

|                                | 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 - 12/02/2025               |              |           |             |             |           |           |           |            |             |            |             |                     |           |          |           |           |            |
| K-7 BREAKFAST MENU             | Total        | 1         |             |             |           |           |           |            |             |            |             |                     |           |          |           |           |            |
| BREAKFAST SANDWICH - M cMUFFIN | SANDWI CHES  | 1         | 219         | 129         | 630       | 2.00      | *0.71     | *20.0      | *0          | *0.0       | 1.00        | 0.00                | 15.86     | 21.49    | 7.45      | 1.74      | 0.00       |
| PEACH CUPS -DICED              | 1 CUP        | 1         | 70          | 0           | 10        | 1.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 16.00       | 0.00                | 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           | 8         | 0.00      | *0.00     | *N/A*      | *N/A*       | *N/A*      | 13.75       | 0.00                | 0.0       | 15.25    | 0.0       | 0.00      | 0.00       |
| MAYONNAISE, LIGHT              | POUCH        | 1         | 31          | 4           | 84        | 0.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 0.00        | 0.00                | 0.08      | 0.61     | 3.09      | 0.48      | 0.06       |
| MILK                           | CARTON       | 1         | 110         | 7           | 155       | 0.00      | *0.00     | *N/A*      | *N/A*       | *N/A*      | 16.00       | 4.67                | 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         | 35          | 0           | 0         | 0.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 6.00        | 5.00                | 0.0       | 9.0      | 0.0       | 0.00      | 0.00       |
| PEACH CUPS -DICED              | 1 CUP        | 1         | 70          | 0           | 10        | 1.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 16.00       | 0.00                | 0.0       | 18.0     | 0.0       | 0.00      | 0.00       |
| JUICE : VARIETY SUNCUP         | BOX          | 1         | 60          | 0           | 8         | 0.00      | *0.00     | *N/A*      | *N/A*       | *N/A*      | 13.75       | 0.00                | 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       | 4.67                | 8.0       | 17.0     | 0.83      | 0.50      | 0.00       |
| Weighted Daily Average         |              |           | 572         | 83          | 801       | 6.02      | *0.81     | *33.2      | *1          | *3.44      | 60.20       | *7.67               | *22.39    | 99.02    | 10.30     | 3.38      | 0.03       |
| % of Calories                  |              |           |             |             |           |           |           |            |             |            | 42.1%       | *5.4%               | *15.7%    | 69.3%    | 16.2%     | 5.3%      | 0.0%       |
| Nutrient Guideline             |              |           | 375-500     |             | 540       |           |           |            |             |            |             | <10.00 <sup>1</sup> |           |          |           | <10.00    |            |

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

|                             |         |   |     |     |     |      |       |       |       |       |       |       |      |       |      |      |      |
|-----------------------------|---------|---|-----|-----|-----|------|-------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Wed - 12/03/2025            |         |   |     |     |     |      |       |       |       |       |       |       |      |       |      |      |      |
| 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* | 0.0   | 16.00 | 0.00  | 1.0  | 19.0  | 0.0  | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP      | BOX     | 1 | 60  | 0   | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75 | 0.00  | 0.0  | 15.25 | 0.0  | 0.00 | 0.00 |
| JELLY: VARIETY PACK         | PC      | 1 | 35  | 0   | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00  | 5.00  | 0.0  | 9.0   | 0.0  | 0.00 | 0.00 |
| KETCHUP : P/C               | PC      | 1 | 40  | 0   | 334 | 0.00 | 0.00  | 0.0   | *N/A* | *N/A* | 8.10  | 8.10  | 0.0  | 10.12 | 0.0  | 0.00 | 0.00 |
| SALSA PICANTE               | 1 OZ    | 1 | 4   | 0   | 159 | 0.00 | 0.00  | 0.0   | 0     | 0.0   | 0.89  | 0.00  | 0.0  | 1.77  | 0.0  | 0.00 | 0.00 |
| MILK                        | CARTON  | 1 | 110 | 7   | 155 | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 16.00 | 4.67  | 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         | 35          | 0           | 0         | 0.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 6.00           | 5.00                | 0.0              | 9.0             | 0.0           | 0.00         | 0.00         |
| MIXED FRUIT CUP                      | SERVING      | 1         | 80          | 0           | 0         | 1.00      | 0.00      | 14.0       | *N/A*       | 0.0        | 16.00          | 0.00                | 1.0              | 19.0            | 0.0           | 0.00         | 0.00         |
| JUICE : VARIETY SUNCUP               | BOX          | 1         | 60          | 0           | 8         | 0.00      | *0.00     | *N/A*      | *N/A*       | *N/A*      | 13.75          | 0.00                | 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          | 4.67                | 8.0              | 17.0            | 0.83          | 0.50         | 0.00         |
| Weighted Daily Average % of Calories |              |           | 650         | 99          | 912       | 7.86      | *0.90     | *60.3      | *1          | *6.88      | 75.47<br>46.5% | *14.22<br>*8.8%     | *21.50<br>*13.2% | 121.43<br>74.8% | 9.64<br>13.4% | 4.05<br>5.6% | 0.00<br>0.0% |
| Nutrient Guideline                   |              |           | 375-500     |             | 540       |           |           |            |             |            |                | <10.00 <sup>1</sup> |                  |                 |               | <10.00       |              |

