

Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

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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 - 10/01/2021															
K-7 BREAKFAST MENU	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
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: 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
ALT BREAKFAST K-7															
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
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: 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
Weighted Daily Average			699	28	642	7.65	*1.33	*742.8	*150.08	*82	21.18	130.00	11.44	4.88	0.50
% of Calories										*47.0%	12.1%	74.4%	14.7%	6.3%	0.6%
Nutrient Guideline			375-500		540									<10.00	

Mon - 10/04/2021															
K-7 BREAKFAST MENU	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: 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
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

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

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

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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 BREAKFAST K-7	Total	1													
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: 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
Weighted Daily Average			733	15	587	9.68	*1.58	*759.0	*92.54	*66	22.12	145.27	9.19	2.66	*0.00
% of Calories										*36.0%	12.1%	79.3%	11.3%	3.3%	*0.0%
Nutrient Guideline			375-500		540									<10.00	

Tue - 10/05/2021															
K-7 BREAKFAST MENU	Total	1													
BREAKFAST BITES, MINI, APPL WG	SERVINGS	1	270	0	160	3.00	*N/A*	*N/A*	*N/A*	20	4.0	40.98	10.0	4.50	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
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 BREAKFAST K-7	Total	1													
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
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: 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
Weighted Daily Average			723	15	607	7.65	*0.61	*732.8	*150.08	*85	21.68	135.99	10.93	4.63	0.00
% of Calories										*47.3%	12.0%	75.2%	13.6%	5.8%	0.0%
Nutrient Guideline			375-500		540									<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)
Wed - 10/06/2021															
K-7 BREAKFAST MENU	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
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: 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
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 BREAKFAST K-7															
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
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: 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
Weighted Daily Average			687	115	756	7.24	*0.97	*796.8	*181.08	*76	25.81	122.20	10.49	4.14	0.00
% of Calories										*44.4%	15.0%	71.2%	13.8%	5.4%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Thu - 10/07/2021															
K-7 BREAKFAST MENU	Total	1													
MIXED BERRY SMOOTHIE: ELE	SERVING: 8oz	1	188	4	85	4.06	0.00	257.1	1.2	*24	5.49	39.63	0.95	0.57	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: 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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	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 BREAKFAST K-7	Total	1													
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
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
Weighted Daily Average			668	17	1095	7.68	*0.97	*911.3	*90.67	*75	23.43	125.81	8.16	3.17	0.00
% of Calories										*45.2%	14.0%	75.4%	11.0%	4.3%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Fri - 10/08/2021															
K-7 BREAKFAST MENU	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: 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
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 BREAKFAST K-7	Total	1													
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
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: 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
Weighted Daily Average			694	15	614	7.15	*1.24	*742.8	*150.08	*79	22.43	132.50	9.44	3.01	0.00
% of Calories										*45.7%	12.9%	76.4%	12.2%	3.9%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Mon - 10/11/2021															
K-7 BREAKFAST MENU	Total	1													
FRENCH TOAST STICKS	2 sticks	1	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	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: 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
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 BREAKFAST K-7															
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: 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
Weighted Daily Average			743	20	652	9.18	*1.58	*769.0	*92.54	*65	23.12	144.52	9.69	2.91	*0.00
% of Calories										*34.8%	12.5%	77.8%	11.7%	3.5%	*0.0%
Nutrient Guideline			375-500		540									<10.00	

Tue - 10/12/2021															
K-7 BREAKFAST MENU	Total	1													
FIESTA CHEESE OMELET	1 EA	1	120	175	280	0.00	0.72	100.0	0.0	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	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
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
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

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Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 BREAKFAST K-7	Total	1													
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
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: 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
Weighted Daily Average			810	123	877	6.65	*1.69	*802.8	*150.68	*76	29.18	122.00	22.99	8.37	0.00
% of Calories										*37.5%	14.4%	60.2%	25.6%	9.3%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Wed - 10/13/2021															
K-7 BREAKFAST MENU	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: 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
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
ALT BREAKFAST K-7	Total	1													
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
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: 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
Weighted Daily Average			714	20	622	6.15	*0.61	*746.8	*181.08	*81	23.18	132.50	9.44	4.13	0.00
% of Calories										*45.1%	13.0%	74.3%	11.9%	5.2%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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)
Tue - 10/19/2021															
K-7 BREAKFAST MENU	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: 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
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
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 BREAKFAST K-7															
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
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: 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	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			719	15	672	7.15	*1.96	*752.8	*150.68	*84	23.68	138.00	8.94	2.88	0.00
% of Calories										*46.8%	13.2%	76.8%	11.2%	3.6%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Wed - 10/20/2021															
K-7 BREAKFAST MENU	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
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: 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	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

