

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	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 - 12/01/2021															
SECONDARY BREAKFAST	Total	1													
SANDWICH, SAUSAGE & CHEES	SERVINGS	1	180	30	349	1.00	0.72	59.9	*N/A*	7	9.98	17.96	6.98	2.00	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
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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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	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 SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	Total	215													
TOAST	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
JELLY: VARIETY PACK	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
MIXED FRUIT CUP	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: SEC	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	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK : CHOCOLATE MILK FAT F	BOX	171	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
REE	CARTON	127	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	78	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			253	7	237	2.11	*0.44	*383.6	*55.30	*32	9.62	46.36	3.01	1.28	0.00
% of Calories										*50.3%	15.2%	73.4%	10.7%	4.5%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Thu - 12/02/2021															
SECONDARY BREAKFAST	Total	1													
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	241	0	106	2.47	3.31	330.4	3.32	*6	5.51	53.0	1.53	0.00	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
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
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	157													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	153	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: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	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			309	6	317	2.65	*0.83	*407.9	*59.08	*33	11.01	54.97	5.02	1.98	0.00
% of Calories										*43.1%	14.2%	71.1%	14.6%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 12/03/2021															
SECONDARY BREAKFAST	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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME	Total	54													
BREAKFAST CEREAL-ALL	BOWL	54	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	20	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: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	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	45	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	8	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			364	6	398	3.43	*0.37	*397.1	*57.65	*42	11.51	69.78	4.34	1.06	0.02
% of Calories										*45.8%	12.6%	76.6%	10.7%	2.6%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/06/2021															
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	2.46	*0	0.44	28.02	0.25	0.02	*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 SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	2.46	*0	0.44	28.02	0.25	0.02	*0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	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			235	6	138	4.06	*0.30	*314.7	*65.71	*31	7.65	48.84	1.61	0.72	*0.00
% of Calories										*52.2%	13.0%	83.3%	6.2%	2.8%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 12/07/2021															
SECONDARY BREAKFAST	Total	1													
PANCAKE CORNDOGS	SERVINGS	1	200	25	310	3.00	1.44	20.0	0.0	4	7.0	17.0	10.0	2.50	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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	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			246	7	217	1.82	*0.47	*345.7	*61.82	*30	8.35	44.74	3.69	1.57	0.00
% of Calories										*49.5%	13.5%	72.6%	13.5%	5.7%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Wed - 12/08/2021															
SECONDARY BREAKFAST	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
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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	100	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: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	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	127	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	78	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 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)
Weighted Daily Average			253	8	238	2.12	*0.44	*383.8	*55.30	*32	9.62	46.34	3.02	1.28	0.00
% of Calories										*50.3%	15.2%	73.4%	10.7%	4.6%	0.0%
Nutrient Guideline			450-600		640										<10.00

Thu - 12/09/2021															
SECONDARY BREAKFAST	Total	1													
MIXED BERRY SMOOTHIE: SEC	SERVING: 10oz	1	259	5	117	5.60	0.00	354.1	1.65	*33	7.56	54.58	1.31	0.79	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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME	Total	157													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	153	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: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	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			309	6	324	2.67	*0.81	*408.4	*59.06	*34	11.01	54.97	5.01	1.98	0.00
% of Calories										*43.3%	14.2%	71.1%	14.6%	5.8%	0.0%
Nutrient Guideline			450-600		640										<10.00

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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	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 - 12/10/2021															
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	54													
TOAST	SLICE	20	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
JELLY: VARIETY PACK	PC	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
PEAR CUPS- CUP -DICED	1 CUP	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: SEC	1 CUP	17	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	48	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	45	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			364	6	397	3.41	*0.37	*397.1	*57.65	*42	11.55	69.87	4.26	0.99	0.00
% of Calories										*45.7%	12.7%	76.8%	10.5%	2.4%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 12/13/2021															
SECONDARY BREAKFAST	Total	2295													
FRENCH TOAST STICKS	2 sticks	2295	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	2250	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	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
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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
APPLESAUCE, W/CINNAMON	1 CUP	2000	104	0	5	3.03	0.62	16.3	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	2100	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	1600	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	685	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

