

# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

## 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 <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 03/03/2025</b>     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST         | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| APPLE CINNAMON TOAST, WG    | SERVINGS     | 1         | 260         | 0           | 290       | 2.00      | 2.70      | 40.0       | 400        | 1.2        | 17         | 8.0       | 45.0     | 6.0       | 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: S   | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| EC                          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| JUICE : VARIETY SUNCUP      | BOX          | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F   | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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                    |
| <b>ALT SEC BREAKFAST ME</b> |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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   | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| EC                          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| JUICE : VARIETY SUNCUP      | BOX          | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F   | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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      |              |           | 741         | 15          | 739       | 9.55      | *2.50     | *417.6     | *868       | *41.75     | *72        | 24.10     | 149.49   | 7.55      | 2.16      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | *38.9%     | 13.0%     | 80.7%    | 9.2%      | 2.6%      | *0.0%                   |
| Nutrient Guideline          |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                           |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|---------------------------|----------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| <b>Tue - 03/04/2025</b>   |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 | 100 | 0  | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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: S | 1 CUP    | 1 | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                        |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 | 60  | 0  | 6   | 0.00 | *0.00 | *55.0 | *33   | *30.0 | 14    | 0.0  | 15.25 | 0.0  | 0.00 | 0.00 |
| KETCHUP : P/C             | PC       | 1 | 40  | 0  | 334 | 0.00 | 0.00  | 0.0   | 202   | 2.43  | 8     | 0.0  | 10.12 | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON   | 1 | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 3, 2025 thru Mar 31, 2025

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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 <sup>1</sup> (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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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: S | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| EC                        |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| JUICE : VARIETY SUNCUP    | BOX          | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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    |              |           | 766         | 28          | 1036      | 9.02      | *1.62     | *411.3     | *769       | *100.50    | *86        | 24.66     | 144.73   | 9.80      | 2.88      | 0.00                    |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | *45.0%     | 12.9%     | 75.6%    | 11.5%     | 3.4%      | 0.0%                    |
| Nutrient Guideline        |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Wed - 03/05/2025               |          |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
|--------------------------------|----------|---|-----|-----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| SECONDARY BREAKFAST            | 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 |
| HASHBROWN PATTY: LAMB W        | HASHBR   | 1 | 110 | 0   | 225 | 1.00 | 0.36  | 0.0   | 2     | 1.2   | 1     | 1.0  | 13.5  | 5.5  | 0.75 | 0.00 |
| ESTON                          | OWN      |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| TOAST                          | SLICE    | 1 | 100 | 0   | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 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 | 95  | 0   | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                             |          |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 |
| 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 |
| MILK : CHOCOLATE MILK F/F      | CARTON   | 1 | 110 | 5   | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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 | 100 | 0   | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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 | 95  | 0   | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                             |          |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| MILK : CHOCOLATE MILK F/F      | CARTON   | 1 | 110 | 5   | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 3, 2025 thru Mar 31, 2025

