

# Washington County School District

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 12/3/2024 8:01:06 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/03/2024			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	23.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.33
% of Calories			66.9%
Nutrient Guideline			

Wed - 12/04/2024			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
HASH BROWN (1)	HASHBROWN	1	13.46
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.82
% of Calories			70.7%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/05/2024			
K-7 BREAKFAST MENU	Total	1	
YOGURT STRAW PARFAIT	PARFAIT	1	46.67
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	PC	1	9.4
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			134.12
% of Calories			78.9%
Nutrient Guideline			

Fri - 12/06/2024			
K-7 BREAKFAST MENU	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
PEAR CUPS- CUP -DICED	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			136.58
% of Calories			76.0%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 12/09/2024</b>			
K-7 BREAKFAST MENU	Total	1	
APPLE CINNAMON TOAST, WG SYRUP	SERVINGS	1	45.0
APPLESAUCE,W/CINNAMON	1 EA	1	4.0
BREAKFAST FRUIT BASKET: ELE	1 CUP	1	27.5
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
ALT BREAKFAST K-7	CARTON	1	13.0
BREAKFAST CEREAL-ALL TOAST	Total	1	
JELLY: VARIETY PACK	BOWL	1	23.0
APPLESAUCE,W/CINNAMON	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	PC	1	9.4
JUICE : VARIETY SUNCUP	1 CUP	1	27.5
MILK : CHOCOLATE MILK F/F	1/2 CUP	1	23.63
MILK 1% WHITE	BOX	1	15.25
Weighted Daily Average	CARTON	1	19.0
% of Calories	CARTON	1	13.0
			148.58
Nutrient Guideline			80.7%

<b>Tue - 12/10/2024</b>			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
PEACH CUPS -DICED	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
Weighted Daily Average	CARTON	1	13.0
% of Calories			125.08
			74.3%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 12/11/2024</b>			
K-7 BREAKFAST MENU	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE TOAST	SERVINGS	1	1.0
HASH BROWN (1)	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	HASHBROWN	1	13.46
MIXED FRUIT CUP	1/2 CUP	1	23.63
JELLY: VARIETY PACK	SERVINGS	1	19.0
KETCHUP : P/C	PC	1	9.4
MILK : CHOCOLATE MILK F/F	PC	1	10.12
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
<b>ALT BREAKFAST K-7</b>			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	PC	1	9.4
MIXED FRUIT CUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	SERVINGS	1	19.0
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average % of Calories			126.82 70.2%
Nutrient Guideline			

<b>Thu - 12/12/2024</b>			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
<b>ALT BREAKFAST K-7</b>			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	PC	1	9.4
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average % of Calories			124.83 80.2%
Nutrient Guideline			

<b>Fri - 12/13/2024</b>			
K-7 BREAKFAST MENU	Total	1	
STRAWBERRY-BOLI	SERVINGS	1	41.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.08
% of Calories			79.0%
Nutrient Guideline			

Mon - 12/16/2024			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			145.08
% of Calories			79.9%
Nutrient Guideline			

Tue - 12/17/2024			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.06
% of Calories			76.0%
Nutrient Guideline			

Wed - 12/18/2024			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	15.49
HASH BROWN (1)	HASHBROWN	1	13.46
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.87
% of Calories			71.5%
Nutrient Guideline			

Thu - 12/19/2024			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			127.58 76.9%
Nutrient Guideline			

Fri - 12/20/2024			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			132.58 78.7%
Nutrient Guideline			

Weighted Average			131.32 75.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	131.32	75.62%						

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