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	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	2.46	*0	0.44	28.02	0.25	0.02	*0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	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			511	16	506	4.63	*1.24	*424.0	*45.25	*39	14.23	97.91	7.85	1.45	*0.00
% of Calories										*30.9%	11.1%	76.6%	13.8%	2.6%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 12/14/2021															
SECONDARY BREAKFAST	Total	1													
SKILLET OMELET	SERVINGS	1	110	165	230	0.00	0.72	80.0	*N/A*	0	8.0	1.0	8.0	3.50	0.00
SAUSAGE LINK - CLOVERDALE	2 Links	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
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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	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

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	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)
Weighted Daily Average			249	11	221	1.75	*0.47	*347.2	*61.82	*30	8.56	44.31	4.14	1.76	0.00
% of Calories										*48.7%	13.7%	71.0%	14.9%	6.4%	0.0%
Nutrient Guideline			450-600		640										<10.00

Wed - 12/15/2021															
SECONDARY BREAKFAST	Total	1													
BERRIES AND CREAM TWIN, WG	SERVINGS	1	240	10	290	0.00	*N/A*	*N/A*	*N/A*	10	5.0	36.0	7.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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	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 SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	100	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: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	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	127	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	78	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			252	7	236	2.10	*0.44	*383.2	*55.30	*32	9.58	46.33	2.99	1.28	0.00
% of Calories										*50.4%	15.2%	73.5%	10.7%	4.6%	0.0%
Nutrient Guideline			450-600		640										<10.00

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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

	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 - 12/16/2021															
SECONDARY BREAKFAST	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
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
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	157			158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	153	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: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	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			310	6	318	2.67	*0.81	*407.7	*59.07	*33	11.02	55.03	5.05	1.99	0.00
% of Calories										*43.1%	14.2%	71.0%	14.7%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 12/17/2021															
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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

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	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 SEC BREAKFAST ME	Total	54													
BREAKFAST CEREAL-ALL	BOWL	54	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00
TOAST	SLICE	20	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: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	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	45	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	8	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			364	6	396	3.44	*0.37	*397.1	*57.67	*42	11.56	69.86	4.23	0.99	0.00
% of Calories										*45.7%	12.7%	76.8%	10.5%	2.4%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 12/20/2021															
SECONDARY BREAKFAST	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
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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	2.46	*0	0.44	28.02	0.25	0.02	*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 SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	2.46	*0	0.44	28.02	0.25	0.02	*0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	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

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	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)
Weighted Daily Average			235	6	142	4.04	*0.32	*315.6	*65.74	*30	7.67	48.74	1.64	0.74	*0.00
% of Calories										*51.8%	13.1%	83.1%	6.3%	2.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00

Tue - 12/21/2021																
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	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 SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL	BOWL	1	113	0	158	1.67	*N/A*	*N/A*	*N/A*	7	2.0	22.33	2.17	0.17	0.00	
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00	
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	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			245	6	213	1.78	*0.48	*345.3	*61.82	*31	8.30	44.85	3.49	1.50	0.00	
% of Calories										*50.3%	13.6%	73.4%	12.9%	5.5%	0.0%	
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			300	7	287	2.85	*0.54	*377.2	*58.55	*34	10.08	56.19	3.96	1.37	*0.00
										*102.5	13.4%	74.9%	11.9%	4.1%	*0.0%

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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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Nutrient	Menu AVG	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)	Error Messages (if any)
Calories	300			450 - 600	67%			150									Correction Required - Calories are Low
Cholesterol (mg)	7																
Sodium 1 (mg)	287			640													
Sodium 2 (mg)	287			570													
Fiber (g)	2.85																
Iron (mg)	0.54					Missing											
Calcium (mg)	377.2					Missing											
Sugars (g)	34	45.57%				Missing											
Vitamin C (mg)	58.55					Missing											
Protein (g)	10.08	13.44%															
Carbohydrate (g)	56.19	74.93%															
Total Fat (g)	3.96	11.87%															
Saturated Fat (g)	1.37	4.12%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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