

Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/02/2026			
K-7 BREAKFAST MENU	Total		
BANANA BREAD SQUARES	SERVINGS	151	26.17
STRING CHEESE: 1oz M	1 EA	80	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		537	94.84
% of Calories			70.7%
Nutrient Guideline		400-5	

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

Tue - 03/03/2026			
K-7 BREAKFAST MENU	Total		
BREAKFAST QUESADILLA - ELEM.	1/2 QUESADILLA	138	11.76
SALSA PICANTE	1 OZ	4	1.77
SOUR CREAM	SERVING	39	2.01
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		512	89.03
% of Calories			69.5%
Nutrient Guideline		400-5	

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Wed - 03/04/2026			
K-7 BREAKFAST MENU	Total		
BREAKFAST NACHOS	SERVINGS	208	16.04
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
SALSA PICANTE	1 OZ	4	1.77
KETCHUP : P/C	PC	40	10.12
MILK	CARTON	110	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		548	95.22
% of Calories			69.5%
Nutrient Guideline		400-5	

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Thu - 03/05/2026			
K-7 BREAKFAST MENU	Total		
BANANA SPLIT BREAKFAST -SEC.	SERVING	360	77.66
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		602	120.08
% of Calories			79.8%
Nutrient Guideline		400-5	

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Fri - 03/06/2026			
K-7 BREAKFAST MENU	Total		
CHEESY POTATO EGG BAKE	SERVINGS	134	11.04
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
KETCHUP : P/C	PC	40	10.12
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		576	105.84
% of Calories			73.5%
Nutrient Guideline		400-5	

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Tue - 03/17/2026			
K-7 BREAKFAST MENU	Total		
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	254	22.49
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MAYONNAISE, LIGHT	POUCH	31	0.61
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		564	92.80
% of Calories			65.8%
Nutrient Guideline		400-5	

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Wed - 03/18/2026			
K-7 BREAKFAST MENU	Total		
OMELET, COLBY CHEESE	SERVING	110	1.0
TOAST	SLICE	100	19.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
JELLY: VARIETY PACK	PC	35	9.0
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		546	96.64
% of Calories			70.8%
Nutrient Guideline		400-5	

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BREAKFAST K-7

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/19/2026			
K-7 BREAKFAST MENU	Total		
YOGURT VAN. PEACH PARFAIT	PARFAIT	237	49.68
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		540	106.09
% of Calories			78.6%
Nutrient Guideline		400-5	

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Fri - 03/20/2026			
K-7 BREAKFAST MENU	Total		
DONUT:SPRINKLED	DONUT	200	23.0
STRING CHEESE: 1oz M	1 EA	80	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		494	79.26
% of Calories			64.2%
Nutrient Guideline		400-5	

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Mon - 03/23/2026			
K-7 BREAKFAST MENU	Total		
PANCAKE, BITES	SERVINGS	250	37.02
STRING CHEESE: 1oz M	1 EA	80	1.0
SYRUP	1 EA	10	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		592	102.27
% of Calories			69.2%
Nutrient Guideline		400-5	

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Tue - 03/24/2026			
K-7 BREAKFAST MENU	Total		
PANCAKE CORNDOGS	SERVINGS	192	17.17
SYRUP	1 EA	10	4.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		522	91.84
% of Calories			70.3%
Nutrient Guideline		400-5	

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Wed - 03/25/2026			
K-7 BREAKFAST MENU	Total		
BREAKFAST BURRITO: ELEM.	BURRITOS	369	22.32
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		608	93.30
% of Calories			61.4%
Nutrient Guideline		400-5	

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Thu - 03/26/2026			
K-7 BREAKFAST MENU	Total		
SMOOTHIE	SMOOTHIES	130	36.0
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	120	21.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		546	109.76
% of Calories			80.3%
Nutrient Guideline		400-5	

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Fri - 03/27/2026			
K-7 BREAKFAST MENU	Total		
BAGELS, MINI	MINI BAGELS	235	41.97
STRING CHEESE: 1oz M	1 EA	80	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7	Total		
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		511	88.74
% of Calories			69.4%
Nutrient Guideline		400-5	

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/30/2026			
K-7 BREAKFAST MENU	Total		
FRENCH TOAST STICKS	2 sticks	240	38.0
SYRUP	1 EA	10	4.0
STRING CHEESE: 1oz M	1 EA	80	1.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		586	102.76
% of Calories			70.1%
Nutrient Guideline		400-5	

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Tue - 03/31/2026			
K-7 BREAKFAST MENU	Total		
BREAKFAST PIZZA: SAUSAGE	SLICE	200	24.96
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	104	22.42
STRING CHEESE: 1oz M	1 EA	80	1.0
TOAST	SLICE	100	19.0
JELLY: VARIETY PACK	PC	35	9.0
BREAKFAST FRUIT BASKET	1/2 CUP	92	23.29
JUICE : VARIETY SUNCUP	BOX	60	15.25
MILK	CARTON	110	17.0
Weighted Daily Average		521	93.73
% of Calories			71.9%
Nutrient Guideline		400-5	

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Weighted Average		550	97.64
			71.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	550		400 - 500	110%			50	Correction Required -
Carbohydrate (g)	97.64	70.96%						Calories too High

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