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

|                             |         |   |     |    |     |      |       |       |       |       |        |       |       |       |      |      |      |
|-----------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|--------|-------|-------|-------|------|------|------|
| Thu - 12/04/2025            |         |   |     |    |     |      |       |       |       |       |        |       |       |       |      |      |      |
| K-7 BREAKFAST MENU          | Total   | 1 |     |    |     |      |       |       |       |       |        |       |       |       |      |      |      |
| YOGURT VAN. PEACH PARF      | PARFAIT | 1 | 231 | 3  | 104 | 2.47 | 3.31  | *30.4 | *N/A* | *2.72 | *19.34 | *7.34 | 5.85  | 50.18 | 1.53 | 0.00 | 0.00 |
| AIT                         |         |   |     |    |     |      |       |       |       |       |        |       |       |       |      |      |      |
| 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 | 35  | 0  | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00   | 5.00  | 0.0   | 9.0   | 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75  | 0.00  | 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  | 4.67  | 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 | 35  | 0  | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00   | 5.00  | 0.0   | 9.0   | 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75  | 0.00  | 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  | 4.67  | 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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Dec 1, 2025 thru Dec 19, 2025

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

Generated on: 11/21/2025 7:53:40 AM

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g)   | Add Su<br>(g)       | Protn<br>(g)     | Carb<br>(g)     | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|------------------|---------------------|------------------|-----------------|--------------|--------------|---------------|
| Weighted Daily Average<br>% of Calories |                 |              | 608            | 18             | 602          | 8.09         | *2.55        | *61.5         | *1             | *8.25         | *64.64<br>*42.5% | *13.83<br>*9.1%     | *19.42<br>*12.8% | 121.07<br>79.7% | 6.40<br>9.5% | 2.30<br>3.4% | 0.00<br>0.0%  |
| Nutrient Guideline                      |                 |              | 375-500        |                | 540          |              |              |               |                |               |                  | <10.00 <sup>1</sup> |                  |                 |              | <10.00       |               |