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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 709         | 100         | 989       | 8.11      | *1.08     | *360.3     | *611       | *100.88    | *67        | 26.79     | 122.87   | 12.11     | 3.51      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *38.1%     | 15.1%     | 69.3%    | 15.4%     | 4.5%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Thu - 03/06/2025             |                 |   |         |    |     |       |       |        |       |        |        |       |        |      |        |      |
|------------------------------|-----------------|---|---------|----|-----|-------|-------|--------|-------|--------|--------|-------|--------|------|--------|------|
| SECONDARY BREAKFAST SMOOTHIE | Total SMOOTHIES | 1 |         |    |     |       |       |        |       |        |        |       |        |      |        |      |
| GRAHAM, TIGER BITES ORIGINAL | SERVINGS        | 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 |
| BREAKFAST FRUIT BASKET: ELE  | 1/2 CUP         | 1 | 95      | 0  | 1   | 3.69  | *0.18 | *6.3   | *60   | *5.68  | 16     | 1.16  | 24.02  | 0.22 | 0.05   | 0.00 |
| JUICE : VARIETY SUNCUP       | BOX             | 1 | 60      | 0  | 6   | 0.00  | *0.00 | *55.0  | *33   | *30.0  | 14     | 0.0   | 15.25  | 0.0  | 0.00   | 0.00 |
| MILK : CHOCOLATE MILK F/F    | CARTON          | 1 | 110     | 5  | 210 | 0.00  | 0.00  | *N/A*  | *N/A* | *N/A*  | 18     | 8.0   | 19.0   | 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 | 100     | 0  | 230 | 2.00  | 0.72  | 40.0   | 5     | 1.2    | 1      | 3.0   | 19.0   | 1.0  | 0.00   | 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 | 95      | 0  | 1   | 3.69  | *0.18 | *6.3   | *60   | *5.68  | 16     | 1.16  | 24.02  | 0.22 | 0.05   | 0.00 |
| EC                           |                 |   |         |    |     |       |       |        |       |        |        |       |        |      |        |      |
| JUICE : VARIETY SUNCUP       | BOX             | 1 | 60      | 0  | 6   | 0.00  | *0.00 | *55.0  | *33   | *30.0  | 14     | 0.0   | 15.25  | 0.0  | 0.00   | 0.00 |
| MILK : CHOCOLATE MILK F/F    | CARTON          | 1 | 110     | 5  | 210 | 0.00  | 0.00  | *N/A*  | *N/A* | *N/A*  | 18     | 8.0   | 19.0   | 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       |                 |   | 626     | 15 | 637 | *6.27 | *0.54 | *411.3 | *595  | *40.18 | *78    | 23.16 | 125.22 | 6.30 | 2.13   | 0.00 |
| % of Calories                |                 |   |         |    |     |       |       |        |       |        | *49.6% | 14.8% | 80.0%  | 9.1% | 3.1%   | 0.0% |
| Nutrient Guideline           |                 |   | 450-600 |    | 640 |       |       |        |       |        |        |       |        |      | <10.00 |      |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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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 <sup>1</sup> (g) |
|-------------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/07/2025                    |                |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST STRAWBERRY-BOLI | Total SERVINGS | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| TOAST                               | SLICE          | 1         | 240         | 0           | 270       | 0.00      | *N/A*     | *N/A*      | *N/A*      | *N/A*      | 14         | 5.0       | 41.0     | 5.0       | 2.50      | 0.00                    |
| PEAR CUPS- CUP -DICED               | 1 CUP          | 1         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC         | 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                    |
| JELLY: VARIETY PACK                 | PC             | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| MILK : CHOCOLATE MILK F/F           | CARTON         | 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                    |
| MILK 1% WHITE                       | CARTON         | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| ALT SEC BREAKFAST ME                | 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 CEREAL-ALL        |                |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| TOAST                               | 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                    |
| JELLY: VARIETY PACK                 | SLICE          | 1         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 0.00                    |
| PEAR CUPS- CUP -DICED               | 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         | 70          | 0           | 5         | 1.00      | 0.00      | 0.0        | 70         | 60.0       | 15         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F           | 1 CUP          | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| MILK 1% WHITE                       | CARTON         | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average              | 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                    |
| % of Calories                       |                |           | 701         | 15          | 798       | 7.52      | *0.90     | *346.3     | *635       | *69.28     | *72        | 23.66     | 135.42   | 7.30      | 2.88      | 0.00                    |
| Nutrient Guideline                  |                |           | 450-600     |             | 640       |           |           |            |            |            | *41.3%     | 13.5%     | 77.3%    | 9.4%      | 3.7%      | 0.0%                    |

|   |                  |   |     |     |      |      |       |        |       |       |    |       |       |       |      |      |
|---|------------------|---|-----|-----|------|------|-------|--------|-------|-------|----|-------|-------|-------|------|------|
| Tue - 03/18/2025                                  |                  |   |     |     |      |      |       |        |       |       |    |       |       |       |      |      |
| SECONDARY BREAKFAST BREAKFAST SANDWICH - McMUFFIN | Total SANDWICHES | 1 |     |     |      |      |       |        |       |       |    |       |       |       |      |      |
| PEACH CUPS -DICED                                 | 1 CUP            | 1 | 334 | 154 | 1030 | 1.00 | *0.00 | *150.0 | *300  | *0.0  | 2  | 20.86 | 23.49 | 16.45 | 6.74 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC                       | 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                            | 1 CUP            | 1 | 95  | 0   | 1    | 3.69 | *0.18 | *6.3   | *60   | *5.68 | 16 | 1.16  | 24.02 | 0.22  | 0.05 | 0.00 |
| MAYONNAISE, LIGHT                                 | BOX              | 1 | 60  | 0   | 6    | 0.00 | *0.00 | *55.0  | *33   | *30.0 | 14 | 0.0   | 15.25 | 0.0   | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F                         | POUCH            | 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 | 110 | 5   | 210  | 0.00 | 0.00  | *N/A*  | *N/A* | *N/A* | 18 | 8.0   | 19.0  | 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 |

