

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/01/2025																	
K-7 BREAKFAST MENU	Total	1															
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0.00	*N/A*	8.0	1.0	8.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			653	99	910	7.95	*0.90	*115.3	*1	*129.10	*69.33 *42.5%	*0.50 *0.3%	*21.62 *13.3%	121.65 74.6%	9.70 13.4%	4.06 5.6%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 10/02/2025																	
K-7 BREAKFAST MENU	Total	1															
YOGURT VAN. PEACH PARF AIT	PARFAIT	1	218	0	97	2.47	3.31	*30.4	*N/A*	3.12	*16.67	*N/A*	5.18	46.84	1.53	0.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	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
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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			603	17	597	8.09	*2.55	*116.5	*1	*38.45	*57.31 *38.0%	*0.50 *0.3%	*19.09 *12.7%	119.81 79.5%	6.40 9.6%	2.30 3.4%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Fri - 10/03/2025																	
K-7 BREAKFAST MENU	Total	1															
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	*N/A*	*N/A*	*N/A*	0.0	11.00	*N/A*	2.0	23.0	12.0	6.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	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	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			686	27	696	8.36	*0.90	*101.3	*1	*96.88	*69.47 *40.5%	*0.50 *0.3%	*21.00 *12.3%	122.68 71.6%	14.64 19.2%	7.05 9.3%	0.00 0.0%
Nutrient Guideline			375-500		540											<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**
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/06/2025																	
K-7 BREAKFAST MENU	Total	1															
PANCAKE, BITES	SERVING	1	250	40	290	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13.01	*N/A*	4.0	37.02	12.01	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*0	2.46	*0.01	0.00	0.44	28.02	0.25	0.02	*0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7																	
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*0	2.46	*0.01	0.00	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			652	47	723	8.04	*1.07	*94.4	*1	*35.91	*47.22	*0.50	*20.36	119.21	14.28	4.55	*0.00
% of Calories											*29.0%	*0.3%	*12.5%	73.1%	19.7%	6.3%	*0.0%
Nutrient Guideline			375-500		540											<10.00	

Tue - 10/07/2025																	
K-7 BREAKFAST MENU	Total	1															
PANCAKE CORNDOGS	SERVING	1	200	25	310	3.00	1.44	20.0	*N/A*	0.0	4.00	*N/A*	7.0	17.0	10.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	60.0	16.00	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

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

Generated on: 9/30/2025 9:48:30 AM

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/14/2025																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST PIZZA: SAUSAG	SLICE	1	210	15	349	2.99	*N/A*	*N/A*	*N/A*	0.0	4.99	*N/A*	8.98	26.95	6.99	2.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	60.0	16.00	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7																	
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*N/A*	60.0	16.00	*N/A*	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			553	24	618	6.51	*0.45	*78.2	*1	*93.44	*59.20	*0.50	*18.91	101.65	8.52	3.27	0.00
% of Calories											*42.8%	*0.4%	*13.7%	73.6%	13.9%	5.3%	0.0%
Nutrient Guideline			375-500		540											<10.00	

Wed - 10/15/2025																	
K-7 BREAKFAST MENU	Total	1															
SUNRISE STICK, BREAKFAST	1 EACH	1	169	22	299	2.03	*N/A*	*N/A*	*N/A*	*N/A*	0.71	*N/A*	9.36	16.84	7.44	3.92	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			590	27	583	7.87	*0.54	*95.3	*1	*127.28	*64.83 *44.0%	*0.50 *0.3%	*20.68 *14.0%	109.60 74.3%	8.86 13.5%	4.26 6.5%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 10/16/2025																	
K-7 BREAKFAST MENU	Total	1															
YOGURT: UPSTATE FARMS	SERVING	1	80	0	75	0.00	0.00	100.0	*N/A*	0.2	12.00	*N/A*	3.0	15.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLAT E CHIP	1 EACH	1	240	5	210	6.00	0.62	29.6	*N/A*	0.0	17.00	*N/A*	5.0	43.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			586	19	576	8.86	*0.85	*146.1	*1	*36.38	*62.97 *43.0%	*0.50 *0.3%	*19.00 *13.0%	111.18 75.9%	8.14 12.5%	3.30 5.1%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/17/2025																	
K-7 BREAKFAST MENU	Total	1															
CINNAMON ROLL W. W.W. B RIDGFOR	ROLL	1	315	5	287	3.00	*0.01	*4.2	*0	*0.0	*27.10	17.75	6.34	52.46	8.58	2.84	*0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7																	
BREAKFAST CEREAL-ALL	Total	1															
STRING CHEESE: 1oz M	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
TOAST	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
JELLY: VARIETY PACK	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JUICE : VARIETY SUNCUP	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
MILK	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			693	29	682	8.36	*0.55	*83.4	*2	*96.28	*77.02 *44.5%	*9.37 *5.4%	*21.67 *12.5%	127.91 73.8%	12.43 16.1%	5.47 7.1%	*0.00 *0.0%
Nutrient Guideline			375-500		540											<10.00	

Mon - 10/20/2025																	
K-7 BREAKFAST MENU	Total	1															
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2.00	*N/A*	2.0	12.0	3.0	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*0	2.46	*0.01	0.00	0.44	28.02	0.25	0.02	*0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2025 thru Oct 31, 2025

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

Generated on: 9/30/2025 9:48:30 AM

[illegible][illegible]