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

|                             |         |   |         |    |     |      |       |       |       |       |       |                     |        |        |       |        |      |
|-----------------------------|---------|---|---------|----|-----|------|-------|-------|-------|-------|-------|---------------------|--------|--------|-------|--------|------|
| Fri - 12/05/2025            |         |   |         |    |     |      |       |       |       |       |       |                     |        |        |       |        |      |
| 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 |
| PEAR CUPS- CUP -DICED       | 1 CUP   | 1 | 70      | 0  | 5   | 1.00 | 0.00  | 0.0   | *N/A* | 0.0   | 15.00 | 0.00                | 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75 | 0.00                | 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 | 4.67                | 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 | 35      | 0  | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00  | 5.00                | 0.0    | 9.0    | 0.0   | 0.00   | 0.00 |
| JUICE : VARIETY SUNCUP      | BOX     | 1 | 60      | 0  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75 | 0.00                | 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* | 0.0   | 15.00 | 0.00                | 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 | 4.67                | 8.0    | 17.0   | 0.83  | 0.50   | 0.00 |
| Weighted Daily Average      |         |   | 635     | 27 | 582 | 7.36 | *0.54 | *26.3 | *1    | *6.28 | 71.97 | *7.67               | *19.50 | 112.98 | 14.14 | 7.05   | 0.00 |
| % of Calories               |         |   |         |    |     |      |       |       |       |       | 45.4% | *4.8%               | *12.3% | 71.2%  | 20.1% | 10.0%  | 0.0% |
| Nutrient Guideline          |         |   | 375-500 |    | 540 |      |       |       |       |       |       | <10.00 <sup>1</sup> |        |        |       | <10.00 |      |

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*\*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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Dec 1, 2025 thru Dec 19, 2025

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

Generated on: 11/21/2025 7:53:40 AM

|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g)       | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|--------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------------|--------------|-------------|--------------|--------------|---------------|
| Mon - 12/08/2025               |                 |              |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
| 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            | 50             | 0              | 0            | 1.00         | 0.00         | 0.0           | 0              | 0.0           | 12.00          | 0.00                | 0.0          | 14.0        | 0.0          | 0.00         | 0.00          |
| BREAKFAST FRUIT BASKET:<br>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              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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          | 4.67                | 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            | 35             | 0              | 0            | 0.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 6.00           | 5.00                | 0.0          | 9.0         | 0.0          | 0.00         | 0.00          |
| APPLESAUCE,W/CINNAMON          | 1 CUP           | 1            | 50             | 0              | 0            | 1.00         | 0.00         | 0.0           | 0              | 0.0           | 12.00          | 0.00                | 0.0          | 14.0        | 0.0          | 0.00         | 0.00          |
| JUICE : VARIETY SUNCUP         | BOX             | 1            | 60             | 0              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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          | 4.67                | 8.0          | 17.0        | 0.83         | 0.50         | 0.00          |
| Weighted Daily Average         |                 |              | 597            | 47             | 719          | 6.01         | *0.45        | *23.2         | *1             | *3.44         | *62.20         | *7.67               | *19.92       | 104.98      | 14.03        | 4.53         | 0.00          |
| % of Calories                  |                 |              |                |                |              |              |              |               |                |               | *41.7%         | *5.1%               | *13.3%       | 70.3%       | 21.2%        | 6.8%         | 0.0%          |
| Nutrient Guideline             |                 |              | 375-500        |                | 540          |              |              |               |                |               |                | <10.00 <sup>1</sup> |              |             |              | <10.00       |               |

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

|                                |         |   |     |    |     |      |       |       |       |       |       |       |      |       |      |      |      |
|--------------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Tue - 12/09/2025               |         |   |     |    |     |      |       |       |       |       |       |       |      |       |      |      |      |
| K-7 BREAKFAST MENU             | Total   | 1 |     |    |     |      |       |       |       |       |       |       |      |       |      |      |      |
| PANCAKE CORNDOGS               | SERVING | 1 | 192 | 25 | 313 | 3.03 | 1.82  | 20.2  | *N/A* | 0.0   | 4.04  | 4.04  | 7.07 | 17.17 | 10.1 | 2.52 | 0.00 |
| PEACH CUPS -DICED              | 1 CUP   | 1 | 70  | 0  | 10  | 1.00 | 0.00  | 0.0   | *N/A* | 0.0   | 16.00 | 0.00  | 0.0  | 18.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET:<br>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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75 | 0.00  | 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 | 4.67  | 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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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2025 thru Dec 19, 2025