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

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 <sup>1</sup> (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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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: S | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| EC                        |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| JUICE : VARIETY SUNCUP    | BOX          | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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         | 95          | 1117      | 7.02      | *0.54     | *456.3     | *815       | *98.68     | *81        | 30.09     | 126.72   | 14.53     | 5.25      | 0.00                    |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | *42.5%     | 15.9%     | 66.8%    | 17.2%     | 6.2%      | 0.0%                    |
| Nutrient Guideline        |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Wed - 03/19/2025          |          |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
|---------------------------|----------|---|-----|-----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| SECONDARY BREAKFAST       | Total    | 1 |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| OMELET, COLBY CHEESE      | SERVING  | 1 | 110 | 165 | 230 | 0.00 | *N/A* | *N/A* | *N/A* | 0.0   | 0     | 8.0  | 1.0   | 8.0  | 3.50 | 0.00 |
| HASHBROWN PATTY: LAMB W   | HASHBR   | 1 | 110 | 0   | 225 | 1.00 | 0.36  | 0.0   | 2     | 1.2   | 1     | 1.0  | 13.5  | 5.5  | 0.75 | 0.00 |
| ESTON                     | OWN      |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| TOAST                     | SLICE    | 1 | 100 | 0   | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 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 | 95  | 0   | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                        |          |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 |
| KETCHUP : P/C             | PC       | 1 | 40  | 0   | 334 | 0.00 | 0.00  | 0.0   | 202   | 2.43  | 8     | 0.0  | 10.12 | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON   | 1 | 110 | 5   | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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 | 100 | 0   | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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 | 95  | 0   | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                        |          |   |     |     |     |      |       |       |       |       |       |      |       |      |      |      |
| MILK : CHOCOLATE MILK F/F | CARTON   | 1 | 110 | 5   | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

## 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 721         | 98          | 1053      | 8.02      | *1.08     | *360.3     | *668       | *102.10    | *71        | 26.66     | 127.23   | 11.55     | 3.76      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *39.2%     | 14.8%     | 70.6%    | 14.4%     | 4.7%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

| Thu - 03/20/2025          |         |   |         |    |     |      |       |        |       |        |        |        |        |      |      |        |
|---------------------------|---------|---|---------|----|-----|------|-------|--------|-------|--------|--------|--------|--------|------|------|--------|
| SECONDARY BREAKFAST       | Total   | 1 |         |    |     |      |       |        |       |        |        |        |        |      |      |        |
| YOGURT STRAW PARFAIT      | PARFAIT | 1 | 203     | 0  | 99  | 2.50 | 4.17  | *42.9  | *8    | *0.4   | *18    | *5.25  | 40.51  | 1.93 | 0.00 | 0.00   |
| TOAST                     | SLICE   | 1 | 100     | 0  | 230 | 2.00 | 0.72  | 40.0   | 5     | 1.2    | 1      | 3.0    | 19.0   | 1.0  | 0.00 | 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 | 95      | 0  | 1   | 3.69 | *0.18 | *6.3   | *60   | *5.68  | 16     | 1.16   | 24.02  | 0.22 | 0.05 | 0.00   |
| EC                        |         |   |         |    |     |      |       |        |       |        |        |        |        |      |      |        |
| JUICE : VARIETY SUNCUP    | BOX     | 1 | 60      | 0  | 6   | 0.00 | *0.00 | *55.0  | *33   | *30.0  | 14     | 0.0    | 15.25  | 0.0  | 0.00 | 0.00   |
| MILK : CHOCOLATE MILK F/F | CARTON  | 1 | 110     | 5  | 210 | 0.00 | 0.00  | *N/A*  | *N/A* | *N/A*  | 18     | 8.0    | 19.0   | 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 | 100     | 0  | 230 | 2.00 | 0.72  | 40.0   | 5     | 1.2    | 1      | 3.0    | 19.0   | 1.0  | 0.00 | 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 | 95      | 0  | 1   | 3.69 | *0.18 | *6.3   | *60   | *5.68  | 16     | 1.16   | 24.02  | 0.22 | 0.05 | 0.00   |
| EC                        |         |   |         |    |     |      |       |        |       |        |        |        |        |      |      |        |
| JUICE : VARIETY SUNCUP    | BOX     | 1 | 60      | 0  | 6   | 0.00 | *0.00 | *55.0  | *33   | *30.0  | 14     | 0.0    | 15.25  | 0.0  | 0.00 | 0.00   |
| MILK : CHOCOLATE MILK F/F | CARTON  | 1 | 110     | 5  | 210 | 0.00 | 0.00  | *N/A*  | *N/A* | *N/A*  | 18     | 8.0    | 19.0   | 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    |         |   | 672     | 15 | 714 | 7.77 | *2.99 | *422.8 | *602  | *39.48 | *73    | *23.78 | 131.43 | 5.77 | 1.63 | 0.00   |
| % of Calories             |         |   |         |    |     |      |       |        |       |        | *43.7% | *14.2% | 78.2%  | 7.7% | 2.2% | 0.0%   |
| 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

