

Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/01/2019										
SECONDARY BREAKFAST	Total	1								
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	10	260	2.00	10	6.0	38.0	7.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	369	7.53	*35	16.93	72.82	7.74
% of Calories							*34.0%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

Tue - 04/02/2019										
SECONDARY BREAKFAST	Total	1								
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	2.02	3	10.1	25.26	10.1
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			363	22	452	2.75	*34	16.85	53.08	9.60
% of Calories							*37.3%	18.6%	58.5%	23.8%
Nutrient Guideline			450-600		640					

Wed - 04/03/2019										
SECONDARY BREAKFAST	Total	1								
WG EGG & CHEESE BREAKFAST BURR	SERVING	1	210	55	340	4.00	1	10.0	28.0	7.0
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			369	*21	*436	3.70	*33 *35.6%	16.33 17.7%	56.47 61.3%	8.92 21.8%
Nutrient Guideline			450-600		640					

Thu - 04/04/2019										
SECONDARY BREAKFAST	Total	1								
MIXED BERRY SMOOTHIE: SEC	SERVING:10o	1	259	5	117	5.60	*33	7.56	54.58	1.31
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
ALT SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average % of Calories			331	21	363	3.35	*34 *41.2%	15.04 18.2%	52.34 63.3%	6.99 19.0%
Nutrient Guideline			450-600		640					

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/05/2019										
SECONDARY BREAKFAST	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			468	21	602	5.05	*43	17.54	77.58	10.07
% of Calories							*36.6%	15.0%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Mon - 04/08/2019										
SECONDARY BREAKFAST	Total	1								
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	300	5.00	7	4.0	35.0	8.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	370	7.60	*35	16.88	72.75	7.77
% of Calories							*33.9%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

Tue - 04/09/2019										
SECONDARY BREAKFAST	Total	1								
BREAKFAST ON A STICK	1 EACH	1	205	20	375	1.00	8	6.0	19.5	11.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			362	22	440	2.73	*34	16.75	52.85	9.62
% of Calories							*37.3%	18.5%	58.4%	23.9%
Nutrient Guideline			450-600		640					

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Wed - 04/10/2019										
SECONDARY BREAKFAST	Total	1								
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	83	568	3.16	*1	11.46	23.3	10.02
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			369	*22	*437	3.69	*33	16.33	56.45	8.93
% of Calories							*35.6%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

Thu - 04/11/2019										
SECONDARY BREAKFAST	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	*N/A*	3.0	19.0	0.0
UBR- CINNAMON	UBR	1	270	0	240	6.00	*N/A*	4.0	44.0	8.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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ALT SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			330	21	363	3.35	*34	15.02	52.25	7.00
% of Calories							*41.0%	18.2%	63.3%	19.1%
Nutrient Guideline			450-600		640					

Fri - 04/12/2019										
SECONDARY BREAKFAST	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	25	2.0	38.0	11.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			468	21	602	5.02	*43	17.47	77.64	10.18
% of Calories							*36.8%	14.9%	66.3%	19.6%
Nutrient Guideline			450-600		640					

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/15/2019										
SECONDARY BREAKFAST	Total	1								
PANCAKES	BAG	1	220	0	130	3.00	13	4.0	39.5	6.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	366	7.55	*35	16.88	72.85	7.72
% of Calories							*34.1%	16.4%	70.6%	16.8%
Nutrient Guideline			450-600		640					

Tue - 04/16/2019										
SECONDARY BREAKFAST	Total	1								
SCRAMBLED EGGS W/HAM:SEC	3/4 cup	1	191	350	613	0.00	*0	17.97	3.47	11.35
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	1	2.0	27.0	11.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			370	30	468	2.78	*34	17.16	53.54	9.99
% of Calories							*36.6%	18.6%	57.9%	24.3%
Nutrient Guideline			450-600		640					

Wed - 04/17/2019										
SECONDARY BREAKFAST	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	1	10.0	14.0	9.0
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			369	*22	*436	3.69	*33	16.33	56.40	8.93
% of Calories							*35.6%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

Thu - 04/18/2019										
SECONDARY BREAKFAST	Total	1								
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	*N/A*	6.01	59.39	1.31
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
ALT SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			331	21	363	3.34	*34	15.03	52.37	6.99
% of Calories							*40.9%	18.2%	63.4%	19.0%
Nutrient Guideline			450-600		640					

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/23/2019										
SECONDARY BREAKFAST	Total	2109								
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0	8.0	1.0	9.0
SAUSAGE LINK: 2	2 EACH	1	120	60	200	0.00	*N/A*	12.0	0.0	9.0
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	66	0	7	0.00	15	0.0	16.3	0.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	459	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME										
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			368	178	464	1.91	*45	16.02	50.65	9.55
% of Calories							*48.5%	17.4%	55.1%	23.4%
Nutrient Guideline			450-600		640					

Wed - 04/24/2019										
SECONDARY BREAKFAST	Total	2122								
BREAKFAST ROLLED TACO	BURRITO	2122	0	0	0	0.00	0	0.0	0.0	0.0
PINEAPPLE OR ORANGE BARREL	BARREL	2000	75	*0	*0	0.00	16	0.0	17.5	0.0
SALSA PICANTE	1 OZ	2000	9	0	133	0.89	0	0.89	1.77	0.0
KETCHUP : P/C	PC	1000	31	0	396	0.00	8	0.0	8.34	0.0
JUICE : VARIETY SUNCUP	BOX	2122	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1680	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	432	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			284	*7	*482	1.10	*49	9.52	56.68	1.28
% of Calories							*68.4%	13.4%	79.7%	4.1%
Nutrient Guideline			450-600		640					

Thu - 04/25/2019										
SECONDARY BREAKFAST	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	*N/A*	3.0	19.0	0.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	6.00	17	5.0	43.0	7.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			330	21	363	3.35	*34	15.02	52.24	7.00
% of Calories							*41.1%	18.2%	63.3%	19.1%
Nutrient Guideline			450-600		640					

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/26/2019										
SECONDARY BREAKFAST	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			468	21	602	5.05	*43	17.54	77.58	10.07
% of Calories							*36.6%	15.0%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Mon - 04/29/2019										
SECONDARY BREAKFAST	Total	1								
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	300	5.00	7	4.0	35.0	8.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	370	7.60	*35	16.88	72.75	7.77
% of Calories							*33.9%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

Tue - 04/30/2019										
SECONDARY BREAKFAST	Total	1								
CANADIAN BACON BREAKFAST WRAP	WRAP	1	406	323	1466	4.00	*0	30.04	21.51	21.06
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			367	29	477	2.82	*34	17.35	53.04	9.86
% of Calories							*36.8%	18.9%	57.8%	24.2%
Nutrient Guideline			450-600		640					

Weighted Average			380	*29	*441	4.20	*37	16.14	61.12	8.30
							*86.7%	17.0%	64.4%	19.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	380		450 - 600	84%		70		Correction Required - Calories are Low
Cholesterol (mg)	29				Missing			
Sodium 1 (mg)	441		640		Missing			
Sodium 2 (mg)	441		570		Missing			
Fiber (g)	4.20							
Sugars (g)	37	38.51%			Missing			
Protein (g)	16.14	17.00%						
Carbohydrate (g)	61.12	64.36%						
Total Fat (g)	8.30	19.67%						

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