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

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g)   | Add Su<br>(g)       | Protn<br>(g)     | Carb<br>(g)    | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat<br>(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            | 35             | 0              | 0            | 0.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 6.00             | 5.00                | 0.0              | 9.0            | 0.0            | 0.00         | 0.00          |
| PEACH CUPS -DICED                       | 1 CUP           | 1            | 70             | 0              | 10           | 1.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 16.00            | 0.00                | 0.0              | 18.0           | 0.0            | 0.00         | 0.00          |
| JUICE : VARIETY SUNCUP                  | BOX             | 1            | 60             | 0              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75            | 0.00                | 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            | 4.67                | 8.0              | 17.0           | 0.83           | 0.50         | 0.00          |
| Weighted Daily Average<br>% of Calories |                 |              | 548            | 29             | 641          | 6.53         | *1.36        | *33.3         | *1             | *3.44         | *61.72<br>*45.1% | *9.69<br>*7.1%      | *17.95<br>*13.1% | 98.56<br>72.0% | 10.08<br>16.6% | 3.54<br>5.8% | 0.00<br>0.0%  |
| Nutrient Guideline                      |                 |              | 375-500        |                | 540          |              |              |               |                |               |                  | <10.00 <sup>1</sup> |                  |                |                | <10.00       |               |

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|                                         |         |   |         |     |     |      |       |       |       |       |                |                     |                  |                 |                |              |              |
|-----------------------------------------|---------|---|---------|-----|-----|------|-------|-------|-------|-------|----------------|---------------------|------------------|-----------------|----------------|--------------|--------------|
| Wed - 12/10/2025                        |         |   |         |     |     |      |       |       |       |       |                |                     |                  |                 |                |              |              |
| K-7 BREAKFAST MENU                      | Total   | 1 |         |     |     |      |       |       |       |       |                |                     |                  |                 |                |              |              |
| BREAKFAST BURRITO: ELEM                 | BURRITO | 1 | 369     | 200 | 741 | 1.26 | *0.54 | *0.0  | *N/A* | *0.0  | 1.88           | *0.00               | 17.88            | 22.32           | 22.33          | 9.25         | 0.00         |
| BREAKFAST FRUIT BASKET:<br>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* | 0.0   | 16.00          | 0.00                | 1.0              | 19.0            | 0.0            | 0.00         | 0.00         |
| JUICE : VARIETY SUNCUP                  | BOX     | 1 | 60      | 0   | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75          | 0.00                | 0.0              | 15.25           | 0.0            | 0.00         | 0.00         |
| SALSA PICANTE                           | 1 OZ    | 1 | 4       | 0   | 159 | 0.00 | 0.00  | 0.0   | 0     | 0.0   | 0.89           | 0.00                | 0.0              | 1.77            | 0.0            | 0.00         | 0.00         |
| MILK                                    | CARTON  | 1 | 110     | 7   | 155 | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 16.00          | 4.67                | 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 | 35      | 0   | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00           | 5.00                | 0.0              | 9.0             | 0.0            | 0.00         | 0.00         |
| MIXED FRUIT CUP                         | SERVING | 1 | 80      | 0   | 0   | 1.00 | 0.00  | 14.0  | *N/A* | 0.0   | 16.00          | 0.00                | 1.0              | 19.0            | 0.0            | 0.00         | 0.00         |
| JUICE : VARIETY SUNCUP                  | BOX     | 1 | 60      | 0   | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75          | 0.00                | 0.0              | 15.25           | 0.0            | 0.00         | 0.00         |
| BREAKFAST FRUIT BASKET:<br>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          | 4.67                | 8.0              | 17.0            | 0.83           | 0.50         | 0.00         |
| Weighted Daily Average<br>% of Calories |         |   | 691     | 117 | 885 | 7.49 | *0.81 | *40.3 | *1    | *6.28 | 68.86<br>39.8% | *7.67<br>*4.4%      | *24.94<br>*14.4% | 113.03<br>65.4% | 16.30<br>21.2% | 6.93<br>9.0% | 0.00<br>0.0% |
| Nutrient Guideline                      |         |   | 375-500 |     | 540 |      |       |       |       |       |                | <10.00 <sup>1</sup> |                  |                 |                | <10.00       |              |

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Dec 1, 2025 thru Dec 19, 2025

