

Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/01/2021															
K-7 BREAKFAST MENU	Total	1													
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHI	1 EACH	1	260	5	190	6.00	0.00	0.0	0.0	17	5.0	43.0	7.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			703	18	617	7.41	2.96	960.9	*147.84	*77	23.09	131.51	9.08	3.39	0.00
% of Calories										*43.6%	13.1%	74.8%	11.6%	4.3%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Tue - 04/06/2021															
K-7 BREAKFAST MENU	Total	1													
APPLE CINNAMON TOAST, WG	SERVINGS	1	260	0	290	2.00	2.70	40.0	1.2	17	8.0	45.0	6.0	1.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	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.

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			709	15	640	7.31	4.43	840.3	*153.08	*84	23.18	136.33	8.73	2.93	0.00
% of Calories										*47.4%	13.1%	76.9%	11.1%	3.7%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Wed - 04/07/2021															
K-7 BREAKFAST MENU	Total	1													
TORNADO-EGG, SAUSAGE, CHE ESE	TORNADO	1	180	30	280	2.00	1.44	40.0	1.2	1	7.0	22.0	7.0	1.50	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			683	30	704	7.41	3.80	854.3	*184.08	*76	23.81	126.53	9.29	3.18	0.00
% of Calories										*44.7%	14.0%	74.1%	12.2%	4.2%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/08/2021															
K-7 BREAKFAST MENU	Total	1													
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	3.32	*N/A*	6.01	59.39	1.31	0.20	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			728	15	629	6.74	3.93	986.4	*149.80	*69	23.59	141.91	8.29	3.23	0.00
% of Calories										*37.7%	13.0%	77.9%	10.2%	4.0%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Fri - 04/09/2021															
K-7 BREAKFAST MENU	Total	1													
SPRINKLED DONUT: SFE	1 EACH	1	230	25	320	3.00	1.44	20.0	0.0	15	3.0	31.0	11.0	5.00	1.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	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-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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average			694	28	650	7.81	3.80	830.3	*152.48	*82	20.68	130.33	11.23	4.93	0.50	
% of Calories										*47.2%	11.9%	75.1%	14.6%	6.4%	0.6%	
Nutrient Guideline			375-500		540									<10.00		

Mon - 04/12/2021																
K-7 BREAKFAST MENU	Total	1														
PANCAKES	BAG	1	220	0	130	3.00	0.72	20.0	0.0	13	4.0	39.5	6.0	0.50	0.00	
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average			674	15	590	7.81	3.44	830.3	*152.48	*78	21.18	131.58	8.73	2.68	0.00	
% of Calories										*46.3%	12.6%	78.0%	11.6%	3.6%	0.0%	
Nutrient Guideline			375-500		540									<10.00		

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/13/2021															
K-7 BREAKFAST MENU	Total	1													
PANCAKE CORNDOGS	SERVINGS	1	241	25	361	2.00	1.44	20.1	0.0	4	7.02	18.04	15.04	4.51	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			705	28	716	7.32	3.80	830.3	*152.48	*78	22.69	124.85	13.25	4.68	0.00
% of Calories										*44.0%	12.9%	70.9%	16.9%	6.0%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Wed - 04/14/2021															
K-7 BREAKFAST MENU	Total	1													
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	0.0	1	10.0	14.0	9.0	3.50	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			683	115	764	7.41	3.44	884.3	*183.48	*76	25.31	122.53	10.29	4.18	0.00
% of Calories										*44.7%	14.8%	71.8%	13.6%	5.5%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Thu - 04/15/2021															
K-7 BREAKFAST MENU	Total	1													
MIXED BERRY SMOOTHIE: ELE	SERVING: 8oz	1	188	4	85	4.06	0.00	257.1	1.2	*24	5.49	39.63	0.95	0.57	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			683	17	1103	6.94	3.32	989.5	*148.14	*84	22.84	130.83	7.81	3.18	0.00
% of Calories										*49.3%	13.4%	76.7%	10.3%	4.2%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/16/2021															
K-7 BREAKFAST MENU	Total	1													
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	1.26	20.0	0.0	10	5.5	36.0	7.0	1.25	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			689	15	623	7.31	3.71	830.3	*152.48	*79	21.93	132.83	9.23	3.05	0.00
% of Calories										*46.0%	12.7%	77.1%	12.0%	4.0%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Mon - 04/19/2021															
K-7 BREAKFAST MENU	Total	1													
FRENCH TOAST STICKS	2 sticks	1	240	10	260	2.00	0.72	40.0	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	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			684	20	655	7.31	3.44	840.3	*152.48	*77	22.18	130.83	9.23	2.93	0.00
% of Calories										*44.7%	13.0%	76.5%	12.1%	3.8%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Tue - 04/20/2021															
K-7 BREAKFAST MENU	Total	1													
FIESTA CHEESE OMELET	1 EA	1	120	175	280	0.00	0.72	100.0	0.0	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0.00	0.72	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			806	123	886	6.81	4.16	*890.3	*153.08	*76	28.68	122.33	22.79	8.42	0.00
% of Calories										*37.7%	14.2%	60.7%	25.5%	9.4%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/21/2021															
K-7 BREAKFAST MENU	Total	1													
MAPLE SANDWICH	SERVINGS	1	240	0	320	3.00	1.80	40.0	1.2	19	5.0	45.0	5.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			709	15	645	7.81	3.98	854.3	*184.08	*85	22.68	137.33	8.23	3.43	0.00
% of Calories										*47.9%	12.8%	77.4%	10.4%	4.3%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Thu - 04/22/2021															
K-7 BREAKFAST MENU	Total	1													
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHI	1 EACH	1	260	5	190	6.00	0.00	0.0	0.0	17	5.0	43.0	7.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average			703	18	617	7.41	2.96	960.9	*147.84	*77	23.09	131.51	9.08	3.39	0.00	
% of Calories										*43.6%	13.1%	74.8%	11.6%	4.3%	0.0%	
Nutrient Guideline			375-500		540									<10.00		