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 <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Fri - 03/21/2025</b>     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST         | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| DONUT:SPRINKLED             | DONUT        | 1         | 200         | 0           | 85        | 1.00      | *N/A*     | *N/A*      | 0          | 0.0        | 11         | 2.0       | 23.0     | 12.0      | 6.00      | 0.00                    |
| TOAST                       | SLICE        | 1         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 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: SEC | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| MILK : CHOCOLATE MILK F/F   | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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                    |
| <b>ALT SEC BREAKFAST ME</b> |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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: SEC | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| MILK : CHOCOLATE MILK F/F   | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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      |              |           | 662         | 15          | 706       | 8.02      | *0.90     | *346.3     | *635       | *69.28     | *71        | 22.16     | 121.72   | 10.80     | 4.63      | 0.00                    |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | *42.8%     | 13.4%     | 73.5%    | 14.7%     | 6.3%      | 0.0%                    |
| Nutrient Guideline          |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                             |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |       |
|-----------------------------|----------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|-------|
| <b>Mon - 03/24/2025</b>     |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |       |
| SECONDARY BREAKFAST         | Total    | 1 |     |    |     |      |       |       |       |       |       |      |       |      |      |       |
| APPLE CINNAMON TOAST, WG    | SERVINGS | 1 | 260 | 0  | 290 | 2.00 | 2.70  | 40.0  | 400   | 1.2   | 17    | 8.0  | 45.0  | 6.0  | 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: SEC | 1 CUP    | 1 | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00  |
| JUICE : VARIETY SUNCUP      | BOX      | 1 | 60  | 0  | 6   | 0.00 | *0.00 | *55.0 | *33   | *30.0 | 14    | 0.0  | 15.25 | 0.0  | 0.00 | 0.00  |
| MILK : CHOCOLATE MILK F/F   | CARTON   | 1 | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

## 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 <sup>1</sup> (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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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 | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| EC                        |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| JUICE : VARIETY SUNCUP    | BOX          | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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    |              |           | 741         | 15          | 739       | 9.55      | *2.50     | *417.6     | *868       | *41.75     | *72        | 24.10     | 149.49   | 7.55      | 2.16      | *0.00                   |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | *38.9%     | 13.0%     | 80.7%    | 9.2%      | 2.6%      | *0.0%                   |
| Nutrient Guideline        |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

| Tue - 03/25/2025          |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|---------------------------|----------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| 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 | 100 | 0  | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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: S | 1 CUP    | 1 | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                        |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 | 60  | 0  | 6   | 0.00 | *0.00 | *55.0 | *33   | *30.0 | 14    | 0.0  | 15.25 | 0.0  | 0.00 | 0.00 |
| KETCHUP : P/C             | PC       | 1 | 40  | 0  | 334 | 0.00 | 0.00  | 0.0   | 202   | 2.43  | 8     | 0.0  | 10.12 | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON   | 1 | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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 | 100 | 0  | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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: S | 1 CUP    | 1 | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                        |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| JUICE : VARIETY SUNCUP    | BOX      | 1 | 60  | 0  | 6   | 0.00 | *0.00 | *55.0 | *33   | *30.0 | 14    | 0.0  | 15.25 | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON   | 1 | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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

