

	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)
Tue - 09/02/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			733	27	828	6.51	*0.45	*78.2	*1	*93.44	*91.20	*0.50	*31.41	135.15	7.19	2.52	0.00
% of Calories											*49.8%	*0.3%	*17.1%	73.8%	8.8%	3.1%	0.0%
Nutrient Guideline			375-500		540											<10.00	

Wed - 09/03/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			770	31	793	7.87	*0.54	*95.3	*1	*127.28	*96.83	*0.50	*33.18	143.10	7.52	3.51	0.00
% of Calories											*50.3%	*0.3%	*17.2%	74.3%	8.8%	4.1%	0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 09/04/2025																	
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	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
E CHIP																	
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
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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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

Sep 1, 2025 thru Sep 30, 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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			834	23	901	9.86	*1.21	*166.1	*1	*36.98	*95.47 *45.8%	*0.50 *0.2%	*33.00 *15.8%	158.89 76.2%	7.30 7.9%	2.55 2.8%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Fri - 09/05/2025																	
K-7 BREAKFAST MENU	Total	1															
CINNAMON ROLL W. W.W. B	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	6.0	34.0	5.0	1.00	0.00
RIDGFOR																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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)
Weighted Daily Average % of Calories			781	20	774	8.36	*0.54	*81.3	*1	*96.28	*99.97 *51.2%	*0.50 *0.3%	*30.50 *15.6%	151.68 77.7%	6.30 7.3%	2.05 2.4%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Mon - 09/08/2025																	
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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			707	23	740	7.54	*1.43	*104.4	*1	*35.91	*73.72 *41.7%	*0.50 *0.3%	*28.36 *16.0%	139.70 79.0%	5.45 6.9%	1.55 2.0%	*0.00 *0.0%
Nutrient Guideline			375-500		540											<10.00	

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* - 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

Page 5

Sep 1, 2025 thru Sep 30, 2025

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

Generated on: 9/2/2025 6:40:06 AM

	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 - 09/09/2025																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST SANDWICH - M cMUFFIN	SANDWICHES	1	334	154	1030	1.00	*0.00	*150.0	*N/A*	*0.0	2.00	*N/A*	20.86	23.49	16.45	6.74	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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			815	100	1211	5.51	*0.45	*153.2	*1	*93.44	*89.70 *44.0%	*0.50 *0.2%	*37.35 *18.3%	133.42 65.5%	13.92 15.4%	5.14 5.7%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Wed - 09/10/2025																	
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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			809	103	874	7.86	*0.90	*115.3	*1	*127.88	*96.97 *47.9%	*0.50 *0.2%	*34.00 *16.8%	149.38 73.9%	8.30 9.2%	3.30 3.7%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 09/11/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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)
Weighted Daily Average % of Calories			776	20	808	8.11	*2.77	*118.7	*1	*37.08	*91.39 *47.1%	*0.50 *0.3%	*31.82 *16.4%	150.14 77.4%	5.27 6.1%	1.55 1.8%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Fri - 09/12/2025																	
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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			826	20	806	8.36	*0.90	*101.3	*1	*96.88	*101.47 *49.2%	*0.50 *0.2%	*30.00 *14.5%	155.68 75.4%	10.30 11.2%	4.55 5.0%	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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 09/15/2025																	
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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			792	40	833	8.04	*1.07	*94.4	*1	*35.91	*79.22 *40.0%	*0.50 *0.3%	*29.36 *14.8%	152.21 76.9%	9.95 11.3%	2.05 2.3%	*0.00 *0.0%
Nutrient Guideline			375-500		540											<10.00	

