

Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/02/2020			
SECONDARY BREAKFAST	Total	2295	
FRENCH TOAST STICKS	2 sticks	2295	38.0
SYRUP	1 EA	2250	4.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
CINNAMON APPLSAUCE CUPS	1 EACH	2000	22.0
JUICE : VARIETY SUNCUP	BOX	2100	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	20.0
MILK 1% WHITE	CARTON	685	12.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLSAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average			92.44
% of Calories			74.5%
Nutrient Guideline			

Tue - 11/03/2020			
SECONDARY BREAKFAST	Total	2109	
FIESTA CHEESE OMELET	1 EA	2109	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	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	2000	16.0
JUICE : VARIETY SUNCUP	BOX	2100	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	20.0
MILK 1% WHITE	CARTON	459	12.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			50.13
% of Calories			55.1%
Nutrient Guideline			

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/04/2020			
SECONDARY BREAKFAST	Total	1	
MAPLE SANDWICH	SERVINGS	1	45.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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	12.0
ALT SEC BREAKFAST ME	Total	215	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	12.0
Weighted Daily Average			46.12
% of Calories			74.1%
Nutrient Guideline			

Thu - 11/05/2020			
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: ELE	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC BREAKFAST ME	Total	157	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	153	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
MIXED FRUIT CUP	PACKAGES	1	18.0
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	12.0
Weighted Daily Average			54.94
% of Calories			71.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/06/2020			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.94
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
ALT SEC BREAKFAST ME	Total	54	
BREAKFAST CEREAL-ALL	BOWL	54	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			70.24
% of Calories			79.3%
Nutrient Guideline			

Mon - 11/09/2020			
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
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 SEC BREAKFAST ME	Total	41	
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: 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	12.0
Weighted Daily Average			48.06
% of Calories			83.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/10/2020			
SECONDARY BREAKFAST	Total	1	
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	25.26
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
ALT SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			43.70
% of Calories			73.3%
Nutrient Guideline			

Wed - 11/11/2020			
SECONDARY BREAKFAST	Total	1	
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	22.0
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
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC BREAKFAST ME	Total	215	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	12.0
Weighted Daily Average			46.02
% of Calories			74.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/12/2020			
SECONDARY BREAKFAST	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	59.39
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC BREAKFAST ME	Total	157	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	153	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
MIXED FRUIT CUP	PACKAGES	1	18.0
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	12.0
Weighted Daily Average			54.92
% of Calories			71.5%
Nutrient Guideline			

Fri - 11/13/2020			
SECONDARY BREAKFAST	Total	1	
DONUT:SPRINKLED	DONUT	1	38.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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
ALT SEC BREAKFAST ME	Total	54	
BREAKFAST CEREAL-ALL	BOWL	54	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			70.29
% of Calories			79.2%
Nutrient Guideline			

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/16/2020			
SECONDARY BREAKFAST	Total	1	
PANCAKES	BAG	1	39.5
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
CINNAMON APPLSAUCE 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 SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLSAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average			48.16
% of Calories			83.9%
Nutrient Guideline			

Tue - 11/17/2020			
SECONDARY BREAKFAST	Total	1	
BREAKFAST ON A STICK	1 EACH	1	19.5
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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 SEC BREAKFAST ME	Total	41	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			44.22
% of Calories			73.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/18/2020			
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	12.0
ALT SEC BREAKFAST ME			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	12.0
Weighted Daily Average			45.98
% of Calories			73.9%
Nutrient Guideline			

Thu - 11/19/2020			
SECONDARY BREAKFAST	Total	1	
MIXED BERRY SMOOTHIE: SEC	SERVING:10oz	1	54.58
BUG BITES	BAG	1	21.0
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	12.0
ALT SEC BREAKFAST ME			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	153	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
MIXED FRUIT CUP	PACKAGES	1	18.0
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	12.0
Weighted Daily Average			55.02
% of Calories			71.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/20/2020			
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	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 SEC BREAKFAST ME	Total	54	
BREAKFAST CEREAL-ALL	BOWL	54	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			70.26
% of Calories			79.3%
Nutrient Guideline			

Mon - 11/23/2020			
SECONDARY BREAKFAST	Total	2295	
FRENCH TOAST STICKS	2 sticks	2295	38.0
SYRUP	1 EA	2250	4.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
CINNAMON APPLESAUCE CUPS	1 EACH	2000	22.0
JUICE : VARIETY SUNCUP	BOX	2100	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	20.0
MILK 1% WHITE	CARTON	685	12.0
ALT SEC BREAKFAST ME	Total	41	
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: 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	12.0
Weighted Daily Average			92.44
% of Calories			74.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/24/2020			
SECONDARY BREAKFAST	Total	2109	
FIESTA CHEESE OMELET	1 EA	2109	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	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	2000	16.0
JUICE : VARIETY SUNCUP	BOX	2100	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	20.0
MILK 1% WHITE	CARTON	459	12.0
ALT SEC BREAKFAST ME			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	20	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			50.13
% of Calories			55.1%
Nutrient Guideline			

Mon - 11/30/2020			
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
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 SEC BREAKFAST ME			
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: 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	12.0
Weighted Daily Average			48.06
% of Calories			83.7%
Nutrient Guideline			

Weighted Average			57.29
			73.4%

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
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Nov 2, 2020 thru Nov 30, 2020

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)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	57.29	73.37%						

**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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