

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Feb 2, 2026 thru Feb 27, 2026

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

Generated on: 1/26/2026 7:08:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 02/02/2026																	
K-7 BREAKFAST MENU	Total	1															
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2.00	*N/A*	2.0	12.0	3.0	0.00	0.00
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			503	29	628	5.69	*0.85	*35.6	*1	*4.86	*52.27	*7.67	*19.27	88.85	9.58	4.04	0.00
% of Calories											*41.6%	*6.1%	*15.3%	70.7%	17.2%	7.2%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Tue - 02/03/2026																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST SANDWICH - M	SANDWI	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
cMUFFIN	CHES																
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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

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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			543	83	793	6.19	*0.85	*35.6	*1	*4.86	51.77	*7.67	*22.75	91.40	10.35	3.40	0.03
% of Calories											38.2%	*5.7%	*16.8%	67.4%	17.2%	5.6%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Wed - 02/04/2026																	
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			542	99	745	6.19	*0.85	*45.6	*1	*5.46	55.22	*10.17	*20.27	95.74	9.58	4.04	0.00
% of Calories											40.7%	*7.5%	*15.0%	70.6%	15.9%	6.7%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<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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	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)
Thu - 02/05/2026																	
K-7 BREAKFAST MENU	Total	1															
YOGURT STRAW PARFAIT	PARFAIT	1	216	3	106	2.50	*3.74	*34.8	*N/A*	*0.0	23.50	*7.34	6.32	43.85	1.93	0.00	0.00
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			526	18	488	6.44	*2.36	*43.0	*1	*4.86	63.03	*11.33	*17.93	102.28	6.05	2.29	0.00
% of Calories											47.9%	*8.6%	*13.6%	77.8%	10.4%	3.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Fri - 02/06/2026																	
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			490	27	463	4.69	*0.13	*5.6	*1	*4.26	53.27	*5.17	*17.77	78.35	13.58	7.04	0.00
% of Calories											43.5%	*4.2%	*14.5%	63.9%	24.9%	12.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 2026

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
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Mon - 02/09/2026																	
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
BREAKFAST FRUIT BASKET	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 % of Calories			588	47	721	6.19	*0.49	*25.6	*1	*4.86	*57.78 *39.3%	*7.67 *5.2%	*20.27 *13.8%	101.36 69.0%	14.09 21.6%	4.54 7.0%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Tue - 02/10/2026																	
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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			519	29	632	6.70	*1.40	*35.7	*1	*4.86	*53.29	*9.69	*18.31	90.94	10.13	3.55	0.00
% of Calories											*41.1%	*7.5%	*14.1%	70.1%	17.6%	6.2%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Wed - 02/11/2026																	
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			604	117	886	5.82	*0.76	*25.6	*1	*4.86	52.66	*7.67	*23.71	92.40	16.25	6.91	0.00
% of Calories											34.8%	*5.1%	*15.7%	61.1%	24.2%	10.3%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<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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	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)
Thu - 02/12/2026																	
K-7 BREAKFAST MENU SMOOTHIE	Total SMOOT HIES BAG	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 STIC	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	2.0	21.0	4.0	1.00	0.00
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			543	17	519	5.94	*0.85	*105.6	*1	*6.36	65.27	*7.67	*18.27	108.85	7.08	2.79	0.00
% of Calories											48.1%	*5.7%	*13.5%	80.2%	11.7%	4.6%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Fri - 02/13/2026																	
K-7 BREAKFAST MENU BAGELS, MINI	Total MINI BA GELS	1	235	10	185	2.50	*N/A*	*N/A*	*N/A*	*N/A*	11.99	*N/A*	6.0	41.97	6.0	2.00	0.00
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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

Page 7

Feb 2, 2026 thru Feb 27, 2026

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

Generated on: 1/26/2026 7:08:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average % of Calories			508	32	513	5.43	*0.13	*5.6	*1	*4.26	53.77 42.4%	*5.17 *4.1%	*19.77 *15.6%	87.84 69.2%	10.58 18.8%	5.04 8.9%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Tue - 02/17/2026																	
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			517	24	600	6.18	*1.39	*75.5	*201	*4.86	53.77	*8.66	*19.26	92.83	8.58	3.29	0.00
% of Calories											41.6%	*6.7%	*14.9%	71.8%	14.9%	5.7%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Wed - 02/18/2026																	
K-7 BREAKFAST MENU	Total	1															
BISCUITS & GRAVY	SERVING	1	200	0	527	3.00	1.12	27.7	*N/A*	0.0	*3.00	2.00	4.0	29.0	7.5	5.00	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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

