

Washington County School District

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 1/26/2023 3:14:24 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 02/01/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE & SAUSAGE BITES	6 BITES	1	24.67
SYRUP	1 EA	1	4.0
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	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			105.37
% of Calories			71.2%
Nutrient Guideline			

Thu - 02/02/2023			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
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	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
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	13.0
Weighted Daily Average			133.86
% of Calories			76.1%
Nutrient Guideline			

Fri - 02/03/2023			
K-7 BREAKFAST MENU	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
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

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

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BREAKFAST K-7

Portion Values - Detailed

Page 2

Generated on: 1/26/2023 3:14:24 PM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			106.53
% of Calories			70.2%
Nutrient Guideline			

Mon - 02/06/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BAKE CRAFTER	SERVINGS	1	31.67
SYRUP	1 EA	1	4.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			117.89
% of Calories			76.4%
Nutrient Guideline			

Tue - 02/07/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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

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BREAKFAST K-7

Portion Values - Detailed

Page 3

Generated on: 1/26/2023 3:14:24 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			100.53
% of Calories			67.4%
Nutrient Guideline			

Wed - 02/08/2023			
K-7 BREAKFAST MENU	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			104.43
% of Calories			60.3%
Nutrient Guideline			

Thu - 02/09/2023			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	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	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
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	13.0
Weighted Daily Average			123.91
% of Calories			77.8%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

Page 4

Generated on: 1/26/2023 3:14:25 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/10/2023			
K-7 BREAKFAST MENU	Total	1	
CRESCENT, FILLED	1 EACH	1	37.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average % of Calories			109.53 72.2%
Nutrient Guideline			

Mon - 02/13/2023			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS: (3-S.F.)	3pc SERVING	1	25.0
SYRUP	1 EA	1	4.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average % of Calories			114.55 74.4%
Nutrient Guideline			

Tue - 02/14/2023			
K-7 BREAKFAST MENU	Total	1	
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITES	1	2.98
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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

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BREAKFAST K-7

Portion Values - Detailed

Page 5

Generated on: 1/26/2023 3:14:25 PM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			103.23
% of Calories			66.5%
Nutrient Guideline			

Wed - 02/15/2023			
K-7 BREAKFAST MENU	Total	1	
BERRIES AND CREAM TWIN, WG	SERVINGS	1	36.0
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	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			109.03
% of Calories			70.7%
Nutrient Guideline			

Thu - 02/16/2023			
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	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
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	13.0
Weighted Daily Average			126.66
% of Calories			74.7%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

Page 6

Generated on: 1/26/2023 3:14:25 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 02/21/2023			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST BITES, MINI, APPLE, PEACH CUPS -DICED	SERVINGS	1	40.98
JUICE : VARIETY SUNCUP	1 CUP	1	18.0
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			110.52
% of Calories			70.6%
Nutrient Guideline			

Wed - 02/22/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE & SAUSAGE BITES	6 BITES	1	24.67
SYRUP	1 EA	1	4.0
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	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			105.37
% of Calories			71.2%
Nutrient Guideline			

Thu - 02/23/2023			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
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	13.0

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BREAKFAST K-7

Portion Values - Detailed

Page 7

Generated on: 1/26/2023 3:14:25 PM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
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	13.0
Weighted Daily Average			133.86
% of Calories			76.1%
Nutrient Guideline			

Fri - 02/24/2023			
K-7 BREAKFAST MENU	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			106.53
% of Calories			70.2%
Nutrient Guideline			

Mon - 02/27/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BAKE CRAFTER	SERVINGS	1	31.67
SYRUP	1 EA	1	4.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			117.89
% of Calories			76.4%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

Page 8

Generated on: 1/26/2023 3:14:25 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 02/28/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
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
Weighted Daily Average			100.53
% of Calories			67.4%
Nutrient Guideline			

Weighted Average			112.79 71.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	112.79	71.69%						

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