

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/27/2023 8:41:23 AM

	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 - 03/01/2023															
SECONDARY BREAKFAST	Total	1													
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	120	170	280	0.00	*N/A*	*N/A*	*N/A*	1	8.0	1.0	9.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE TOAST	1 LINK SLICE	1	115	20	170	0.00	0.36	*N/A*	*N/A*	0	4.0	1.0	10.5	3.50	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
MIXED FRUIT CUP	SERVINGS	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	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	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	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	1													
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
MIXED FRUIT CUP	SERVINGS	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	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	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	1	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	1	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			741	110	877	4.80	*2.08	*775.7	*162.29	*72	27.56	117.01	17.41	6.35	0.00
% of Calories										*38.6%	14.9%	63.2%	21.1%	7.7%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Thu - 03/02/2023															
SECONDARY BREAKFAST	Total	1													
SMOOTHIE	SMOOTH	1	127	0	70	*0.50	*N/A*	*60.0	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAM, TIGER BITES ORIGINA	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	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

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
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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 2/27/2023 8:41:23 AM

	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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
Weighted Daily Average			640	15	580	*5.86	*1.66	*788.1	*92.63	*74	23.03	124.67	7.70	2.89	0.00
% of Calories										*46.0%	14.4%	77.9%	10.8%	4.1%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 03/03/2023															
SECONDARY BREAKFAST	Total	1													
CRESCENT, FILLED	1 EACH	1	230	0	270	2.00	1.44	20.0	0.0	10	6.0	37.0	8.0	1.50	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
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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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 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			707	15	713	5.71	*2.62	*771.7	*131.29	*75	23.44	129.11	11.61	3.84	0.00
% of Calories										*42.3%	13.3%	73.1%	14.8%	4.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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

Portion Values - Detailed

Page 3

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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 - 03/06/2023															
SECONDARY BREAKFAST	Total	1	2295												
FRENCH TOAST STICKS: (3-S.F.)	3pc SERV	1	170	105	290	2.00	1.80	40.0	0.0	5	8.0	25.0	4.0	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
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
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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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	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
Weighted Daily Average			1	0	1	0.01	*0.00	*0.7	*0.06	*0	0.02	0.12	0.01	0.00	*0.00
% of Calories										*31.2%	13.5%	75.6%	12.1%	4.4%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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Portion Values - Detailed

Page 4

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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 - 03/07/2023															
SECONDARY BREAKFAST	Total	1													
EGG BAKE BITE, TURKEY SAUS AGE	EGG BITE	1	119	129	189	0.99	*N/A*	*N/A*	*N/A*	1	5.97	2.98	8.95	2.49	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
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	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
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			670	80	677	5.20	*1.90	*761.7	*131.29	*71	23.42	115.80	12.08	4.34	0.00
% of Calories										*42.6%	14.0%	69.1%	16.2%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Wed - 03/08/2023															
SECONDARY BREAKFAST	Total	1													
BERRIES AND CREAM TWIN, WG	SERVINGS	1	230	10	290	0.00	*N/A*	*N/A*	*N/A*	10	5.0	36.0	7.0	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
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

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Page 5

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ALT SEC BREAKFAST ME	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
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			717	20	718	4.71	*1.90	*775.7	*162.29	*76	23.94	128.61	11.10	4.84	0.00
% of Calories										*42.3%	13.4%	71.8%	13.9%	6.1%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Thu - 03/09/2023															
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	240	5	210	6.00	0.62	29.6	0.0	17	5.0	43.0	6.0	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 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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 2/27/2023 8:41:24 AM

	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			754	18	716	8.74	*2.34	*943.2	*92.28	*69	25.04	139.88	10.76	4.13	0.00
% of Calories										*36.4%	13.3%	74.2%	12.8%	4.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 03/10/2023															
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
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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
Weighted Daily Average			645	15	622	6.21	*2.26	*751.7	*131.29	*73	21.94	121.11	8.05	2.85	0.00
% of Calories										*45.4%	13.6%	75.1%	11.2%	4.0%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 2/27/2023 8:41:24 AM

	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 - 03/21/2023															
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
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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
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			715	28	778	6.21	*2.62	*771.7	*131.29	*73	23.94	124.81	12.60	4.34	0.00
% of Calories										*40.7%	13.4%	69.8%	15.9%	5.5%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 2/27/2023 8:41:24 AM

