

Washington County School District

Mar 1, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/02/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		450-6	

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

Tue - 03/03/2026			
SECONDARY BREAKFAST	Total		
BREAKFAST QUESADILLA - SEC.	QUESADILLA	277	23.53
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 SEC BREAKFAST ME	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		581	94.91
% of Calories			65.3%
Nutrient Guideline		450-6	

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Wed - 03/04/2026			
SECONDARY BREAKFAST	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
MILK	CARTON	110	17.0

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

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SEC BREAKFAST MENU

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	Portion Size	Cals (kcal)	Carb (g)
ALT SEC BREAKFAST ME	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		528	90.16
% of Calories			68.3%
Nutrient Guideline		450-6	

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Thu - 03/05/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		450-6	

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Fri - 03/06/2026			
SECONDARY BREAKFAST	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
MILK	CARTON	110	17.0
ALT SEC BREAKFAST ME	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		488	86.78
% of Calories			71.1%
Nutrient Guideline		450-6	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/17/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		450-6	

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Wed - 03/18/2026			
SECONDARY BREAKFAST	Total		
OMELET, COLBY CHEESE	SERVING	110	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
SALSA PICANTE	1 OZ	4	1.77
MILK	CARTON	110	17.0
ALT SEC BREAKFAST ME	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		450-6	

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Thu - 03/19/2026			
SECONDARY BREAKFAST	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

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	Portion Size	Cals (kcal)	Carb (g)
ALT SEC BREAKFAST ME	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		450-6	

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Fri - 03/20/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		450-6	

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Mon - 03/23/2026			
SECONDARY BREAKFAST	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
ALT SEC BREAKFAST ME	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		450-6	

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Portion Size Cals (kcal) Carb (g)

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Tue - 03/24/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		450-6	

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Wed - 03/25/2026			
SECONDARY BREAKFAST	Total		
BREAKFAST BURRITO: SEC.	BURRITO	387	31.69
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 SEC BREAKFAST ME	Total		
BREAKFAST BURRITO: SEC.	BURRITO	387	31.69
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
Weighted Daily Average		653	89.00
% of Calories			54.5%
Nutrient Guideline		450-6	

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Thu - 03/26/2026			
SECONDARY BREAKFAST	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

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	Portion Size	Cals (kcal)	Carb (g)
ALT SEC BREAKFAST ME	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		450-6	

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Fri - 03/27/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		450-6	

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Mon - 03/30/2026			
SECONDARY BREAKFAST	Total		
FRENCH TOAST STICKS:SEC	3 STICKS	360	57.0
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 SEC BREAKFAST ME	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		399	75.40
% of Calories			75.5%
Nutrient Guideline		450-6	

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Portion Size Cals (kcal) Carb (g)

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Tue - 03/31/2026			
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	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		521	93.73
% of Calories			71.9%
Nutrient Guideline		450-6	

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Weighted Average		539	94.52 70.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	539		450 - 600	100%				
Carbohydrate (g)	94.52	70.13%						

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