

Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/03/2025			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
STRING CHEESE: 1oz M	1 EA	1	1.0
APPLESAUCE, W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
APPLESAUCE, W/CINNAMON	1 CUP	1	14.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			105.47
% of Calories			71.3%
Nutrient Guideline			

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Tue - 11/04/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	24.96
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			100.45
% of Calories			73.5%
Nutrient Guideline			

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Wed - 11/05/2025			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	16.84
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	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	9.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			109.90
% of Calories			69.9%
Nutrient Guideline			

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Thu - 11/06/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			110.98
% of Calories			75.9%
Nutrient Guideline			

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Fri - 11/07/2025			
K-7 BREAKFAST MENU	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: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			127.71 73.8%
Nutrient Guideline			

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Mon - 11/10/2025			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
APPLESAUCE, W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
APPLESAUCE, W/CINNAMON	1 CUP	1	14.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			92.47 72.2%
Nutrient Guideline			

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Tue - 11/11/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	21.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.61
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			99.02 69.3%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/12/2025			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.0
KETCHUP : P/C	PC	1	10.12
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			121.43
% of Calories			74.8%
Nutrient Guideline			

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Thu - 11/13/2025			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	50.18
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			121.07
% of Calories			79.7%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/14/2025			
K-7 BREAKFAST MENU	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: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			122.48
% of Calories			71.6%
Nutrient Guideline			

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Mon - 11/17/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			104.98
% of Calories			70.3%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/18/2025			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.17
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			98.56
% of Calories			72.0%
Nutrient Guideline			

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Wed - 11/19/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST BURRITO: ELEM.	BURRITOS	1	22.32
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			113.03
% of Calories			65.4%
Nutrient Guideline			

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Thu - 11/20/2025			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	36.0
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	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	9.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			110.48
% of Calories			80.4%
Nutrient Guideline			

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Fri - 11/21/2025			
K-7 BREAKFAST MENU	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: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			122.47
% of Calories			75.1%
Nutrient Guideline			

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Mon - 11/24/2025			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
STRING CHEESE: 1oz M	1 EA	1	1.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	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	9.0
APPLESAUCE, W/CINNAMON	1 CUP	1	14.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			105.47
% of Calories			71.3%
Nutrient Guideline			

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Tue - 11/25/2025			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	24.96
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	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	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			100.45
% of Calories			73.5%
Nutrient Guideline			

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Weighted Average			109.79 72.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	109.79	72.86%						

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