

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2025 thru Apr 30, 2025

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

Generated on: 3/24/2025 10:01:29 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/01/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	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
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			116.44
% of Calories			74.0%
Nutrient Guideline			

Wed - 04/02/2025			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	16.84
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
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			120.95
% of Calories			71.0%
Nutrient Guideline			

Thu - 04/03/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
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

***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**

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

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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
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			125.97
% of Calories			76.1%
Nutrient Guideline			

Fri - 04/04/2025			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	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
Weighted Daily Average			117.72
% of Calories			76.3%
Nutrient Guideline			

Mon - 04/07/2025			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
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

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Apr 1, 2025 thru Apr 30, 2025

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

Generated on: 3/24/2025 10:01:29 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			120.98 80.2%
Nutrient Guideline			

Tue - 04/08/2025			
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 % of Calories			114.71 64.5%
Nutrient Guideline			

Wed - 04/09/2025			
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
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 % of Calories			127.23 70.6%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/10/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
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
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			137.67
% of Calories			79.7%
Nutrient Guideline			

Fri - 04/11/2025			
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
Weighted Daily Average			121.72
% of Calories			73.5%
Nutrient Guideline			

Mon - 04/14/2025			
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

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Apr 1, 2025 thru Apr 30, 2025

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

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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
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 - 04/15/2025			
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			

Wed - 04/16/2025			
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

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

Generated on: 3/24/2025 10:01:29 AM

	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			70.1%
Nutrient Guideline			

Thu - 04/17/2025			
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, STRAWBERRY	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, STRAWBERRY	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.22
% of Calories			80.0%
Nutrient Guideline			

Tue - 04/22/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	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
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

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			116.44 74.0%
Nutrient Guideline			

Wed - 04/23/2025			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	16.84
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
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 % of Calories			120.95 71.0%
Nutrient Guideline			

Thu - 04/24/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
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 % of Calories			125.97 76.1%
Nutrient Guideline			

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/25/2025			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	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
Weighted Daily Average			117.72
% of Calories			76.3%
Nutrient Guideline			

Mon - 04/28/2025			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
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			120.98
% of Calories			80.2%
Nutrient Guideline			

Tue - 04/29/2025			
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

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

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2025 thru Apr 30, 2025

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

Generated on: 3/24/2025 10:01:29 AM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
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 - 04/30/2025			
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
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			

Weighted Average			122.54 73.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	122.54	73.83%						

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