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/22/2025																	
K-7 BREAKFAST MENU	Total	1															
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0.00	*N/A*	8.0	1.0	8.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			653	99	910	7.95	*0.90	*115.3	*1	*129.10	*69.33 *42.5%	*0.50 *0.3%	*21.62 *13.3%	121.65 74.6%	9.70 13.4%	4.06 5.6%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 10/23/2025																	
K-7 BREAKFAST MENU	Total	1															
YOGURT STRAW PARFAIT	PARFAIT	1	203	0	99	2.50	*3.74	*34.8	*N/A*	*0.4	20.83	*N/A*	5.65	40.51	1.93	0.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			596	17	598	8.11	*2.77	*118.7	*1	*37.08	*59.39 *39.9%	*0.50 *0.3%	*19.33 *13.0%	116.64 78.3%	6.60 10.0%	2.30 3.5%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Fri - 10/24/2025																	
K-7 BREAKFAST MENU	Total	1															
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	*N/A*	*N/A*	*N/A*	0.0	11.00	*N/A*	2.0	23.0	12.0	6.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	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	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			686	27	696	8.36	*0.90	*101.3	*1	*96.88	*69.47 *40.5%	*0.50 *0.3%	*21.00 *12.3%	122.68 71.6%	14.64 19.2%	7.05 9.3%	0.00 0.0%
Nutrient Guideline			375-500		540											<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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/27/2025																	
K-7 BREAKFAST MENU	Total	1															
PANCAKE, BITES	SERVING	1	250	40	290	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13.01	*N/A*	4.0	37.02	12.01	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*0	2.46	*0.01	0.00	0.44	28.02	0.25	0.02	*0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*0	2.46	*0.01	0.00	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			652	47	723	8.04	*1.07	*94.4	*1	*35.91	*47.22 *29.0%	*0.50 *0.3%	*20.36 *12.5%	119.21 73.1%	14.28 19.7%	4.55 6.3%	*0.00 *0.0%
Nutrient Guideline			375-500		540											<10.00	

Tue - 10/28/2025																	
K-7 BREAKFAST MENU	Total	1															
PANCAKE CORNDOGS	SERVING	1	200	25	310	3.00	1.44	20.0	*N/A*	0.0	4.00	*N/A*	7.0	17.0	10.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	60.0	16.00	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	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
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*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	*N/A*	60.0	16.00	*N/A*	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			553	29	638	6.51	*1.17	*88.2	*1	*93.44	*58.70	*0.50	*17.92	98.67	10.03	3.53	0.00
% of Calories											*42.5%	*0.4%	*13.0%	71.4%	16.3%	5.7%	0.0%
Nutrient Guideline			375-500		540											<10.00	

Wed - 10/29/2025																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST BURRITO: ELEM	BURRITO	1	369	195	731	1.26	*0.54	*200.0	*N/A*	*0.0	1.88	*N/A*	16.88	23.32	22.33	10.25	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	91.0	16.00	*N/A*	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			693	114	878	7.58	*0.81	*195.3	*1	*127.28	*65.72	*0.50	*24.56	113.55	16.36	7.43	0.00
% of Calories											*37.9%	*0.3%	*14.2%	65.5%	21.2%	9.6%	0.0%
Nutrient Guideline			375-500		540											<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 10/30/2025																	
K-7 BREAKFAST MENU SMOOTHIE	Total	1															
	SMOOT HIES	1	130	0	68	0.50	*N/A*	*60.0	*N/A*	*3.0	20.00	*N/A*	5.0	36.0	0.0	0.00	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	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	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			551	17	517	6.61	*0.90	*161.3	*1	*37.78	*62.47 *45.4%	*0.50 *0.4%	*18.50 *13.4%	110.68 80.4%	7.14 11.7%	2.80 4.6%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Fri - 10/31/2025																	
K-7 BREAKFAST MENU BAGELS, MINI	Total	1															
	MINI BA GELS	1	235	10	185	2.50	*N/A*	*N/A*	*N/A*	*N/A*	11.99	*N/A*	6.0	41.97	6.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*N/A*	*30.0	13.75	*N/A*	0.0	15.25	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	60.0	15.00	*N/A*	0.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	*0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			653	32	631	8.11	*0.54	*81.3	*1	*96.28	*69.47	*0.50	*21.50	122.67	11.14	5.05	0.00
% of Calories											*42.6%	*0.3%	*13.2%	75.1%	15.3%	7.0%	0.0%
Nutrient Guideline			375-500		540											<10.00	

Weighted Average			625	47	706	7.62	*1.04	*116.4	*1	*82.88	*61.65	*0.94	*20.69	113.91	11.21	4.60	*0.00
											*88.8%	*1.4%	*13.2%	72.9%	16.1%	6.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		375 - 500	125%			125	Correction Required - Calories too High
Cholesterol (mg)	47							
Sodium 1 (mg)	706		540	131%			166	Correction Required - Sodium too High
Fiber (g)	7.62							
Iron (mg)	1.04							
Calcium (mg)	116.4				Missing			
Vitamin A (RAE)	1				Missing			
Total Sugars (g)	61.65	39.46%			Missing			
Added Sugars (g)	0.94	0.60%			Missing			
Vitamin C (mg)	82.88				Missing			
Protein (g)	20.69	13.24%			Missing			
Carbohydrate (g)	113.91	72.91%						
Total Fat (g)	11.21	16.15%						
Saturated Fat (g)	4.60	6.62%	<10.00%					
Trans Fat (g)	0.00	0.00%			Missing			

***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**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.