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

|                                 | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g)       | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|---------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------------|--------------|-------------|--------------|--------------|---------------|
| Thu - 12/11/2025                |                 |              |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
| K-7 BREAKFAST MENU SMOOTHIE     | Total           | 1            |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
|                                 | SMOOTHIES       | 1            | 130            | 0              | 68           | 0.50         | *N/A*        | *60.0         | *N/A*          | *3.0          | 20.00          | 0.00                | 5.0          | 36.0        | 0.0          | 0.00         | 0.00          |
| SCOOBY-DOO GRAHAM CRACKER STICK | 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              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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          | 4.67                | 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            | 35             | 0              | 0            | 0.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 6.00           | 5.00                | 0.0          | 9.0         | 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              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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          | 4.67                | 8.0          | 17.0        | 0.83         | 0.50         | 0.00          |
| Weighted Daily Average          |                 |              | 550            | 17             | 519          | 6.61         | *0.90        | *106.3        | *1             | *7.78         | 65.47          | *7.67               | *18.50       | 110.48      | 7.14         | 2.80         | 0.00          |
| % of Calories                   |                 |              |                |                |              |              |              |               |                |               | 47.7%          | *5.6%               | *13.5%       | 80.4%       | 11.7%        | 4.6%         | 0.0%          |
| Nutrient Guideline              |                 |              | 375-500        |                | 540          |              |              |               |                |               |                | <10.00 <sup>1</sup> |              |             |              | <10.00       |               |

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|                             |             |   |     |    |     |      |       |       |       |       |       |       |      |       |      |      |      |
|-----------------------------|-------------|---|-----|----|-----|------|-------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Fri - 12/12/2025            |             |   |     |    |     |      |       |       |       |       |       |       |      |       |      |      |      |
| K-7 BREAKFAST MENU          | Total       | 1 |     |    |     |      |       |       |       |       |       |       |      |       |      |      |      |
| BAGELS, MINI                | MINI BAGELS | 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* | 0.0   | 15.00 | 0.00  | 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75 | 0.00  | 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 | 4.67  | 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)          | 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         | 35          | 0           | 0         | 0.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 6.00        | 5.00                | 0.0       | 9.0      | 0.0       | 0.00      | 0.00       |
| JUICE : VARIETY SUNCUP      | BOX          | 1         | 60          | 0           | 8         | 0.00      | *0.00     | *N/A*      | *N/A*       | *N/A*      | 13.75       | 0.00                | 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*       | 0.0        | 15.00       | 0.00                | 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       | 4.67                | 8.0       | 17.0     | 0.83      | 0.50      | 0.00       |
| Weighted Daily Average      |              |           | 652         | 32          | 632       | 8.11      | *0.54     | *26.3      | *1          | *6.28      | 72.47       | *7.67               | *21.50    | 122.47   | 11.14     | 5.05      | 0.00       |
| % of Calories               |              |           |             |             |           |           |           |            |             |            | 44.5%       | *4.7%               | *13.2%    | 75.1%    | 15.4%     | 7.0%      | 0.0%       |
| Nutrient Guideline          |              |           | 375-500     |             | 540       |           |           |            |             |            |             | <10.00 <sup>1</sup> |           |          |           | <10.00    |            |

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

|                             |          |   |         |    |     |      |       |       |       |       |        |                     |        |        |       |        |      |
|-----------------------------|----------|---|---------|----|-----|------|-------|-------|-------|-------|--------|---------------------|--------|--------|-------|--------|------|
| Mon - 12/15/2025            |          |   |         |    |     |      |       |       |       |       |        |                     |        |        |       |        |      |
| 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 |
| 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 |
| APPLESAUCE,W/CINNAMON       | 1 CUP    | 1 | 50      | 0  | 0   | 1.00 | 0.00  | 0.0   | 0     | 0.0   | 12.00  | 0.00                | 0.0    | 14.0   | 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75  | 0.00                | 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  | 4.67                | 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 | 35      | 0  | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00   | 5.00                | 0.0    | 9.0    | 0.0   | 0.00   | 0.00 |
| APPLESAUCE,W/CINNAMON       | 1 CUP    | 1 | 50      | 0  | 0   | 1.00 | 0.00  | 0.0   | 0     | 0.0   | 12.00  | 0.00                | 0.0    | 14.0   | 0.0   | 0.00   | 0.00 |
| JUICE : VARIETY SUNCUP      | BOX      | 1 | 60      | 0  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75  | 0.00                | 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  | 4.67                | 8.0    | 17.0   | 0.83  | 0.50   | 0.00 |
| Weighted Daily Average      |          |   | 592     | 32 | 704 | 6.01 | *0.81 | *43.2 | *1    | *3.44 | *60.70 | *7.67               | *20.92 | 105.47 | 11.53 | 4.53   | 0.00 |
| % of Calories               |          |   |         |    |     |      |       |       |       |       | *41.0% | *5.2%               | *14.1% | 71.3%  | 17.5% | 6.9%   | 0.0% |
| Nutrient Guideline          |          |   | 375-500 |    | 540 |      |       |       |       |       |        | <10.00 <sup>1</sup> |        |        |       | <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

