

Washington County School District

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/25/2024 12:53:22 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 05/01/2024			
SECONDARY BREAKFAST	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.11
% of Calories			73.3%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 05/02/2024			
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			133.83
% of Calories			76.0%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 05/03/2024			
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.13
% of Calories			73.1%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 05/06/2024			
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.65
% of Calories			79.7%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 05/07/2024			
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	23.63
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.83
% of Calories			71.6%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 05/08/2024			
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	23.63
SALSA PICANTE	1 OZ	1	1.4
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.53
% of Calories			70.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 05/09/2024			
SECONDARY BREAKFAST	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.88
% of Calories			77.7%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 05/10/2024			
SECONDARY BREAKFAST	Total	1	
CRESCENT, FILLED	1 EACH	1	37.0
TOAST	SLICE	1	14.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			140.13
% of Calories			74.7%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 05/13/2024			
SECONDARY BREAKFAST	Total	2295	
FRENCH TOAST STICKS	2 sticks	1	38.0
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			0.07
% of Calories			75.4%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 05/14/2024			
SECONDARY BREAKFAST	Total	1	
BREAKFAST POCKET W/TURKEY SAUS	SERVINGS	1	25.0
TOAST	SLICE	1	14.0
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			105.80
% of Calories			63.5%
Nutrient Guideline			

Wed - 05/15/2024			
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			118.81
% of Calories			56.6%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 05/16/2024			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			143.83
% of Calories			76.4%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 05/17/2024			
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	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			126.43 75.9%
Nutrient Guideline			

Weighted Average			120.23 72.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	120.23	72.14%						

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