

Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 8/23/2019 9:18:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/03/2019								
K-7 BREAKFAST MENU	Total	1						
FIESTA CHEESE OMELET	1 EA	1	120	175	280	0	8.0	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0	8.0	2.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			761	123	876	*67	28.68	111.33
% of Calories						*35.2%	15.1%	58.5%
Nutrient Guideline			376-500		540			

Wed - 09/04/2019								
K-7 BREAKFAST MENU	Total	1						
MAPLE BREAD STICK	SERVING	1	120	0	140	9	3.0	23.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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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Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			624	103	623	*64 *41.0%	23.18 14.9%	115.83 74.2%
Nutrient Guideline			376-500		540			

Thu - 09/05/2019								
K-7 BREAKFAST MENU	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	*N/A*	3.0	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	17	5.0	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average % of Calories			715	18	620	*63 *35.0%	22.81 12.8%	137.03 76.6%
Nutrient Guideline			376-500		540			

Fri - 09/06/2019								
K-7 BREAKFAST MENU	Total	1						
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	8	5.99	34.94
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			679	23	710	*70	25.18	120.30
% of Calories						*41.5%	14.8%	70.9%
Nutrient Guideline			376-500		540			

Mon - 09/09/2019								
K-7 BREAKFAST MENU	Total	1						
WAFFLE, BC	WAFFLE	1	80	5	105	2	2.0	12.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			620	105	648	*70	22.68	114.50
% of Calories						*45.2%	14.6%	73.9%
Nutrient Guideline			376-500		540			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/10/2019								
K-7 BREAKFAST MENU	Total	1						
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	3	10.1	25.26
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			641	23	725	*67	23.22	116.32
% of Calories						*41.5%	14.5%	72.6%
Nutrient Guideline			376-500		540			

Wed - 09/11/2019								
K-7 BREAKFAST MENU	Total	1						
WG EGG & CHEESE BREAKFAST BURR	SERVING	1	210	55	340	1	10.0	28.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			639	43	655	*60	24.18	117.83
% of Calories						*37.5%	15.1%	73.7%
Nutrient Guideline			376-500		540			

Thu - 09/12/2019								
K-7 BREAKFAST MENU	Total	1						
YOGURT STRAW PARFAIT	PARFAIT	1	219	0	122	*N/A*	*5.5	48.15
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	*N/A*	6.01	59.39
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			850	15	693	*55	*26.06	171.50
% of Calories						*25.7%	*12.3%	80.7%
Nutrient Guideline			376-500		540			

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/13/2019								
K-7 BREAKFAST MENU	Total	1						
DONUT:SPRINKLED	DONUT	1	250	20	250	25	2.0	38.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			699	33	710	*79	23.18	121.83
% of Calories						*45.2%	13.3%	69.7%
Nutrient Guideline			376-500		540			

Mon - 09/16/2019								
K-7 BREAKFAST MENU	Total	1						
PANCAKES	BAG	1	220	0	130	13	4.0	39.5
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			690	103	661	*76	23.68	128.25
% of Calories						*43.8%	13.7%	74.4%
Nutrient Guideline			376-500		540			

Tue - 09/17/2019								
K-7 BREAKFAST MENU	Total	1						
BREAKFAST ON A STICK	1 EACH	1	205	20	375	8	6.0	19.5
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			642	25	713	*70	22.18	114.75
% of Calories						*43.8%	13.8%	71.5%
Nutrient Guideline			376-500		540			

Wed - 09/18/2019								
K-7 BREAKFAST MENU	Total	1						
BREAKFAST TAC-GO	TACO	1	180	200	400	1	10.0	14.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			629	115	752	*60	24.63	111.72
% of Calories						*38.2%	15.7%	71.1%
Nutrient Guideline			376-500		540			

Thu - 09/19/2019								
K-7 BREAKFAST MENU	Total	1						
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	188	4	85	*24	5.49	39.63
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			705	17	610	*67	23.06	137.54
% of Calories						*37.8%	13.1%	78.1%
Nutrient Guideline			376-500		540			

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/20/2019								
K-7 BREAKFAST MENU	Total	1						
CRESCENT, FILLED	1 EACH	1	220	0	265	10	5.5	36.0
CRESCENT, FILLED, GRAPE	1 EACH	1	210	0	260	9	5.0	35.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			789	23	848	*76	27.43	138.33
% of Calories						*38.4%	13.9%	70.1%
Nutrient Guideline			376-500		540			

Mon - 09/23/2019								
K-7 BREAKFAST MENU	Total	1						
FRENCH TOAST STICKS	2 sticks	1	240	10	260	10	6.0	38.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			700	108	726	*74	24.68	127.50
% of Calories						*42.3%	14.1%	72.9%
Nutrient Guideline			376-500		540			

Tue - 09/24/2019								
K-7 BREAKFAST MENU	Total	1						
FIESTA CHEESE OMELET	1 EA	1	120	175	280	0	8.0	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0	8.0	2.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			761	123	876	*67	28.68	111.33
% of Calories						*35.2%	15.1%	58.5%
Nutrient Guideline			376-500		540			

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/25/2019								
K-7 BREAKFAST MENU	Total	1						
MAPLE BREAD STICK	SERVING	1	120	0	140	9	3.0	23.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			624	103	623	*64	23.18	115.83
% of Calories						*41.0%	14.9%	74.2%
Nutrient Guideline			376-500		540			

Thu - 09/26/2019								
K-7 BREAKFAST MENU	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	*N/A*	3.0	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	17	5.0	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			715	18	620	*63	22.81	137.03
% of Calories						*35.0%	12.8%	76.6%
Nutrient Guideline			376-500		540			

Fri - 09/27/2019								
K-7 BREAKFAST MENU	Total	1						
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	8	5.99	34.94
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			679	23	710	*70	25.18	120.30
% of Calories						*41.5%	14.8%	70.9%
Nutrient Guideline			376-500		540			

Mon - 09/30/2019								
K-7 BREAKFAST MENU	Total	1						
WAFFLE, BC	WAFFLE	1	80	5	105	2	2.0	12.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			620	105	648	*70	22.68	114.50
% of Calories						*45.2%	14.6%	73.9%
Nutrient Guideline			376-500		540			

Weighted Average			689	62	702	*68 *88.2%	*24.37 *14.1%	124.18 72.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	689		376 - 500	138%			189	Correction Required - Calories too High
Cholesterol (mg)	62							
Sodium 1 (mg)	702		540				162	Correction Required - Sodium too High
Sodium 2 (mg)	702		485				217	Correction Required - Sodium too High
Sugars (g)	68	39.19%			Missing			
Protein (g)	24.37	14.14%			Missing			
Carbohydrate (g)	124.18	72.08%						

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