Dec 1, 2025 thru Dec 19, 2025

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

Generated on: 11/21/2025 7:53:40 AM

|                                                                                                                               | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g)       | Protn<br>(g)     | Carb<br>(g)     | T-Fat<br>(g)  | S-Fat<br>(g) | Tr-Fat<br>(g) |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------------|------------------|-----------------|---------------|--------------|---------------|
| <sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027. |                 |              |                |                |              |              |              |               |                |               |                |                     |                  |                 |               |              |               |
| Tue - 12/16/2025                                                                                                              |                 |              |                |                |              |              |              |               |                |               |                |                     |                  |                 |               |              |               |
| K-7 BREAKFAST MENU                                                                                                            | Total           | 1            |                |                |              |              |              |               |                |               |                |                     |                  |                 |               |              |               |
| BREAKFAST PIZZA: SAUSAG                                                                                                       | SLICE           | 1            | 200            | 15             | 329          | 2.00         | 1.80         | 99.8          | 399            | 0.0           | 4.99           | 2.00                | 8.98             | 24.96           | 6.99          | 2.00         | 0.00          |
| PEACH CUPS -DICED                                                                                                             | 1 CUP           | 1            | 70             | 0              | 10           | 1.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 16.00          | 0.00                | 0.0              | 18.0            | 0.0           | 0.00         | 0.00          |
| BREAKFAST FRUIT BASKET:<br>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              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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          | 4.67                | 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          |
| PEACH CUPS -DICED                                                                                                             | PC              | 1            | 35             | 0              | 0            | 0.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 6.00           | 5.00                | 0.0              | 9.0             | 0.0           | 0.00         | 0.00          |
| JUICE : VARIETY SUNCUP                                                                                                        | 1 CUP           | 1            | 70             | 0              | 10           | 1.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 16.00          | 0.00                | 0.0              | 18.0            | 0.0           | 0.00         | 0.00          |
| MILK                                                                                                                          | BOX             | 1            | 60             | 0              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 0.0              | 15.25           | 0.0           | 0.00         | 0.00          |
|                                                                                                                               | CARTON          | 1            | 110            | 7              | 155          | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 16.00          | 4.67                | 8.0              | 17.0            | 0.83          | 0.50         | 0.00          |
| Weighted Daily Average<br>% of Calories                                                                                       |                 |              | 547            | 24             | 609          | 6.01         | *1.35        | *73.1         | *200           | *3.44         | 62.20<br>45.5% | *8.66<br>*6.3%      | *18.91<br>*13.8% | 100.45<br>73.5% | 8.52<br>14.0% | 3.27<br>5.4% | 0.00<br>0.0%  |
| Nutrient Guideline                                                                                                            |                 |              | 375-500        |                | 540          |              |              |               |                |               |                | <10.00 <sup>1</sup> |                  |                 |               | <10.00       |               |

