

Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 11/16/2020 10:53:17 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/01/2020			
K-7 BREAKFAST MENU	Total	1	
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	25.26
PEACH CUPS -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			123.46
% of Calories			72.0%
Nutrient Guideline			

Wed - 12/02/2020			
K-7 BREAKFAST MENU	Total	1	
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	22.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			125.53
% of Calories			74.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/03/2020			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	59.39
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			144.91
% of Calories			78.5%
Nutrient Guideline			

Fri - 12/04/2020			
K-7 BREAKFAST MENU	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			126.33
% of Calories			73.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/07/2020			
K-7 BREAKFAST MENU	Total	1	
PANCAKES	BAG	1	39.5
SYRUP	1 EA	1	4.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			139.58
% of Calories			74.5%
Nutrient Guideline			

Tue - 12/08/2020			
K-7 BREAKFAST MENU	Total	1	
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	3.16
TOAST	SLICE	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEACH CUPS -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			119.41
% of Calories			68.0%
Nutrient Guideline			

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/09/2020			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST TAC-GO	TACO	1	14.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
SALSA PICANTE	1 OZ	1	1.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	14.0
MIXED FRUIT CUP	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	12.0
Weighted Daily Average			121.53
% of Calories			72.3%
Nutrient Guideline			

Thu - 12/10/2020			
K-7 BREAKFAST MENU	Total	1	
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	39.63
BUG BITES	BAG	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	14.0
CINNAMON APPLESAUCE CUPS	PC	1	9.4
MIXED FRUIT CUP	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	12.0
Weighted Daily Average			133.83
% of Calories			77.3%
Nutrient Guideline			

Fri - 12/11/2020			
K-7 BREAKFAST MENU	Total	1	
CRESCENT, FILLED	1 EACH	1	36.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			128.83
% of Calories			75.9%
Nutrient Guideline			

Mon - 12/14/2020			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			137.83
% of Calories			77.2%
Nutrient Guideline			

Tue - 12/15/2020			
K-7 BREAKFAST MENU	Total	1	
FIESTA CHEESE OMELET	1 EA	1	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	2.0
TOAST	SLICE	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEACH CUPS -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			119.33
% of Calories			60.0%
Nutrient Guideline			

Wed - 12/16/2020			
K-7 BREAKFAST MENU	Total	1	
MAPLE SANDWICH	SERVINGS	1	45.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			136.33
% of Calories			78.0%
Nutrient Guideline			

Thu - 12/17/2020			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			134.51 75.4%
Nutrient Guideline			

Fri - 12/18/2020			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.94
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average % of Calories			128.30 76.1%
Nutrient Guideline			

Weighted Average			129.98 73.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	129.98	73.72%						

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