Feb 2, 2026 thru Feb 27, 2026

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT BREAKFAST K-7	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			558	27	799	6.69	*1.05	*39.5	*1	*4.86	*52.77	*8.67	*20.27	95.35	11.83	6.54	0.00
% of Calories											*37.9%	*6.2%	*14.5%	68.4%	19.1%	10.6%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Thu - 02/19/2026																	
K-7 BREAKFAST MENU	Total	1															
YOGURT: UPSTATE FARMS	SERVING	1															
UBR- OATMEAL CHOCOLAT	1 EACH	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
E CHIP			240	5	210	6.00	0.62	29.6	*N/A*	0.0	17.00	*N/A*	5.0	43.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET:	1/2 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
ELE																	
JUICE : VARIETY SUNCUP	BOX	1	60	0	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			581	19	578	8.52	*0.83	*90.7	*1	*5.67	65.87	*7.67	*18.89	110.17	8.11	3.29	0.00
% of Calories											45.3%	*5.3%	*13.0%	75.8%	12.6%	5.1%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 02/20/2026																	
K-7 BREAKFAST MENU	Total	1															
CINNAMON ROLL W. W.W. B RIDGFOR	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
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			547	29	564	5.69	*0.14	*7.7	*1	*4.26	*61.32	*9.17	*19.94	93.08	11.87	5.46	*0.00
% of Calories											*44.8%	*6.7%	*14.6%	68.0%	19.5%	9.0%	*0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Mon - 02/23/2026																	
K-7 BREAKFAST MENU	Total	1															
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2.00	*N/A*	2.0	12.0	3.0	0.00	0.00
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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)
Weighted Daily Average % of Calories			503	29	628	5.69	*0.85	*35.6	*1	*4.86	*52.27 *41.6%	*7.67 *6.1%	*19.27 *15.3%	88.85 70.7%	9.58 17.2%	4.04 7.2%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Tue - 02/24/2026																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST SANDWICH - M cMUFFIN	SANDWICHES	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			543	83	793	6.19	*0.85	*35.6	*1	*4.86	51.77 38.2%	*7.67 *5.7%	*22.75 *16.8%	91.40 67.4%	10.35 17.2%	3.40 5.6%	0.03 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Wed - 02/25/2026																	
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			542	99	745	6.19	*0.85	*45.6	*1	*5.46	55.22	*10.17	*20.27	95.74	9.58	4.04	0.00
% of Calories											40.7%	*7.5%	*15.0%	70.6%	15.9%	6.7%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Thu - 02/26/2026																	
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																	
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			533	18	488	6.42	*2.15	*40.8	*1	*6.22	*60.94	*11.33	*17.69	105.44	5.85	2.29	0.00
% of Calories											*45.7%	*8.5%	*13.3%	79.1%	9.9%	3.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Feb 2, 2026 thru Feb 27, 2026

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

Generated on: 1/26/2026 7:08:35 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 02/27/2026																	
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			490	27	463	4.69	*0.13	*5.6	*1	*4.26	53.27	*5.17	*17.77	78.35	13.58	7.04	0.00
% of Calories											43.5%	*4.2%	*14.5%	63.9%	24.9%	12.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

Weighted Average			536	45	634	6.08	*0.89	*39.0	*12	*4.99	*56.08 *94.2%	*8.21 *13.8%	*19.71 *14.7%	94.17 70.3%	10.35 17.4%	4.37 7.3%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	536		375 - 500	107%			36	Correction Required - Calories too High
Cholesterol (mg)	45							
Sodium 1 (mg)	634		540	117%			94	Correction Required - Sodium too High
Fiber (g)	6.08							
Iron (mg)	0.89				Missing			
Calcium (mg)	39.0				Missing			
Vitamin A (RAE)	12				Missing			
Total Sugars (g)	56.08	41.87%			Missing			
Added Sugars (g)	8.21	6.13%	<10.00% ¹	82%	Missing			
Vitamin C (mg)	4.99				Missing			
Protein (g)	19.71	14.71%			Missing			
Carbohydrate (g)	94.17	70.31%						
Total Fat (g)	10.35	17.39%						
Saturated Fat (g)	4.37	7.34%	<10.00%					
Trans Fat (g)	0.00	0.01%			Missing			

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

**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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