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

|                                |         |   |     |    |     |      |       |       |       |       |       |      |      |       |      |      |      |
|--------------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|------|-------|------|------|------|
| Wed - 12/17/2025               |         |   |     |    |     |      |       |       |       |       |       |      |      |       |      |      |      |
| K-7 BREAKFAST MENU             | Total   | 1 |     |    |     |      |       |       |       |       |       |      |      |       |      |      |      |
| BISCUITS & GRAVY               | SERVING | 1 | 120 | 0  | 307 | 1.00 | *0.04 | *7.7  | *N/A* | *0.0  | *3.00 | 3.00 | 2.0  | 20.0  | 3.0  | 1.50 | 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 |
| BREAKFAST FRUIT BASKET:<br>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* | 0.0   | 16.00 | 0.00 | 1.0  | 19.0  | 0.0  | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP         | BOX     | 1 | 60  | 0  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75 | 0.00 | 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 | 4.67 | 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         | 35          | 0           | 0         | 0.00      | 0.00      | 0.0        | *N/A*       | 0.0        | 6.00             | 5.00                | 0.0              | 9.0             | 0.0           | 0.00         | 0.00         |
| MIXED FRUIT CUP                      | SERVING      | 1         | 80          | 0           | 0         | 1.00      | 0.00      | 14.0       | *N/A*       | 0.0        | 16.00            | 0.00                | 1.0              | 19.0            | 0.0           | 0.00         | 0.00         |
| JUICE : VARIETY SUNCUP               | BOX          | 1         | 60          | 0           | 8         | 0.00      | *0.00     | *N/A*      | *N/A*       | *N/A*      | 13.75            | 0.00                | 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            | 4.67                | 8.0              | 17.0            | 0.83          | 0.50         | 0.00         |
| Weighted Daily Average % of Calories |              |           | 605         | 27          | 688       | 7.36      | *0.56     | *44.2      | *1          | *6.28      | *68.97<br>*45.6% | *9.17<br>*6.1%      | *20.50<br>*13.6% | 111.48<br>73.8% | 9.64<br>14.3% | 4.80<br>7.1% | 0.00<br>0.0% |
| Nutrient Guideline                   |              |           | 375-500     |             | 540       |           |           |            |             |            |                  | <10.00 <sup>1</sup> |                  |                 |               | <10.00       |              |

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|                                      |         |   |         |    |     |      |       |       |       |       |                |                     |                  |                 |               |              |              |
|--------------------------------------|---------|---|---------|----|-----|------|-------|-------|-------|-------|----------------|---------------------|------------------|-----------------|---------------|--------------|--------------|
| Thu - 12/18/2025                     |         |   |         |    |     |      |       |       |       |       |                |                     |                  |                 |               |              |              |
| 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                               |         |   |         |    |     |      |       |       |       |       |                |                     |                  |                 |               |              |              |
| 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75          | 0.00                | 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          | 4.67                | 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 | 35      | 0  | 0   | 0.00 | 0.00  | 0.0   | *N/A* | 0.0   | 6.00           | 5.00                | 0.0              | 9.0             | 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  | 8   | 0.00 | *0.00 | *N/A* | *N/A* | *N/A* | 13.75          | 0.00                | 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          | 4.67                | 8.0              | 17.0            | 0.83          | 0.50         | 0.00         |
| Weighted Daily Average % of Calories |         |   | 585     | 19 | 577 | 8.86 | *0.85 | *91.1 | *1    | *6.38 | 65.97<br>45.1% | *7.67<br>*5.2%      | *19.00<br>*13.0% | 110.98<br>75.9% | 8.14<br>12.5% | 3.30<br>5.1% | 0.00<br>0.0% |
| Nutrient Guideline                   |         |   | 375-500 |    | 540 |      |       |       |       |       |                | <10.00 <sup>1</sup> |                  |                 |               | <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

