

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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	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)
Wed - 05/01/2024																
SECONDARY BREAKFAST	Total	1														
BREAKFAST PIZZA: SAUSAGE	SLICE	1	210	15	349	2.99	*N/A*	*N/A*	*N/A*	0.0	5	8.98	26.95	6.99	2.00	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: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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 SEC BREAKFAST ME																
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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			699	22	658	7.64	*0.61	*730.8	*1325	*172.08	*83	25.37	128.11	9.43	3.38	0.00
% of Calories											*47.7%	14.5%	73.3%	12.1%	4.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 05/02/2024																
SECONDARY BREAKFAST	Total	1														
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	241	0	106	2.47	3.31	330.4	407	3.32	*6	5.51	53.0	1.53	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: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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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	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 SEC BREAKFAST ME	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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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			705	15	616	6.88	*2.62	*902.0	*1614	*83.34	*68	24.14	133.83	8.76	3.12	0.00
% of Calories											*38.8%	13.7%	76.0%	11.2%	4.0%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 05/03/2024																
SECONDARY BREAKFAST	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
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
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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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 SEC BREAKFAST ME	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
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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			751	28	729	8.15	*1.69	*746.8	*1518	*141.68	*88	22.88	137.13	13.49	5.62	0.50
% of Calories											*46.8%	12.2%	73.1%	16.2%	6.7%	0.6%
Nutrient Guideline			450-600		640											<10.00

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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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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	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 - 05/06/2024																
SECONDARY BREAKFAST PANCAKE, BAKE CRAFTER SYRUP	Total 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
APPLESAUCE, W/CINNAMON	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
BREAKFAST FRUIT BASKET: SEC	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	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK F/F	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
ALT SEC BREAKFAST ME BREAKFAST CEREAL-ALL TOAST	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
JELLY: VARIETY PACK	Total 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
APPLESAUCE, W/CINNAMON	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: SEC	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 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
MILK : CHOCOLATE MILK F/F	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
MILK 1% WHITE	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
Weighted Daily Average % of Calories	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
Nutrient Guideline	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
			711	20	636	9.18	*1.22	*733.0	*1398	*83.54	*71	22.32	141.65	7.94	2.65	*0.00
			450-600		640						*39.9%	12.6%	79.7%	10.1%	3.4%	*0.0%
																<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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/07/2024																
SECONDARY BREAKFAST	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
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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 SEC BREAKFAST ME	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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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			759	28	769	8.15	*1.69	*746.8	*1480	*141.68	*83	24.88	135.83	12.99	4.37	0.00
% of Calories											*43.9%	13.1%	71.6%	15.4%	5.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Wed - 05/08/2024																
SECONDARY BREAKFAST EGGSTRAVAGANZA, BACON & CHEESE	Total 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: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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 SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total 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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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			727	100	782	6.74	*0.97	*750.8	*1454	*172.68	*82	26.51	127.53	12.55	4.63	0.00
% of Calories											*45.2%	14.6%	70.1%	15.5%	5.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 05/09/2024																
SECONDARY BREAKFAST SMOOTHIE	Total 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
GRAHAM, TIGER BITES ORIGINAL	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	16	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 F/F	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

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

	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 SEC BREAKFAST ME	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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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	*79	23.38	123.88	7.94	2.88	0.00
% of Calories											*49.4%	14.7%	77.7%	11.2%	4.1%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 05/10/2024																
SECONDARY BREAKFAST	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
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
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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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 SEC BREAKFAST ME	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
BREAKFAST FRUIT BASKET: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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			751	15	704	7.65	*1.69	*746.8	*1480	*141.68	*85	24.38	140.13	11.99	3.87	0.00
% of Calories											*45.5%	13.0%	74.7%	14.4%	4.6%	0.0%
Nutrient Guideline			450-600		640											<10.00

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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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	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 - 05/13/2024																
SECONDARY BREAKFAST	Total	2295														
FRENCH TOAST STICKS	2 sticks	1	240	10	260	2.00	0.72	40.0	50	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	0.0	*N/A*	0.0	4.0	0.0	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
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: S EC	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	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 F/F	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			0	0	0	0.00	*0.00	*0.3	*1	*0.04	*0	0.01	0.07	0.01	0.00	*0.00
% of Calories											*32.5%	12.2%	75.4%	14.5%	4.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 05/14/2024																
SECONDARY BREAKFAST	Total	1														
BREAKFAST POCKET W/TURK EY SAUS	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
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
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 F/F	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			667	85	796	4.00	*0.72	*704.0	*1284	*100.80	*64	29.20	105.80	15.61	5.98	0.00
% of Calories											*38.1%	17.5%	63.5%	21.1%	8.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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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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	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)
Wed - 05/15/2024																
SECONDARY BREAKFAST	Total	1														
EGG BAKE BITE, TURKEY SAU	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
SAGE																
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
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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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			840	164	836	6.81	*1.33	*750.8	*1410	*172.68	*79	31.35	118.81	26.36	9.03	0.00
% of Calories											*37.4%	14.9%	56.6%	28.2%	9.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 05/16/2024																
SECONDARY BREAKFAST	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	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
CHIP																
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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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			753	20	601	9.81	*0.87	*1026.3	*1249	*81.07	*78	25.38	143.83	8.80	3.56	0.00
% of Calories											*41.2%	13.5%	76.4%	10.5%	4.3%	0.0%
Nutrient Guideline			450-600		640											<10.00

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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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	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)
Fri - 05/17/2024																
SECONDARY BREAKFAST	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: S	1 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	16	1.18	23.63	0.3	0.06	0.00
EC																
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 F/F	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			666	15	571	8.81	*1.69	*716.8	*1351	*141.68	84	23.38	126.43	7.80	2.56	0.00
% of Calories											50.2%	14.0%	75.9%	10.5%	3.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			667	41	636	*6.90	*1.21	*715.5	*1299	*116.58	*73	23.32	120.23	11.05	3.97	*0.04
											*98.0%	14.0%	72.1%	14.9%	5.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	667		450 - 600	111%			67	Correction Required - Calories too High
Cholesterol (mg)	41							
Sodium 1 (mg)	636		640	99%				
Fiber (g)	6.90				Missing			
Iron (mg)	1.21				Missing			
Calcium (mg)	715.5				Missing			
Vitamin A (IU)	1299				Missing			
Sugars (g)	73	43.54%			Missing			
Vitamin C (mg)	116.58				Missing			
Protein (g)	23.32	13.99%						
Carbohydrate (g)	120.23	72.14%						
Total Fat (g)	11.05	14.92%						
Saturated Fat (g)	3.97	5.36%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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