

# Washington County School District

Oct 2, 2023 thru Oct 31, 2023

## Base Menu Spreadsheet

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

## Portion Values - Detailed

Page 1

Generated on: 9/25/2023 2:39:18 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/02/2023			
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
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			144.87
% of Calories			78.4%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Tue - 10/03/2023			
SECONDARY BREAKFAST	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	24.98
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.64
% of Calories			62.7%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Oct 2, 2023 thru Oct 31, 2023

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SEC BREAKFAST MENU

Portion Values - Detailed

Page 2

Generated on: 9/25/2023 2:39:18 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/04/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE & SAUSAGE BITES	6 BITES	1	24.67
SYRUP	1 EA	1	4.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			130.48
% of Calories			75.6%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Thu - 10/05/2023			
SECONDARY BREAKFAST	Total	1	
YOGURT STRAW PARFAIT	PARFAIT	1	46.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.19
% of Calories			75.2%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

\*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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Oct 2, 2023 thru Oct 31, 2023

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)
Fri - 10/06/2023			
SECONDARY BREAKFAST	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
TOAST	SLICE	1	14.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			138.65
% of Calories			73.3%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Mon - 10/09/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE, BAKE CRAFTER	SERVINGS	1	32.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			143.17
% of Calories			79.9%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

\*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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SEC BREAKFAST MENU

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/10/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.35
% of Calories			71.8%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Wed - 10/11/2023			
SECONDARY BREAKFAST	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
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
SALSA PICANTE	1 OZ	1	1.4
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			129.05
% of Calories			70.4%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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Oct 2, 2023 thru Oct 31, 2023

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

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/17/2023			
SECONDARY BREAKFAST	Total	1	
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITE	1	2.98
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			129.34
% of Calories			66.2%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Wed - 10/18/2023			
SECONDARY BREAKFAST	Total	1	
OVERNIGHT OATS	SERVINGS	1	48.19
TOAST	SLICE	1	14.0
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			134.17
% of Calories			75.2%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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Oct 2, 2023 thru Oct 31, 2023

## Base Menu Spreadsheet

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SEC BREAKFAST MENU

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/19/2023			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPRSTATE 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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.85
% of Calories			74.1%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Fri - 10/20/2023			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			133.65
% of Calories			76.9%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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## Portion Values - Detailed

Page 7

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/23/2023			
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
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			144.87
% of Calories			78.4%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Tue - 10/24/2023			
SECONDARY BREAKFAST	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	24.98
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.64
% of Calories			62.7%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/25/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE & SAUSAGE BITES	6 BITES	1	24.67
SYRUP	1 EA	1	4.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
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	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			130.48
% of Calories			75.6%
Nutrient Guideline			

BG \_\_\_\_\_ @ \_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Thu - 10/26/2023			
SECONDARY BREAKFAST	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.35
% of Calories			76.2%
Nutrient Guideline			

BG \_\_\_\_\_ @ \_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

\*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

Oct 2, 2023 thru Oct 31, 2023

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)
Fri - 10/27/2023			
SECONDARY BREAKFAST	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
TOAST	SLICE	1	14.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			138.65
% of Calories			73.3%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Mon - 10/30/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE, BAKE CRAFTER	SERVINGS	1	32.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			143.17
% of Calories			79.9%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Washington County School District

Oct 2, 2023 thru Oct 31, 2023

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)
Tue - 10/31/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.35
% of Calories			71.8%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Weighted Average			135.68
			73.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	135.68	73.38%						

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