

Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/03/2025			
SECONDARY BREAKFAST	Total	3	
FRENCH TOAST STICKS: SEC	3 STICKS	1	57.0
SYRUP	1 EA	1	4.0
APPLESAUCE, W/CINNAMON	1 CUP	3	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	3	24.02
JUICE : VARIETY SUNCUP	BOX	3	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
APPLESAUCE, W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			89.88
% of Calories			83.1%
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			
SECONDARY BREAKFAST	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	24.96
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			112.46
% of Calories			75.7%
Nutrient Guideline			

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Wed - 11/05/2025			
SECONDARY BREAKFAST	Total	1	
BISCUITS & GRAVY	SERVING	1	20.0
STRING CHEESE: 1oz M	1 EA	1	1.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			111.48
% of Calories			73.8%
Nutrient Guideline			

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Thu - 11/06/2025			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPRSTATE FARMS	SERVING	1	15.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET: SEC	1 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			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK	CARTON	1	17.0

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

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			127.21 78.1%
Nutrient Guideline			

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Mon - 11/10/2025			
SECONDARY BREAKFAST	Total	1	
WAFFLE	2 WAFFLES	1	24.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			109.98 78.6%
Nutrient Guideline			

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Tue - 11/11/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	21.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.61
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			111.03 71.7%
Nutrient Guideline			

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/12/2025			
SECONDARY BREAKFAST	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.0
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			116.37
% of Calories			74.0%
Nutrient Guideline			

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Thu - 11/13/2025			
SECONDARY BREAKFAST	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: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET: SEC	1 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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/14/2025			
SECONDARY BREAKFAST	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			121.98
% of Calories			75.7%
Nutrient Guideline			

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Mon - 11/17/2025			
SECONDARY BREAKFAST	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			116.49
% of Calories			77.1%
Nutrient Guideline			

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/18/2025			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.17
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			124.57
% of Calories			75.2%
Nutrient Guideline			

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Wed - 11/19/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST BURRITO: SEC.	BURRITO	1	30.68
TOAST	SLICE	1	19.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.77
JELLY: VARIETY PACK	PC	1	9.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			131.21
% of Calories			67.5%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/20/2025			
SECONDARY BREAKFAST	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
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET: SEC	1 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			
SECONDARY BREAKFAST	Total	1	
BAGELS, MINI	MINI BAGELS	1	41.97
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
JELLY: VARIETY PACK	PC	1	9.0
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
MILK	CARTON	1	17.0
Weighted Daily Average			135.97
% of Calories			80.0%
Nutrient Guideline			

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Mon - 11/24/2025			
SECONDARY BREAKFAST	Total	3	
FRENCH TOAST STICKS:SEC	3 STICKS	1	57.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	3	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	3	24.02
JUICE : VARIETY SUNCUP	BOX	3	15.25
MILK	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
APPLESAUCE,W/CINNAMON	1 CUP	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			89.88
% of Calories			83.1%
Nutrient Guideline			

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Tue - 11/25/2025			
SECONDARY BREAKFAST	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	24.96
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			112.46
% of Calories			75.7%
Nutrient Guideline			

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Weighted Average			114.91 76.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	114.91	76.39%						

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