	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 - 03/22/2023															
SECONDARY BREAKFAST	Total	1													
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	120	170	280	0.00	*N/A*	*N/A*	*N/A*	1	8.0	1.0	9.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE TOAST	1 LINK SLICE	1	115	20	170	0.00	0.36	*N/A*	*N/A*	0	4.0	1.0	10.5	3.50	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
MIXED FRUIT CUP	SERVINGS	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	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	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	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	1													
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
MIXED FRUIT CUP	SERVINGS	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	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	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	1	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	1	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			741	110	877	4.80	*2.08	*775.7	*162.29	*72	27.56	117.01	17.41	6.35	0.00
% of Calories										*38.6%	14.9%	63.2%	21.1%	7.7%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Thu - 03/23/2023															
SECONDARY BREAKFAST	Total	1													
SMOOTHIE	SMOOTH	1	127	0	70	*0.50	*N/A*	*60.0	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAM, TIGER BITES ORIGINA	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	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

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

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)
ALT SEC BREAKFAST ME	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
Weighted Daily Average			640	15	580	*5.86	*1.66	*788.1	*92.63	*74	23.03	124.67	7.70	2.89	0.00
% of Calories										*46.0%	14.4%	77.9%	10.8%	4.1%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 03/24/2023															
SECONDARY BREAKFAST	Total	1													
CRESCENT, FILLED	1 EACH	1	230	0	270	2.00	1.44	20.0	0.0	10	6.0	37.0	8.0	1.50	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
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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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 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			707	15	713	5.71	*2.62	*771.7	*131.29	*75	23.44	129.11	11.61	3.84	0.00
% of Calories										*42.3%	13.3%	73.1%	14.8%	4.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 2/27/2023 8:41:24 AM

	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 - 03/27/2023															
SECONDARY BREAKFAST	Total	1	2295												
FRENCH TOAST STICKS: (3-S.F.)	3pc SERV	1	170	105	290	2.00	1.80	40.0	0.0	5	8.0	25.0	4.0	1.00	0.00
	ING														
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
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	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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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	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
Weighted Daily Average			1	0	1	0.01	*0.00	*0.7	*0.06	*0	0.02	0.12	0.01	0.00	*0.00
% of Calories										*31.2%	13.5%	75.6%	12.1%	4.4%	*0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 2/27/2023 8:41:24 AM

	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 - 03/28/2023															
SECONDARY BREAKFAST	Total	1													
EGG BAKE BITE, TURKEY SAUS AGE	EGG BITE	1	119	129	189	0.99	*N/A*	*N/A*	*N/A*	1	5.97	2.98	8.95	2.49	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
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	Total	1													
TOAST	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	0.17	0.00
JELLY: VARIETY PACK	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
PEACH CUPS -DICED	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	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	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 REE	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 1% WHITE	CARTON	1	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			670	80	677	5.20	*1.90	*761.7	*131.29	*71	23.42	115.80	12.08	4.34	0.00
% of Calories										*42.6%	14.0%	69.1%	16.2%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Wed - 03/29/2023															
SECONDARY BREAKFAST	Total	1													
BERRIES AND CREAM TWIN, WG	SERVINGS	1	230	10	290	0.00	*N/A*	*N/A*	*N/A*	10	5.0	36.0	7.0	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
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

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

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)
ALT SEC BREAKFAST ME	Total	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
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			717	20	718	4.71	*1.90	*775.7	*162.29	*76	23.94	128.61	11.10	4.84	0.00
% of Calories										*42.3%	13.4%	71.8%	13.9%	6.1%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Thu - 03/30/2023															
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	240	5	210	6.00	0.62	29.6	0.0	17	5.0	43.0	6.0	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 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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 2/27/2023 8:41:24 AM

	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			754	18	716	8.74	*2.34	*943.2	*92.28	*69	25.04	139.88	10.76	4.13	0.00
% of Calories										*36.4%	13.3%	74.2%	12.8%	4.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 03/31/2023															
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
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	1													
BREAKFAST CEREAL-ALL	BOWL	1	113	0	190	1.33	*2.10	*50.0	*1.6	7	1.67	22.67	1.67	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
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
Weighted Daily Average			645	15	622	6.21	*2.26	*751.7	*131.29	*73	21.94	121.11	8.05	2.85	0.00
% of Calories										*45.4%	13.6%	75.1%	11.2%	4.0%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Weighted Average			616	34	623	*5.22	*1.89	*700.5	*114.01	*64	21.22	110.44	10.00	3.70	*0.00
										*93.8%	13.8%	71.8%	14.6%	5.4%	*0.0%

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 2/27/2023 8:41:24 AM

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	616			450 - 600	103%				16								Correction Required - Calories too High
Cholesterol (mg)	34																
Sodium 1 (mg)	623			640													
Sodium 2 (mg)	623			570					53								Correction Required - Sodium too High
Fiber (g)	5.22					Missing											
Iron (mg)	1.89					Missing											
Calcium (mg)	700.5					Missing											
Sugars (g)	64	41.70%				Missing											
Vitamin C (mg)	114.01					Missing											
Protein (g)	21.22	13.79%															
Carbohydrate (g)	110.44	71.76%															
Total Fat (g)	10.00	14.62%															
Saturated Fat (g)	3.70	5.40%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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