

Washington County School District

Aug 13, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 7/26/2018 2:22:11 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/13/2018										
K-7 BREAKFAST MENU	Total	1								
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	10	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	20	*85	30.14	126.46	9.01	2.43	0.00
% of Calories					*48.4%	17.1%	71.7%	11.5%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Tue - 08/14/2018										
K-7 BREAKFAST MENU	Total	1								
FIESTA CHEESE OMLET	1 EA	1	120	175	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK: 1	1 EACH	1	60	30	*N/A*	6.0	0.0	4.5	1.00	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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

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Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			701	118	*76	35.64	106.79	14.32	4.51	0.00
% of Calories					*43.2%	20.3%	60.9%	18.4%	5.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 08/15/2018										
K-7 BREAKFAST MENU	Total	2142								
BREAKFAST ROLLED TACO	BURRITO	2142	0	0	0	0.0	0.0	0.0	0.00	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	2000	75	*0	16	0.0	17.5	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1675	9	0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	242	31	0	8	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1100	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1154	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	978	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			226	*7	*38	8.71	43.39	1.14	0.69	0.00
% of Calories					*68.0%	15.4%	76.9%	4.6%	2.7%	0.0%
Nutrient Guideline			350-500						<10.00	

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Portion Values - Detailed

Page 3

Generated on: 7/26/2018 2:22:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/16/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	17	5.0	43.0	7.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			757	18	*76	32.32	137.91	9.31	3.00	0.00
% of Calories					*40.0%	17.1%	72.9%	11.1%	3.6%	0.0%
Nutrient Guideline			350-500						<10.00	

Fri - 08/17/2018										
K-7 BREAKFAST MENU	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	8	5.99	34.94	4.99	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Page 4

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			715	23	*79	33.14	118.70	11.01	4.18	0.00
% of Calories					*44.4%	18.6%	66.5%	13.9%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 08/20/2018										
K-7 BREAKFAST MENU	Total	1								
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	4	2.0	17.5	4.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			640	15	*82	28.14	116.21	7.51	2.18	0.00
% of Calories					*51.3%	17.6%	72.6%	10.6%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

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Page 5

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Tue - 08/21/2018										
K-7 BREAKFAST MENU	Total	1								
CANADIAN BACON BREAKFAST WRAP	WRAP	1	406	323	*0	30.04	21.51	21.06	8.54	1.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			783	176	*79	42.61	115.10	16.04	6.20	0.50
% of Calories					*40.6%	21.8%	58.8%	18.4%	7.1%	0.6%
Nutrient Guideline			350-500						<10.00	

Wed - 08/22/2018										
K-7 BREAKFAST MENU	Total	1								
PEPPERONI & CHEESE BREADSTICK	BREADSTICK	1	276	29	*N/A*	12.59	32.04	10.59	5.29	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Page 6

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			703	*29	*77	33.44	116.81	10.81	4.58	0.00
% of Calories					*43.7%	19.0%	66.5%	13.8%	5.9%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 08/23/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT STRAW PARFAIT	PARFAIT	1	189	0	*11	4.54	43.1	0.72	0.10	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			746	15	*73	32.09	140.16	8.22	2.38	0.00
% of Calories					*39.2%	17.2%	75.1%	9.9%	2.9%	0.0%
Nutrient Guideline			350-500						<10.00	

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Washington County School District

Aug 13, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 7/26/2018 2:22:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/24/2018										
K-7 BREAKFAST MENU	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			735	33	*88	31.14	120.23	14.01	6.18	0.00
% of Calories					*47.8%	17.0%	65.5%	17.2%	7.6%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 08/27/2018										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	13	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Aug 13, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 7/26/2018 2:22:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			695	15	*87	29.14	127.21	8.51	2.18	0.00
% of Calories					*49.9%	16.8%	73.2%	11.0%	2.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Tue - 08/28/2018										
K-7 BREAKFAST MENU	Total	1								
CANADIAN BACON & EGG MUFFIN	1 Each	1	334	233	*4	21.14	28.36	15.21	7.62	0.32
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			727	132	*77	37.71	113.47	13.12	5.74	0.16
% of Calories					*42.5%	20.8%	62.4%	16.2%	7.1%	0.2%
Nutrient Guideline			350-500						<10.00	

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Washington County School District

Aug 13, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 7/26/2018 2:22:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/29/2018										
K-7 BREAKFAST MENU	Total	1								
SAUSAGE BREAKFAST PIZZA	SLICE	1	210	20	5	12.0	21.0	8.0	3.00	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			670	*25	*79	33.14	111.29	9.51	3.43	0.00
% of Calories					*47.4%	19.8%	66.4%	12.8%	4.6%	0.0%
Nutrient Guideline			350-500						<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/30/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
POP TART: CHOICE OF	1 EA	1	180	0	*N/A*	2.0	37.54	2.5	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Aug 13, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 7/26/2018 2:22:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			717	15	*67	30.82	135.18	7.06	2.50	0.00
% of Calories					*37.5%	17.2%	75.4%	8.9%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Fri - 08/31/2018										
K-7 BREAKFAST MENU	Total	1								
BREAD, ZUCCHINI OR BANANA-NEW	SLICE	1	280	35	21	5.0	46.5	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			750	40	*86	32.64	124.48	12.26	4.43	0.00
% of Calories					*45.8%	17.4%	66.4%	14.7%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

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Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 7/26/2018 2:22:12 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			685	*45	*77	31.39	116.89	10.13	3.64	0.04
					*100.8	18.3%	68.3%	13.3%	4.8%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	685		350 - 500	137%			185	Correction Required - Calories too High
Cholesterol (mg)	45				Missing			
Sugars (g)	77	44.80%			Missing			
Protein (g)	31.39	18.34%						
Carbohydrate (g)	116.89	68.29%						
Total Fat (g)	10.13	13.31%						
Saturated Fat (g)	3.64	4.79%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%						

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