Tue - 09/16/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			733	33	848	6.51	*1.17	*88.2	*1	*93.44	*90.70 *49.5%	*0.50 *0.3%	*30.42 *16.6%	132.18 72.1%	8.69 10.7%	2.77 3.4%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Wed - 09/17/2025																	
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
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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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)
Weighted Daily Average % of Calories			942	118	1203	8.58	*1.17	*215.3	*1	*127.88	*98.22 *41.7%	*0.50 *0.2%	*38.56 *16.4%	161.25 68.5%	15.53 14.8%	6.68 6.4%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 09/18/2025																	
K-7 BREAKFAST MENU SMOOTHIE	Total SMOOT HIES	1 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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			731	20	727	6.61	*0.90	*161.3	*1	*37.78	*94.47 *51.7%	*0.50 *0.3%	*31.00 *17.0%	144.19 78.9%	5.80 7.1%	2.05 2.5%	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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 09/19/2025																	
K-7 BREAKFAST MENU	Total	1															
BAGELS, MINI	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			793	25	741	8.11	*0.54	*81.3	*1	*96.28	*101.47 *51.2%	*0.50 *0.3%	*30.50 *15.4%	155.67 78.5%	6.80 7.7%	2.55 2.9%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Mon - 09/22/2025																	
K-7 BREAKFAST MENU	Total	1															
FRENCH TOAST STICKS	2 sticks	1	240	10	260	2.00	0.72	40.0	*N/A*	0.0	10.00	*N/A*	6.0	38.0	7.0	1.00	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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)	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			787	25	818	8.04	*1.43	*114.4	*1	*35.91	*77.72	*0.50	*30.36	152.70	7.45	2.05	*0.00
% of Calories											*39.5%	*0.3%	*15.4%	77.6%	8.5%	2.3%	*0.0%
Nutrient Guideline			375-500		540											<10.00	

Tue - 09/23/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			733	27	828	6.51	*0.45	*78.2	*1	*93.44	*91.20	*0.50	*31.41	135.15	7.19	2.52	0.00
% of Calories											*49.8%	*0.3%	*17.1%	73.8%	8.8%	3.1%	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)
Wed - 09/24/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			770	31	793	7.87	*0.54	*95.3	*1	*127.28	*96.83 *50.3%	*0.50 *0.3%	*33.18 *17.2%	143.10 74.3%	7.52 8.8%	3.51 4.1%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Thu - 09/25/2025																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			766	23	786	8.86	*0.85	*146.1	*1	*36.38	*94.97 *49.6%	*0.50 *0.3%	*31.50 *16.5%	144.69 75.6%	6.80 8.0%	2.55 3.0%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Fri - 09/26/2025																	
K-7 BREAKFAST MENU	Total	1															
CINNAMON ROLL W. W.W. B	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	6.0	34.0	5.0	1.00	0.00
RIDGFOR																	
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average % of Calories			781	20	774	8.36	*0.54	*81.3	*1	*96.28	*99.97 *51.2%	*0.50 *0.3%	*30.50 *15.6%	151.68 77.7%	6.30 7.3%	2.05 2.4%	0.00 0.0%
Nutrient Guideline			375-500		540											<10.00	

Mon - 09/29/2025																	
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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			707	23	740	7.54	*1.43	*104.4	*1	*35.91	*73.72 *41.7%	*0.50 *0.3%	*28.36 *16.0%	139.70 79.0%	5.45 6.9%	1.55 2.0%	*0.00 *0.0%
Nutrient Guideline			375-500		540											<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 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)
Tue - 09/30/2025																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST SANDWICH - M	SANDWI	1	334	154	1030	1.00	*0.00	*150.0	*N/A*	*0.0	2.00	*N/A*	20.86	23.49	16.45	6.74	0.00
cMUFFIN	CHES																
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:	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
ELE																	
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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			815	100	1211	5.51	*0.45	*153.2	*1	*93.44	*89.70	*0.50	*37.35	133.42	13.92	5.14	0.00
% of Calories											*44.0%	*0.2%	*18.3%	65.5%	15.4%	5.7%	0.0%
Nutrient Guideline			375-500		540											<10.00	
Weighted Average			781	40	859	7.64	*0.94	*115.6	*1	*78.82	*91.66	*0.50	*32.00	145.86	8.24	2.96	*0.00
											*105.6	*0.6%	*16.4%	74.7%	9.5%	3.4%	*0.0%

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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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)								
Calories	781		375 - 500		156%				281	Correction Required - Calories too High								
Cholesterol (mg)	40																	
Sodium 1 (mg)	859		540		159%				319	Correction Required - Sodium too High								
Fiber (g)	7.64																	
Iron (mg)	0.94					Missing												
Calcium (mg)	115.6					Missing												
Vitamin A (RAE)	1					Missing												
Total Sugars (g)	91.66	46.95%				Missing												
Added Sugars (g)	0.50	0.26%				Missing												
Vitamin C (mg)	78.82					Missing												
Protein (g)	32.00	16.39%				Missing												
Carbohydrate (g)	145.86	74.72%																
Total Fat (g)	8.24	9.49%																
Saturated Fat (g)	2.96	3.41%		<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*
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