00 0.0%
Nutrient Guideline			350-500		540											<10.00

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Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 - 11/21/2024																
K-7 BREAKFAST MENU SMOOTHIE	Total SMOOTH IES	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 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
		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
		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 BREAKFAST K-7																
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: ELE JUICE : VARIETY SUNCUP	1/2 CUP BOX	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 MILK 1% WHITE	1/2 CUP CARTON	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
		1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
		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
		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			350-500		540										<10.00	

Fri - 11/22/2024																
K-7 BREAKFAST MENU 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
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: 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 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
		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
		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 BREAKFAST K-7																
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
PEAR CUPS- CUP -DICED	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
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 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
		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
		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

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 % of Calories			643	15	688	4.74	*0.48	*391.4	*703	*113.44	*78 *48.6%	21.59 13.4%	124.27 77.3%	6.73 9.4%	2.86 4.0%	0.00 0.0%
Nutrient Guideline			350-500		540										<10.00	

Mon - 11/25/2024																
K-7 BREAKFAST MENU	Total	1														
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
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: 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 BREAKFAST K-7	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*
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 % of Calories			680	20	723	7.42	*1.40	*421.1	*729	*55.88	*61 *35.9%	22.51 13.2%	133.27 78.4%	7.98 10.6%	2.13 2.8%	*0.00 *0.0%
Nutrient Guideline			350-500		540										<10.00	

Tue - 11/26/2024																
K-7 BREAKFAST MENU	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
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: 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

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Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

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 BREAKFAST K-7	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
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			628	22	733	6.24	*0.48	*391.4	*703	*113.44	*75	23.58	116.24	7.73	2.61	0.00
% of Calories											*47.5%	15.0%	74.1%	11.1%	3.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

Weighted Average			661	32	784	*6.80	*1.06	*425.7	*753	*98.25	*71	23.60	124.28	8.50	2.84	*0.00
											*96.9%	14.3%	75.2%	11.6%	3.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	661		350 - 500	132%			161	Correction Required - Calories too High
Cholesterol (mg)	32							
Sodium 1 (mg)	784		540	145%			244	Correction Required - Sodium too High
Fiber (g)	6.80				Missing			
Iron (mg)	1.06				Missing			
Calcium (mg)	425.7				Missing			
Vitamin A (IU)	753				Missing			
Sugars (g)	71	43.08%			Missing			
Vitamin C (mg)	98.25				Missing			
Protein (g)	23.60	14.28%						
Carbohydrate (g)	124.28	75.20%						
Total Fat (g)	8.50	11.58%						
Saturated Fat (g)	2.84	3.86%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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