

Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 10/30/2023 11:10:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/01/2023																
K-7 BREAKFAST MENU	Total	1														
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	120	170	280	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	8.0	1.0	9.0	3.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			681	100	782	4.83	*0.84	*734.4	*1356	*152.24	*72	25.91	115.71	12.40	4.60	0.00
% of Calories											*42.0%	15.2%	67.9%	16.4%	6.1%	0.0%
Nutrient Guideline			375-500		540											<10.00

Thu - 11/02/2023																
K-7 BREAKFAST MENU	Total	1														
SMOOTHIE	SMOOTHIES	1	127	0	70	*0.50	*N/A*	*60.0	*N/A*	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAMS, TIGER BITES CINN AMON	SERVINGS	1	120	0	105	1.00	*N/A*	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	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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Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 10/30/2023 11:10:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	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	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			638	15	571	*5.90	*0.61	*746.8	*1325	*82.58	*74	23.38	123.88	7.94	2.88	0.00
% of Calories											*46.2%	14.7%	77.7%	11.2%	4.1%	0.0%
Nutrient Guideline			375-500		540											<10.00

Fri - 11/03/2023																
K-7 BREAKFAST MENU	Total	1														
CRESCENT, FILLED	1 EACH	1	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	70	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			653	15	623	5.24	*1.20	*710.4	*1298	*120.64	*74	22.29	121.31	9.79	3.10	0.00
% of Calories											*45.5%	13.6%	74.3%	13.5%	4.3%	0.0%
Nutrient Guideline			375-500		540											<10.00

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 * - 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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Portion Values - Detailed

Page 3

Generated on: 10/30/2023 11:10:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2023																
K-7 BREAKFAST MENU	Total	1														
FRENCH TOAST STICKS: (3-S.F.)	3pc SER VING	1	170	105	290	2.00	1.80	40.0	*N/A*	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	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
APPLESAUCE, W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL TOAST	Total BOWL SLICE	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	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	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			662	67	673	7.27	*2.00	*736.7	*1300	*63.10	*57 *34.3%	23.73 14.3%	126.34 76.3%	8.04 10.9%	2.87 3.9%	*0.00 *0.0%
Nutrient Guideline			375-500		540											<10.00

Tue - 11/07/2023																
K-7 BREAKFAST MENU	Total	1														
OVERNIGHT OATS	SERVINGS	1	233	1	86	4.91	*0.70	*340.7	*41	*0.81	*1	*7.2	48.19	1.98	0.12	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Portion Values - Detailed

Page 4

Generated on: 10/30/2023 11:10:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	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	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			655	15	535	6.70	*0.84	*870.7	*1318	*121.04	*71	*22.89	125.91	6.78	2.41	0.00
% of Calories											*43.3%	*14.0%	76.9%	9.3%	3.3%	0.0%
Nutrient Guideline			375-500		540											<10.00

Wed - 11/08/2023																
K-7 BREAKFAST MENU	Total	1														
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITE	1	119	129	189	0.99	*N/A*	*N/A*	*N/A*	*N/A*	1	5.97	2.98	8.95	2.49	0.00
SAUSAGE LINK - CLOVERDALE	1 LINK	1	115	20	170	0.00	0.36	*N/A*	*N/A*	*N/A*	0	4.0	1.0	10.5	3.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			735	90	743	5.24	*1.02	*734.4	*1312	*152.24	*71	26.77	116.51	17.57	6.09	0.00
% of Calories											*38.8%	14.6%	63.4%	21.5%	7.4%	0.0%
Nutrient Guideline			375-500		540											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/09/2023																
K-7 BREAKFAST MENU	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	240	5	210	6.00	0.62	29.6	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	Total	1														
TOAST	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
JELLY: VARIETY PACK	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	1.48	0.00
BREAKFAST FRUIT BASKET: ELE	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			679	18	626	8.15	*0.92	*881.6	*1330	*81.38	*68	23.88	126.63	8.94	3.38	0.00
% of Calories											*40.2%	14.1%	74.6%	11.8%	4.5%	0.0%
Nutrient Guideline			375-500		540											<10.00

Fri - 11/10/2023																
K-7 BREAKFAST MENU	Total	1														
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	0.00
DGFOR																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 10/30/2023 11:10:07 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	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	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	70	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			643	15	613	6.24	*1.20	*710.4	*1318	*121.24	*73	22.29	120.31	8.29	2.85	0.00
% of Calories											*45.6%	13.9%	74.8%	11.6%	4.0%	0.0%
Nutrient Guideline			375-500		540											<10.00

Mon - 11/13/2023																
K-7 BREAKFAST MENU	Total	1														
WAFFLE, BC	1 WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2	2.0	12.0	3.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			617	18	580	6.77	*1.46	*726.7	*1300	*63.10	*55	20.73	119.84	7.54	2.37	*0.00
% of Calories											*35.8%	13.4%	77.7%	11.0%	3.5%	*0.0%
Nutrient Guideline			375-500		540											<10.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/14/2023																
K-7 BREAKFAST MENU	Total	1														
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	354	169	1035	1.00	*0.00	*150.0	*300	*0.0	3	21.86	24.49	17.95	7.24	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE JUICE : VARIETY SUNCUP	1/2 CUP BOX	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MAYONNAISE, LIGHT	POUCH	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
JELLY: VARIETY PACK	PC	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	1.48	0.00
PEACH CUPS -DICED	1 CUP	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			735	102	1053	4.74	*0.48	*775.4	*1448	*120.64	*72	30.22	114.06	16.76	6.22	0.00
% of Calories											*39.1%	16.4%	62.1%	20.5%	7.6%	0.0%
Nutrient Guideline			375-500		540											<10.00