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 BREAKFAST K-7	Total	1													
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
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: 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
Weighted Daily Average			683	30	651	6.65	*0.96	*776.7	*181.08	*79	25.67	123.48	9.43	3.38	0.00
% of Calories										*46.2%	15.0%	72.3%	12.4%	4.5%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Thu - 10/21/2021															
K-7 BREAKFAST MENU	Total	1													
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	3.32	*N/A*	6.01	59.39	1.31	0.20	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: 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
ALT BREAKFAST K-7	Total	1													
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
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
Weighted Daily Average			713	15	621	7.47	*1.58	*908.3	*92.34	*60	24.19	136.89	8.65	3.22	0.00
% of Calories										*33.6%	13.6%	76.8%	10.9%	4.1%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 - 10/22/2021															
K-7 BREAKFAST MENU	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
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: 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
ALT BREAKFAST K-7															
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
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: 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
Weighted Daily Average			699	28	642	7.65	*1.33	*742.8	*150.08	*82	21.18	130.00	11.44	4.88	0.50
% of Calories										*47.0%	12.1%	74.4%	14.7%	6.3%	0.6%
Nutrient Guideline			375-500		540									<10.00	

Mon - 10/25/2021															
K-7 BREAKFAST MENU	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: 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
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

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Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 BREAKFAST K-7	Total	1														
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: 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	
Weighted Daily Average			733	15	587	9.68	*1.58	*759.0	*92.54	*66	22.12	145.27	9.19	2.66	*0.00	
% of Calories										*36.0%	12.1%	79.3%	11.3%	3.3%	*0.0%	
Nutrient Guideline			375-500		540									<10.00		

Tue - 10/26/2021																
K-7 BREAKFAST MENU	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	
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	
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 BREAKFAST K-7	Total	1														
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	
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: 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	
Weighted Daily Average			689	28	682	7.65	*1.33	*742.8	*150.08	*78	23.18	124.00	10.94	3.63	0.00	
% of Calories										*45.0%	13.5%	72.0%	14.3%	4.8%	0.0%	
Nutrient Guideline			375-500		540									<10.00		

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Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 - 10/27/2021															
K-7 BREAKFAST MENU	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
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: 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
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 BREAKFAST K-7															
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
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: 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
Weighted Daily Average			687	115	756	7.24	*0.97	*796.8	*181.08	*76	25.81	122.20	10.49	4.14	0.00
% of Calories										*44.4%	15.0%	71.2%	13.8%	5.4%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Thu - 10/28/2021															
K-7 BREAKFAST MENU	Total	1													
MIXED BERRY SMOOTHIE: ELE	SERVING: 8oz	1	188	4	85	4.06	0.00	257.1	1.2	*24	5.49	39.63	0.95	0.57	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: 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

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 BREAKFAST K-7	Total	1													
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
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
Weighted Daily Average			668	17	1095	7.68	*0.97	*911.3	*90.67	*75	23.43	125.81	8.16	3.17	0.00
% of Calories										*45.2%	14.0%	75.4%	11.0%	4.3%	0.0%
Nutrient Guideline			375-500		540									<10.00	

Fri - 10/29/2021															
K-7 BREAKFAST MENU	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: 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
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 BREAKFAST K-7	Total	1													
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
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: 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
Weighted Daily Average			694	15	614	7.15	*1.24	*742.8	*150.08	*79	22.43	132.50	9.44	3.01	0.00
% of Calories										*45.7%	12.9%	76.4%	12.2%	3.9%	0.0%
Nutrient Guideline			375-500		540									<10.00	

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Washington County School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

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

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 Average			708	36	710	7.63	*1.25	*785.4	*137.63	*76 *96.3%	23.55 13.3%	131.61 74.3%	10.47 13.3%	3.83 4.9%	*0.06 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	708		375 - 500	142%			208	Correction Required - Calories too High
Cholesterol (mg)	36							
Sodium 1 (mg)	710		540				170	Correction Required - Sodium too High
Sodium 2 (mg)	710		485				225	Correction Required - Sodium too High
Fiber (g)	7.63							
Iron (mg)	1.25				Missing			
Calcium (mg)	785.4				Missing			
Sugars (g)	76	42.82%			Missing			
Vitamin C (mg)	137.63				Missing			
Protein (g)	23.55	13.30%						
Carbohydrate (g)	131.61	74.31%						
Total Fat (g)	10.47	13.30%						
Saturated Fat (g)	3.83	4.86%	<10.00%					
Trans Fat ¹ (g)	0.06	0.07%			Missing			

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