

# Washington County School District

Aug 11, 2025 thru Aug 29, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/11/2025			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			152.70
% of Calories			77.6%
Nutrient Guideline			

Tue - 08/12/2025			
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			135.15
% of Calories			73.8%
Nutrient Guideline			

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 08/13/2025			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	16.84
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			143.10
% of Calories			74.3%
Nutrient Guideline			

Thu - 08/14/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			158.89
% of Calories			76.2%
Nutrient Guideline			

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## Base Menu Spreadsheet

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

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 08/15/2025			
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
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			151.68
% of Calories			77.7%
Nutrient Guideline			

Mon - 08/18/2025			
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			139.70
% of Calories			79.0%
Nutrient Guideline			

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BREAKFAST K-7

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 08/19/2025			
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			133.42
% of Calories			65.5%
Nutrient Guideline			

Wed - 08/20/2025			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			149.38
% of Calories			73.9%
Nutrient Guideline			

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BREAKFAST K-7

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 08/21/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	46.84
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			153.31
% of Calories			78.3%
Nutrient Guideline			

Fri - 08/22/2025			
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
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			155.68
% of Calories			75.4%
Nutrient Guideline			

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BREAKFAST K-7

### Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/25/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			152.21
% of Calories			76.9%
Nutrient Guideline			

Tue - 08/26/2025			
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			132.18
% of Calories			72.1%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 08/27/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST BURRITO: ELEM.	BURRITOS	1	23.32
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.4
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			161.25
% of Calories			68.5%
Nutrient Guideline			

Thu - 08/28/2025			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	36.0
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			144.19
% of Calories			78.9%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 08/29/2025			
K-7 BREAKFAST MENU	Total	1	
BAGELS, MINI	MINI BAGELS	1	41.97
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
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
MILK, STRAWBERRY	CARTON	1	19.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.25
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
MILK, STRAWBERRY	CARTON	1	19.0
Weighted Daily Average			155.67
% of Calories			78.5%
Nutrient Guideline			

Weighted Average			147.90
			75.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	147.90	74.98%						

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