Dec 1, 2025 thru Dec 19, 2025

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

|                                                                                                                               | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g)       | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------------|--------------|-------------|--------------|--------------|---------------|
| <sup>1</sup> - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027. |                 |              |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
| Fri - 12/19/2025                                                                                                              |                 |              |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
| K-7 BREAKFAST MENU                                                                                                            | Total           | 1            |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
| CINNAMON ROLL W. W.W. B                                                                                                       | ROLL            | 1            | 315            | 5              | 287          | 3.00         | *0.01        | *4.2          | *0             | *0.0          | *27.10         | *8.00               | 6.34         | 52.46       | 8.58         | 2.84         | *0.00         |
| RIDGFOR                                                                                                                       |                 |              |                |                |              |              |              |               |                |               |                |                     |              |             |              |              |               |
| 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*          | 0.0           | 15.00          | 0.00                | 0.0          | 19.0        | 0.0          | 0.00         | 0.00          |
| BREAKFAST FRUIT BASKET:<br>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              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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          | 4.67                | 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            | 35             | 0              | 0            | 0.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 6.00           | 5.00                | 0.0          | 9.0         | 0.0          | 0.00         | 0.00          |
| JUICE : VARIETY SUNCUP                                                                                                        | BOX             | 1            | 60             | 0              | 8            | 0.00         | *0.00        | *N/A*         | *N/A*          | *N/A*         | 13.75          | 0.00                | 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*          | 0.0           | 15.00          | 0.00                | 0.0          | 19.0        | 0.0          | 0.00         | 0.00          |
| BREAKFAST FRUIT BASKET:<br>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          | 4.67                | 8.0          | 17.0        | 0.83         | 0.50         | 0.00          |
| Weighted Daily Average                                                                                                        |                 |              | 692            | 29             | 684          | 8.36         | *0.55        | *28.4         | *2             | *6.28         | *80.02         | *11.67              | *21.67       | 127.71      | 12.43        | 5.47         | *0.00         |
| % of Calories                                                                                                                 |                 |              |                |                |              |              |              |               |                |               | *46.3%         | *6.7%               | *12.5%       | 73.8%       | 16.2%        | 7.1%         | *0.0%         |
| Nutrient Guideline                                                                                                            |                 |              | 375-500        |                | 540          |              |              |               |                |               |                | <10.00 <sup>1</sup> |              |             |              | <10.00       |               |

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|                  |  |  |     |    |     |      |       |       |     |       |                  |                 |                  |                 |                |              |                |
|------------------|--|--|-----|----|-----|------|-------|-------|-----|-------|------------------|-----------------|------------------|-----------------|----------------|--------------|----------------|
| Weighted Average |  |  | 609 | 43 | 683 | 7.19 | *0.93 | *49.3 | *15 | *5.57 | *67.20<br>*99.4% | *9.18<br>*13.6% | *20.47<br>*13.5% | 111.44<br>73.2% | 10.67<br>15.8% | 4.36<br>6.4% | *0.00<br>*0.0% |
|------------------|--|--|-----|----|-----|------|-------|-------|-----|-------|------------------|-----------------|------------------|-----------------|----------------|--------------|----------------|

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| 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          | 609      |              | 375 - 500            |             | 122%        |           |           |           | 109        | Correction Required - Calories too High |            |             |            |           |          |           |           |            |
| Cholesterol (mg)  | 43       |              |                      |             |             |           |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Sodium 1 (mg)     | 683      |              | 540                  |             | 126%        |           |           |           | 143        | Correction Required - Sodium too High   |            |             |            |           |          |           |           |            |
| Fiber (g)         | 7.19     |              |                      |             |             |           |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Iron (mg)         | 0.93     |              |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Calcium (mg)      | 49.3     |              |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Vitamin A (RAE)   | 15       |              |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Total Sugars (g)  | 67.20    | 44.16%       |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Added Sugars (g)  | 9.18     | 6.03%        | <10.00% <sup>1</sup> |             | 92%         | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Vitamin C (mg)    | 5.57     |              |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Protein (g)       | 20.47    | 13.45%       |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Carbohydrate (g)  | 111.44   | 73.23%       |                      |             |             |           |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Total Fat (g)     | 10.67    | 15.78%       |                      |             |             |           |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Saturated Fat (g) | 4.36     | 6.44%        | <10.00%              |             |             |           |           |           |            |                                         |            |             |            |           |          |           |           |            |
| Trans Fat (g)     | 0.00     | 0.00%        |                      |             |             | Missing   |           |           |            |                                         |            |             |            |           |          |           |           |            |

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