Mar 3, 2025 thru Mar 31, 2025

## 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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 766         | 28          | 1036      | 9.02      | *1.62     | *411.3     | *769       | *100.50    | *86        | 24.66     | 144.73   | 9.80      | 2.88      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *45.0%     | 12.9%     | 75.6%    | 11.5%     | 3.4%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

| Wed - 03/26/2025               |            |   |         |     |     |      |       |        |       |         |        |       |        |       |      |        |
|--------------------------------|------------|---|---------|-----|-----|------|-------|--------|-------|---------|--------|-------|--------|-------|------|--------|
| SECONDARY BREAKFAST            | 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   |
| HASHBROWN PATTY: LAMB W ESTON  | HASHBR OWN | 1 | 110     | 0   | 225 | 1.00 | 0.36  | 0.0    | 2     | 1.2     | 1      | 1.0   | 13.5   | 5.5   | 0.75 | 0.00   |
| TOAST                          | SLICE      | 1 | 100     | 0   | 230 | 2.00 | 0.72  | 40.0   | 5     | 1.2     | 1      | 3.0   | 19.0   | 1.0   | 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 EC   | 1 CUP      | 1 | 95      | 0   | 1   | 3.69 | *0.18 | *6.3   | *60   | *5.68   | 16     | 1.16  | 24.02  | 0.22  | 0.05 | 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   |
| 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   |
| MILK : CHOCOLATE MILK F/F      | CARTON     | 1 | 110     | 5   | 210 | 0.00 | 0.00  | *N/A*  | *N/A* | *N/A*   | 18     | 8.0   | 19.0   | 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 | 100     | 0   | 230 | 2.00 | 0.72  | 40.0   | 5     | 1.2     | 1      | 3.0   | 19.0   | 1.0   | 0.00 | 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 EC   | 1 CUP      | 1 | 95      | 0   | 1   | 3.69 | *0.18 | *6.3   | *60   | *5.68   | 16     | 1.16  | 24.02  | 0.22  | 0.05 | 0.00   |
| MILK : CHOCOLATE MILK F/F      | CARTON     | 1 | 110     | 5   | 210 | 0.00 | 0.00  | *N/A*  | *N/A* | *N/A*   | 18     | 8.0   | 19.0   | 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         |            |   | 709     | 100 | 989 | 8.11 | *1.08 | *360.3 | *611  | *100.88 | *67    | 26.79 | 122.87 | 12.11 | 3.51 | 0.00   |
| % of Calories                  |            |   |         |     |     |      |       |        |       |         | *38.1% | 15.1% | 69.3%  | 15.4% | 4.5% | 0.0%   |
| 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 2/24/2025 10:54:40 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 <sup>1</sup> (g) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Thu - 03/27/2025</b>      |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| JUICE : VARIETY SUNCUP       | BOX             | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F    | CARTON          | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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                    |
| <b>ALT SEC BREAKFAST ME</b>  |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| EC                           |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| JUICE : VARIETY SUNCUP       | BOX             | 1         | 60          | 0           | 6         | 0.00      | *0.00     | *55.0      | *33        | *30.0      | 14         | 0.0       | 15.25    | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK F/F    | CARTON          | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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       |                 |           | 626         | 15          | 637       | *6.27     | *0.54     | *411.3     | *595       | *40.18     | *78        | 23.16     | 125.22   | 6.30      | 2.13      | 0.00                    |
| % of Calories                |                 |           |             |             |           |           |           |            |            |            | *49.6%     | 14.8%     | 80.0%    | 9.1%      | 3.1%      | 0.0%                    |
| Nutrient Guideline           |                 |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                                     |                |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|-------------------------------------|----------------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| <b>Fri - 03/28/2025</b>             |                |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| SECONDARY BREAKFAST STRAWBERRY-BOLI | Total SERVINGS | 1 | 240 | 0  | 270 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 14    | 5.0  | 41.0  | 5.0  | 2.50 | 0.00 |
| TOAST                               | SLICE          | 1 | 100 | 0  | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 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 | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00 |
| EC                                  |                |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 |
| MILK : CHOCOLATE MILK F/F           | CARTON         | 1 | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

