

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Feb 2, 2026 thru Feb 27, 2026

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

Generated on: 1/26/2026 7:11:55 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 02/02/2026			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			88.85
% of Calories			70.7%
Nutrient Guideline			

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

Tue - 02/03/2026			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	21.49
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.61
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			91.40
% of Calories			67.4%
Nutrient Guideline			

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Wed - 02/04/2026			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
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

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

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Feb 2, 2026 thru Feb 27, 2026

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

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			95.74
% of Calories			70.6%
Nutrient Guideline			

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Thu - 02/05/2026			
K-7 BREAKFAST MENU	Total	1	
YOGURT STRAW PARFAIT	PARFAIT	1	43.85
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			102.28
% of Calories			77.8%
Nutrient Guideline			

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Fri - 02/06/2026			
K-7 BREAKFAST MENU	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			78.35
% of Calories			63.9%
Nutrient Guideline			

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Feb 2, 2026 thru Feb 27, 2026

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

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	Portion Size	Reimb Qty	Carb (g)
Mon - 02/09/2026			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BITES	SERVINGS	1	37.02
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			101.36
% of Calories			69.0%
Nutrient Guideline			

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Tue - 02/10/2026			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.17
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			90.94
% of Calories			70.1%
Nutrient Guideline			

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Wed - 02/11/2026			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST BURRITO: ELEM.	BURRITOS	1	22.32
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0

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

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			92.40
% of Calories			61.1%
Nutrient Guideline			

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Thu - 02/12/2026			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	36.0
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			108.85
% of Calories			80.2%
Nutrient Guideline			

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Fri - 02/13/2026			
K-7 BREAKFAST MENU	Total	1	
BAGELS, MINI	MINI BAGELS	1	41.97
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			87.84
% of Calories			69.2%
Nutrient Guideline			

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Feb 2, 2026 thru Feb 27, 2026

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

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	Portion Size	Reimb Qty	Carb (g)
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Tue - 02/17/2026			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	24.96
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			92.83
% of Calories			71.8%
Nutrient Guideline			

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Wed - 02/18/2026			
K-7 BREAKFAST MENU	Total	1	
BISCUITS & GRAVY	SERVING	1	29.0
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			95.35
% of Calories			68.4%
Nutrient Guideline			

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Thu - 02/19/2026			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	15.0
UBR-OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	24.02
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			110.17
% of Calories			75.8%
Nutrient Guideline			

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Fri - 02/20/2026			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			93.08
% of Calories			68.0%
Nutrient Guideline			

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Mon - 02/23/2026			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
STRING CHEESE: 1oz M	1 EA	1	1.0
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			88.85
% of Calories			70.7%
Nutrient Guideline			

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Feb 2, 2026 thru Feb 27, 2026

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Portion Size	Reimb Qty	Carb (g)
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Tue - 02/24/2026			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	21.49
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.61
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			91.40
% of Calories			67.4%
Nutrient Guideline			

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Wed - 02/25/2026			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
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 BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			95.74
% of Calories			70.6%
Nutrient Guideline			

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Thu - 02/26/2026			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	50.18
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			105.44
% of Calories			79.1%
Nutrient Guideline			

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Fri - 02/27/2026			
K-7 BREAKFAST MENU	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.42
STRING CHEESE: 1oz M	1 EA	1	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	1	22.39
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK	CARTON	1	17.0
Weighted Daily Average			78.35
% of Calories			63.9%
Nutrient Guideline			

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Weighted Average			94.17
			70.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	94.17	70.31%						

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