Fri - 04/23/2021																
K-7 BREAKFAST MENU	Total	1														
CINNAMON ROLL W. W.W. BRID	ROLL	1	210	0	250	4.00	1.44	20.0	1.2	8	6.0	35.0	5.0	1.00	0.00	
GFOR																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average			684	15	615	8.31	3.80	830.3	*153.08	*79	22.18	132.33	8.23	2.93	0.00	
% of Calories										*45.9%	13.0%	77.3%	10.8%	3.8%	0.0%	
Nutrient Guideline			375-500		540									<10.00		

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 04/26/2021																
K-7 BREAKFAST MENU	Total	1														
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*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	*N/A*	0.0	4.0	0.0	0.00	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
REE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00	
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00	
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00	
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
REE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average			604	18	578	6.81	3.44	830.3	*152.48	*73	20.18	117.83	7.23	2.43	0.00	
% of Calories										*48.0%	13.4%	78.0%	10.8%	3.6%	0.0%	
Nutrient Guideline			375-500		540									<10.00		

Tue - 04/27/2021																
K-7 BREAKFAST MENU	Total	1														
APPLE CINNAMON TOAST, WG	SERVINGS	1	260	0	290	2.00	2.70	40.0	1.2	17	8.0	45.0	6.0	1.00	0.00	
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00	
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00	
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00	
REE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00	

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			709	15	640	7.31	4.43	840.3	*153.08	*84	23.18	136.33	8.73	2.93	0.00
% of Calories										*47.4%	13.1%	76.9%	11.1%	3.7%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Wed - 04/28/2021															
K-7 BREAKFAST MENU	Total	1													
TORNADO-EGG, SAUSAGE, CHE ESE	TORNADO	1	180	30	280	2.00	1.44	40.0	1.2	1	7.0	22.0	7.0	1.50	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	91.0	16	1.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			683	30	704	7.41	3.80	854.3	*184.08	*76	23.81	126.53	9.29	3.18	0.00
% of Calories										*44.7%	14.0%	74.1%	12.2%	4.2%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/29/2021															
K-7 BREAKFAST MENU	Total	1													
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	3.32	*N/A*	6.01	59.39	1.31	0.20	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	50	0	0	1.00	0.00	0.0	60.0	12	0.0	14.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			728	15	629	6.74	3.93	986.4	*149.80	*69	23.59	141.91	8.29	3.23	0.00
% of Calories										*37.7%	13.0%	77.9%	10.2%	4.0%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Fri - 04/30/2021															
K-7 BREAKFAST MENU	Total	1													
SPRINKLED DONUT: SFE	1 EACH	1	230	25	320	3.00	1.44	20.0	0.0	15	3.0	31.0	11.0	5.00	1.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	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.

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Washington County School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	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	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	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			694	28	650	7.81	3.80	830.3	*152.48	*82	20.68	130.33	11.23	4.93	0.50
% of Calories										*47.2%	11.9%	75.1%	14.6%	6.4%	0.6%
Nutrient Guideline			375-500		540									<10.00	

Weighted Average			698	29	683	7.36	3.72	*877.7	*157.94	*78	22.93	130.83	9.91	3.66	0.05
										*100.5	13.1%	75.0%	12.8%	4.7%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	698		375 - 500	140%			198	Correction Required - Calories too High
Cholesterol (mg)	29							
Sodium 1 (mg)	683		540				143	Correction Required - Sodium too High
Sodium 2 (mg)	683		485				198	Correction Required - Sodium too High
Fiber (g)	7.36							
Iron (mg)	3.72							
Calcium (mg)	877.7				Missing			
Sugars (g)	78	44.67%			Missing			
Vitamin C (mg)	157.94				Missing			
Protein (g)	22.93	13.14%						
Carbohydrate (g)	130.83	74.99%						
Total Fat (g)	9.91	12.78%						
Saturated Fat (g)	3.66	4.72%	<10.00%					
Trans Fat ¹ (g)	0.05	0.06%						

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