## 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 <sup>1</sup> (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         | 100         | 0           | 230       | 2.00      | 0.72      | 40.0       | 5          | 1.2        | 1          | 3.0       | 19.0     | 1.0       | 0.00      | 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 EC | 1 CUP        | 1         | 95          | 0           | 1         | 3.69      | *0.18     | *6.3       | *60        | *5.68      | 16         | 1.16      | 24.02    | 0.22      | 0.05      | 0.00                    |
| MILK : CHOCOLATE MILK F/F    | CARTON       | 1         | 110         | 5           | 210       | 0.00      | 0.00      | *N/A*      | *N/A*      | *N/A*      | 18         | 8.0       | 19.0     | 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       |              |           | 701         | 15          | 798       | 7.52      | *0.90     | *346.3     | *635       | *69.28     | *72        | 23.66     | 135.42   | 7.30      | 2.88      | 0.00                    |
| % of Calories                |              |           |             |             |           |           |           |            |            |            | *41.3%     | 13.5%     | 77.3%    | 9.4%      | 3.7%      | 0.0%                    |
| Nutrient Guideline           |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

| Mon - 03/31/2025             |          |      |     |    |     |      |       |       |       |       |       |      |       |      |      |       |
|------------------------------|----------|------|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|-------|
| 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    | 100 | 0  | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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    | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00  |
| JUICE : VARIETY SUNCUP       | BOX      | 1    | 60  | 0  | 6   | 0.00 | *0.00 | *55.0 | *33   | *30.0 | 14    | 0.0  | 15.25 | 0.0  | 0.00 | 0.00  |
| MILK : CHOCOLATE MILK F/F    | CARTON   | 1    | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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    | 100 | 0  | 230 | 2.00 | 0.72  | 40.0  | 5     | 1.2   | 1     | 3.0  | 19.0  | 1.0  | 0.00 | 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    | 95  | 0  | 1   | 3.69 | *0.18 | *6.3  | *60   | *5.68 | 16    | 1.16 | 24.02 | 0.22 | 0.05 | 0.00  |
| JUICE : VARIETY SUNCUP       | BOX      | 1    | 60  | 0  | 6   | 0.00 | *0.00 | *55.0 | *33   | *30.0 | 14    | 0.0  | 15.25 | 0.0  | 0.00 | 0.00  |
| MILK : CHOCOLATE MILK F/F    | CARTON   | 1    | 110 | 5  | 210 | 0.00 | 0.00  | *N/A* | *N/A* | *N/A* | 18    | 8.0  | 19.0  | 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Mar 3, 2025 thru Mar 31, 2025

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 <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 1           | 0           | 1         | 0.01      | *0.00     | *0.4       | *1         | *0.04      | *0         | 0.02      | 0.14     | 0.01      | 0.00      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *34.6%     | 12.3%     | 80.1%    | 9.6%      | 2.4%      | *0.0%                   |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                  |  |  |     |    |     |       |       |        |      |        |        |        |        |       |      |       |
|------------------|--|--|-----|----|-----|-------|-------|--------|------|--------|--------|--------|--------|-------|------|-------|
| Weighted Average |  |  | 660 | 38 | 799 | *7.45 | *1.25 | *365.3 | *645 | *67.65 | *70    | *23.17 | 124.18 | 8.58  | 2.83 | *0.00 |
|                  |  |  |     |    |     |       |       |        |      |        | *95.2% | *14.0% | 75.3%  | 11.7% | 3.9% | *0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)                 |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories                   | 660      |           | 450 - 600     | 110%        |           |           | 60      | Correction Required - Calories too High |
| Cholesterol (mg)           | 38       |           |               |             |           |           |         |   |
| Sodium 1 (mg)              | 799      |           | 640           | 125%        |           |           | 159     | Correction Required - Sodium too High   |
| Fiber (g)                  | 7.45     |           |               |             | Missing   |           |         |   |
| Iron (mg)                  | 1.25     |           |               |             | Missing   |           |         |   |
| Calcium (mg)               | 365.3    |           |               |             | Missing   |           |         |   |
| Vitamin A (IU)             | 645      |           |               |             | Missing   |           |         |   |
| Sugars (g)                 | 70       | 42.31%    |               |             | Missing   |           |         |   |
| Vitamin C (mg)             | 67.65    |           |               |             | Missing   |           |         |   |
| Protein (g)                | 23.17    | 14.04%    |               |             | Missing   |           |         |   |
| Carbohydrate (g)           | 124.18   | 75.27%    |               |             |           |           |         |   |
| Total Fat (g)              | 8.58     | 11.71%    |               |             |           |           |         |   |
| Saturated Fat (g)          | 2.83     | 3.86%     | <10.00%       |             |           |           |         |   |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             | Missing   |           |         |   |

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

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