

Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/01/2021			
SECONDARY BREAKFAST	Total	1	
SANDWICH, SAUSAGE & CHEESE	SERVINGS	1	17.96
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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	13.0
ALT SEC BREAKFAST ME	Total	215	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	100	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	25.15
JUICE : VARIETY SUNCUP	BOX	171	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	20.0
MILK 1% WHITE	CARTON	78	13.0
Weighted Daily Average			46.36
% of Calories			73.4%
Nutrient Guideline			

Thu - 12/02/2021			
SECONDARY BREAKFAST	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	157	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	153	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	25.15
JUICE : VARIETY SUNCUP	BOX	138	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	20.0
MILK 1% WHITE	CARTON	53	13.0
Weighted Daily Average			54.97
% of Calories			71.1%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/03/2021			
SECONDARY BREAKFAST	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	54	
BREAKFAST CEREAL-ALL	BOWL	54	22.33
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	25.15
JUICE : VARIETY SUNCUP	BOX	48	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	20.0
MILK 1% WHITE	CARTON	8	13.0
Weighted Daily Average			69.78
% of Calories			76.6%
Nutrient Guideline			

Mon - 12/06/2021			
SECONDARY BREAKFAST	Total	1	
PANCAKES	BAG	1	39.5
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	25.15
JUICE : VARIETY SUNCUP	BOX	23	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	20.0
MILK 1% WHITE	CARTON	16	13.0
Weighted Daily Average			48.84
% of Calories			83.3%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/07/2021			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
SYRUP	1 EA	1	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	25.15
JUICE : VARIETY SUNCUP	BOX	41	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	20.0
MILK 1% WHITE	CARTON	20	13.0
Weighted Daily Average % of Calories			44.74 72.6%
Nutrient Guideline			

Wed - 12/08/2021			
SECONDARY BREAKFAST	Total	1	
BREAKFAST TAC-GO	TACO	1	14.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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	13.0
ALT SEC BREAKFAST ME	Total	215	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	100	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	25.15
JUICE : VARIETY SUNCUP	BOX	171	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	20.0
MILK 1% WHITE	CARTON	78	13.0
Weighted Daily Average % of Calories			46.34 73.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/09/2021			
SECONDARY BREAKFAST	Total	1	
MIXED BERRY SMOOTHIE: SEC	SERVING:10oz	1	54.58
BUG BITES	BAG	1	21.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	157	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	153	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	25.15
JUICE : VARIETY SUNCUP	BOX	138	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	20.0
MILK 1% WHITE	CARTON	53	13.0
Weighted Daily Average			54.97
% of Calories			71.1%
Nutrient Guideline			

Fri - 12/10/2021			
SECONDARY BREAKFAST	Total	1	
CRESCENT, FILLED	1 EACH	1	36.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	54	
BREAKFAST CEREAL-ALL	BOWL	54	22.33
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	25.15
JUICE : VARIETY SUNCUP	BOX	48	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	20.0
MILK 1% WHITE	CARTON	8	13.0
Weighted Daily Average			69.87
% of Calories			76.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/13/2021			
SECONDARY BREAKFAST	Total	2295	
FRENCH TOAST STICKS	2 sticks	2295	38.0
SYRUP	1 EA	2250	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
APPLESAUCE,W/CINNAMON	1 CUP	2000	28.02
JUICE : VARIETY SUNCUP	BOX	2100	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	20.0
MILK 1% WHITE	CARTON	685	13.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	25.15
JUICE : VARIETY SUNCUP	BOX	23	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	20.0
MILK 1% WHITE	CARTON	16	13.0
Weighted Daily Average % of Calories			97.91 76.6%
Nutrient Guideline			

Tue - 12/14/2021			
SECONDARY BREAKFAST	Total	1	
SKILLET OMELET	SERVINGS	1	1.0
SAUSAGE LINK - CLOVERDALE	2 Links	1	2.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	25.15
JUICE : VARIETY SUNCUP	BOX	41	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	20.0
MILK 1% WHITE	CARTON	20	13.0
Weighted Daily Average % of Calories			44.31 71.0%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/15/2021			
SECONDARY BREAKFAST	Total	1	
BERRIES AND CREAM TWIN, WG	SERVINGS	1	36.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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	13.0
ALT SEC BREAKFAST ME	Total	215	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	100	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	25.15
JUICE : VARIETY SUNCUP	BOX	171	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	20.0
MILK 1% WHITE	CARTON	78	13.0
Weighted Daily Average			46.33
% of Calories			73.5%
Nutrient Guideline			

Thu - 12/16/2021			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	157	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	153	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	25.15
JUICE : VARIETY SUNCUP	BOX	138	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	20.0
MILK 1% WHITE	CARTON	53	13.0
Weighted Daily Average			55.03
% of Calories			71.0%
Nutrient Guideline			

Fri - 12/17/2021			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	54	
BREAKFAST CEREAL-ALL	BOWL	54	22.33
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	25.15
JUICE : VARIETY SUNCUP	BOX	48	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	20.0
MILK 1% WHITE	CARTON	8	13.0
Weighted Daily Average			69.86
% of Calories			76.8%
Nutrient Guideline			

Mon - 12/20/2021			
SECONDARY BREAKFAST	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
SYRUP	1 EA	1	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	25.15
JUICE : VARIETY SUNCUP	BOX	23	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	20.0
MILK 1% WHITE	CARTON	16	13.0
Weighted Daily Average			48.74
% of Calories			83.1%
Nutrient Guideline			

Tue - 12/21/2021			
SECONDARY BREAKFAST	Total	1	
APPLE CINNAMON TOAST, WG	SERVINGS	1	45.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
SYRUP	1 EA	1	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	22.33
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	25.15
JUICE : VARIETY SUNCUP	BOX	41	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	20.0
MILK 1% WHITE	CARTON	20	13.0
Weighted Daily Average			44.85
% of Calories			73.4%
Nutrient Guideline			

Weighted Average			56.19
			74.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	56.19	74.93%						

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