

Washington County School District

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/24/2025 10:57:55 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/03/2025			
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	28.02
JUICE : VARIETY SUNCUP	1/2 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL TOAST	Total	1	
JELLY: VARIETY PACK	BOWL	1	23.0
APPLESAUCE,W/CINNAMON	SLICE	1	19.0
JUICE : VARIETY SUNCUP	PC	1	9.4
MILK : CHOCOLATE MILK F/F	1 CUP	1	28.02
MILK 1% WHITE	BOX	1	15.25
	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			137.48
% of Calories			79.3%
Nutrient Guideline			

Tue - 03/04/2025			
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	24.02
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			
BREAKFAST CEREAL-ALL TOAST	Total	1	
JELLY: VARIETY PACK	BOWL	1	23.0
PEACH CUPS -DICED	SLICE	1	19.0
JUICE : VARIETY SUNCUP	PC	1	9.4
MILK : CHOCOLATE MILK F/F	1 CUP	1	18.0
MILK 1% WHITE	BOX	1	15.25
	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			113.46
% of Calories			72.1%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/05/2025			
K-7 BREAKFAST MENU	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
TOAST	SLICE	1	19.0
HASHBROWN PATTY: LAMB WESTON	HASHBROWN	1	13.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.23
% of Calories			70.1%
Nutrient Guideline			

Thu - 03/06/2025			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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	24.02
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			125.22
% of Calories			80.0%
Nutrient Guideline			

Fri - 03/07/2025			
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	24.02
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	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.22
% of Calories			76.7%
Nutrient Guideline			

Tue - 03/18/2025			
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	24.02
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
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			114.71
% of Calories			64.5%
Nutrient Guideline			

Wed - 03/19/2025			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
HASHBROWN PATTY: LAMB WESTON	HASHBROWN	1	13.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
KETCHUP : P/C	PC	1	10.12
JELLY: VARIETY PACK	PC	1	9.4
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
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.23
% of Calories			70.6%
Nutrient Guideline			

Thu - 03/20/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT STRAW PARFAIT	PARFAIT	1	40.51
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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	24.02
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			131.43
% of Calories			78.2%
Nutrient Guideline			

Fri - 03/21/2025			
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	24.02
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	24.02
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			121.72
% of Calories			73.5%
Nutrient Guideline			

Mon - 03/24/2025			
K-7 BREAKFAST MENU	Total	1	
APPLE CINNAMON TOAST, WG	SERVINGS	1	45.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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	28.02
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			137.48
% of Calories			79.3%
Nutrient Guideline			

Tue - 03/25/2025			
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	24.02
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	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
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			113.46
% of Calories			72.1%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/26/2025			
K-7 BREAKFAST MENU	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
TOAST	SLICE	1	19.0
HASHBROWN PATTY: LAMB WESTON	HASHBROWN	1	13.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.23
% of Calories			70.1%
Nutrient Guideline			

Thu - 03/27/2025			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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	24.02
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			125.22
% of Calories			80.0%
Nutrient Guideline			

Fri - 03/28/2025			
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	24.02
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	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.22
% of Calories			76.7%
Nutrient Guideline			

Mon - 03/31/2025			
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	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
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	28.02
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			133.98
% of Calories			78.4%
Nutrient Guideline			

Weighted Average			125.22
			74.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	125.22	74.66%						

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