

Washington County School District

Oct 1, 2025 thru Oct 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	Carb (g)
Wed - 10/01/2025			
SECONDARY BREAKFAST	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.4
SALSA PICANTE	1 OZ	1	1.4
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
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: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			153.65
% of Calories			70.4%
Nutrient Guideline			

Thu - 10/02/2025			
SECONDARY BREAKFAST	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: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			151.81
% of Calories			73.8%
Nutrient Guideline			

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/03/2025			
SECONDARY BREAKFAST	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			154.68
% of Calories			68.3%
Nutrient Guideline			

Mon - 10/06/2025			
SECONDARY BREAKFAST	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
SYRUP	1 EA	1	4.0
STRING CHEESE: 1oz M	1 EA	1	1.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			163.22
% of Calories			71.0%
Nutrient Guideline			

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/07/2025			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			161.95
% of Calories			71.2%
Nutrient Guideline			

Wed - 10/08/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST BURRITO: SEC.	BURRITO	1	31.69
TOAST	SLICE	1	19.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.4
JELLY: VARIETY PACK	PC	1	9.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
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: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			163.93
% of Calories			65.5%
Nutrient Guideline			

Tue - 10/14/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			145.66
% of Calories			71.0%
Nutrient Guideline			

Wed - 10/15/2025			
SECONDARY BREAKFAST	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	16.84
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
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: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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SEC BREAKFAST MENU

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			141.60 69.9%
Nutrient Guideline			

Thu - 10/16/2025			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average % of Calories			143.18 71.1%
Nutrient Guideline			

Fri - 10/17/2025			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
STRING CHEESE: 1oz M	1 EA	1	1.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			159.91 70.1%
Nutrient Guideline			

Mon - 10/20/2025			
SECONDARY BREAKFAST	Total	1	
WAFFLE	2 WAFFLES	1	24.0
SYRUP	1 EA	1	4.0
STRING CHEESE: 1oz M	1 EA	1	1.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average % of Calories			156.71 71.7%
Nutrient Guideline			

Tue - 10/21/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	23.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			143.93 63.8%
Nutrient Guideline			

Wed - 10/22/2025			
SECONDARY BREAKFAST	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.4
SALSA PICANTE	1 OZ	1	1.4
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
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: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			153.65 70.4%
Nutrient Guideline			

Thu - 10/23/2025			
SECONDARY BREAKFAST	Total	1	
YOGURT STRAW PARFAIT	PARFAIT	1	40.51
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			148.64
% of Calories			72.9%
Nutrient Guideline			

Fri - 10/24/2025			
SECONDARY BREAKFAST	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			154.68
% of Calories			68.3%
Nutrient Guideline			

Mon - 10/27/2025			
SECONDARY BREAKFAST	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
SYRUP	1 EA	1	4.0
STRING CHEESE: 1oz M	1 EA	1	1.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0

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Washington County School District

Oct 1, 2025 thru Oct 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	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			163.22
% of Calories			71.0%
Nutrient Guideline			

Tue - 10/28/2025			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			147.75
% of Calories			70.3%
Nutrient Guideline			

Wed - 10/29/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST BURRITO: SEC.	BURRITO	1	31.69
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
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: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			149.73
% of Calories			64.2%
Nutrient Guideline			

Thu - 10/30/2025			
SECONDARY BREAKFAST	Total	1	
SMOOTHIE	SMOOTHIES	1	36.0
SCOOBY-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	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0
Weighted Daily Average			142.68
% of Calories			74.1%
Nutrient Guideline			

Fri - 10/31/2025			
SECONDARY BREAKFAST	Total	1	
BAGELS, MINI	MINI BAGELS	1	41.97
STRING CHEESE: 1oz M	1 EA	1	1.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 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	CARTON	1	17.0

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Washington County School District

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			154.67
% of Calories			70.9%
Nutrient Guideline			

Weighted Average			152.76 69.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	152.76	69.89%						

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