Wed - 11/15/2023																
K-7 BREAKFAST MENU	Total	1														
PANCAKE & SAUSAGE BITES	6 BITES	1	171	19	391	2.67	*N/A*	*N/A*	*N/A*	*N/A*	7	11.33	24.67	3.33	0.60	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE JUICE : VARIETY SUNCUP	1/2 CUP BOX	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	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	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			639	25	718	5.57	*0.48	*714.4	*1228	*151.64	*74	25.96	117.15	7.45	2.65	0.00
% of Calories											*46.3%	16.3%	73.4%	10.5%	3.7%	0.0%
Nutrient Guideline			375-500		540											<10.00

Thu - 11/16/2023																
K-7 BREAKFAST MENU	Total	1														
YOGURT STRAW PARFAIT	PARFAIT	1	226	0	107	2.50	4.17	342.9	*8	*0.6	*8	*5.58	46.67	1.93	0.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			697	15	617	6.90	*3.05	*908.2	*1414	*81.98	*64	*24.17	130.67	8.96	3.12	0.00
% of Calories											*36.7%	*13.9%	75.0%	11.6%	4.0%	0.0%
Nutrient Guideline			375-500		540											<10.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/17/2023																
K-7 BREAKFAST MENU	Total	1														
SPRINKLED DONUT: SFE	1 EACH	1	230	25	320	3.00	1.44	20.0	75	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	70	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	70	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			653	28	648	5.74	*1.20	*710.4	*1335	*120.64	*77	20.79	118.31	11.29	4.85	0.50
% of Calories											*47.0%	12.7%	72.4%	15.6%	6.7%	0.7%
Nutrient Guideline			375-500		540											<10.00

Mon - 11/20/2023																
K-7 BREAKFAST MENU	Total	1														
PANCAKE, BAKE CRAFTER	SERVINGS	1	175	10	215	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	32.0	3.5	0.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	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	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			665	20	635	7.27	*1.10	*716.7	*1300	*63.10	*60	21.73	129.84	7.79	2.62	*0.00
% of Calories											*36.3%	13.1%	78.1%	10.5%	3.6%	*0.0%
Nutrient Guideline			375-500		540											<10.00

Tue - 11/21/2023																
K-7 BREAKFAST MENU	Total	1														
PANCAKE CORNDOGS	SERVINGS	1	200	25	310	3.00	1.44	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	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	196	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	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			643	28	688	5.74	*1.20	*710.4	*1298	*120.64	*72	22.79	112.32	10.79	3.60	0.00
% of Calories											*45.0%	14.2%	69.8%	15.1%	5.0%	0.0%
Nutrient Guideline			375-500		540											<10.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2023																
K-7 BREAKFAST MENU	Total	1														
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITE	1	119	129	189	0.99	*N/A*	*N/A*	*N/A*	*N/A*	1	5.97	2.98	8.95	2.49	0.00
SAUSAGE LINK - CLOVERDALE	1 LINK	1	115	20	170	0.00	0.36	*N/A*	*N/A*	*N/A*	0	4.0	1.0	10.5	3.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELEMENTARY	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			730	90	748	5.24	*1.02	*727.4	*1347	*136.74	*71	26.27	116.01	17.57	6.09	0.00
% of Calories											*39.1%	14.4%	63.5%	21.7%	7.5%	0.0%
Nutrient Guideline			375-500		540											<10.00

Wed - 11/29/2023																
K-7 BREAKFAST MENU	Total	1														
BREAKFAST POCKET W/TURKEY SAUSAGE	SERVINGS	1	200	70	310	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	25.0	9.0	3.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELEMENTARY	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	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	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			643	50	643	5.24	*0.48	*707.4	*1263	*136.14	*71	24.79	114.81	10.29	3.85	0.00
% of Calories											*44.3%	15.4%	71.4%	14.4%	5.4%	0.0%
Nutrient Guideline			375-500		540											<10.00

Thu - 11/30/2023																
K-7 BREAKFAST MENU	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	240	5	210	6.00	0.62	29.6	9	0.0	17	5.0	43.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			679	18	626	8.15	*0.92	*881.6	*1330	*81.38	*68	23.88	126.63	8.94	3.38	0.00
% of Calories											*40.2%	14.1%	74.6%	11.8%	4.5%	0.0%
Nutrient Guideline			375-500		540											<10.00

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Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 10/30/2023 11:10:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			669	40	673	*6.16	*1.11	*761.3	*1323	*109.47	*69 *93.0%	*24.03 *14.4%	120.90 72.2%	10.40 14.0%	3.72 5.0%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	669		375 - 500	134%			169	Correction Required - Calories too High
Cholesterol (mg)	40							
Sodium 1 (mg)	673		540	125%			133	Correction Required - Sodium too High
Fiber (g)	6.16				Missing			
Iron (mg)	1.11				Missing			
Calcium (mg)	761.3				Missing			
Vitamin A (IU)	1323				Missing			
Sugars (g)	69	41.35%			Missing			
Vitamin C (mg)	109.47				Missing			
Protein (g)	24.03	14.36%			Missing			
Carbohydrate (g)	120.90	72.24%						
Total Fat (g)	10.40	13.98%						
Saturated Fat (g)	3.72	5.00%	<10.00%					
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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