

Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/12/2019																
SECONDARY BREAKFAST	Total	2295														
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	2.00	0.72	40.0	50	0.0	10	6.0	38.0	7.0	1.00	0.00
EGG PATTIES: SCRAMBLED P RE-COO	1 Each	1	60	175	135	0.00	0.72	20.0	0	1.2	*N/A*	5.0	1.0	3.5	1.50	0.00
SYRUP	1 EA	2250	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	685	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	38	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			500	16	515	3.81	0.72	428.8	701	108.83	*56	13.87	93.45	7.64	1.44	0.00
% of Calories											*44.9%	11.1%	74.7%	13.8%	2.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/13/2019																
SECONDARY BREAKFAST	Total	2109														
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0.72	100.0	400	0.0	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0.00	0.72	*N/A*	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1640	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	459	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	11	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			366	178	459	1.92	0.72	*495.7	*1031	*117.49	*45	15.82	50.57	9.44	3.78	0.00
% of Calories											*48.7%	17.3%	55.3%	23.2%	9.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/14/2019																
SECONDARY BREAKFAST	Total	1														
MAPLE BREAD STICK	SERVINGS	1	240	0	280	2.00	1.44	40.0	0	2.4	18	6.0	46.0	5.0	2.00	0.00
EGG PATTIES: SCRAMBLED P RE-COO	1 Each	1	60	175	135	0.00	0.72	20.0	0	1.2	*N/A*	5.0	1.0	3.5	1.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	215														
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	PC	100	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	85	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	171	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK 1% WHITE	CARTON	127	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		78	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Nutrient Guideline			288	7	236	3.73	0.57	413.4	780	82.91	*36	10.08	56.18	3.12	0.92	0.00
			450-600		640						*50.1%	14.0%	77.9%	9.7%	2.9%	0.0%
																<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/15/2019																
SECONDARY BREAKFAST	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	6.00	0.00	0.0	85	0.0	17	5.0	43.0	7.0	2.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	63	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			348	6	318	4.32	0.95	439.9	868	88.81	*38	11.50	65.27	5.18	1.22	*0.00
% of Calories											*43.5%	13.2%	75.0%	13.4%	3.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Fri - 08/16/2019																
SECONDARY BREAKFAST	Total	1														
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	1.00	0.00
DGFOR																
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	54														
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	17	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	45	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	8	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			388	6	416	5.10	5.32	601.3	1208	88.20	*45	11.08	78.44	4.03	0.85	0.00
% of Calories											*46.5%	11.4%	81.0%	9.4%	2.0%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Mon - 08/19/2019																
SECONDARY BREAKFAST	Total	1														
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2	2.0	12.0	3.0	0.00	0.00
EGG PATTIES: SCRAMBLED P RE-COO	1 Each	1	60	175	135	0.00	0.72	20.0	0	1.2	*N/A*	5.0	1.0	3.5	1.50	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	38	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			317	10	141	7.71	0.65	361.0	*827	*114.17	*41	8.80	70.54	1.89	0.79	0.00
% of Calories											*51.6%	11.1%	89.0%	5.4%	2.2%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/20/2019																
SECONDARY BREAKFAST	Total	1														
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	2.02	1.45	101.0	15	42.44	3	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			266	7	216	2.95	0.64	380.4	676	88.31	*33	8.67	50.81	3.67	1.21	0.00
% of Calories											*50.0%	13.0%	76.4%	12.4%	4.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/21/2019																
SECONDARY BREAKFAST	Total	1														
WG EGG & CHEESE BREAKFA	SERVING	1	210	55	340	4.00	1.80	100.0	500	15.0	1	10.0	28.0	7.0	3.50	0.00
ST BURR																
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	85	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	127	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	78	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			289	7	237	3.75	0.57	413.7	783	82.97	*36	10.09	56.21	3.13	0.93	0.00
% of Calories											*49.9%	14.0%	77.9%	9.8%	2.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/22/2019																
SECONDARY BREAKFAST	Total	1														
YOGURT STRAW PARFAIT	PARFAIT	1	243	0	123	3.26	1.09	313.9	17	23.0	*11	5.79	54.8	1.36	0.20	0.00
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	403	3.32	*N/A*	6.01	59.39	1.31	0.20	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
APPLESAUCE, W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	63	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			349	6	317	4.33	0.96	441.9	870	88.97	*38	11.53	65.60	5.15	1.21	*0.00
% of Calories											*43.3%	13.2%	75.2%	13.3%	3.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 08/23/2019																
SECONDARY BREAKFAST	Total	1														
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	1.08	20.0	125	0.0	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	54														
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	17	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	45	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	8	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			388	6	416	5.07	5.31	601.3	1209	88.18	*45	11.01	78.50	4.14	0.93	0.00
% of Calories											*46.7%	11.3%	80.9%	9.6%	2.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/26/2019																
SECONDARY BREAKFAST	Total	1														
PANCAKES	BAG	1	220	0	130	3.00	0.72	20.0	65	0.0	13	4.0	39.5	6.0	0.50	0.00
EGG PATTIES: SCRAMBLED P RE-COO	1 Each	1	60	175	135	0.00	0.72	20.0	0	1.2	*N/A*	5.0	1.0	3.5	1.50	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41														
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			320	10	141	7.76	0.65	361.0	829	114.17	*41	8.85	71.19	1.96	0.80	0.00
% of Calories											*51.4%	11.0%	88.9%	5.5%	2.2%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/27/2019																
SECONDARY BREAKFAST	Total	1														
BREAKFAST ON A STICK	1 EACH	1	205	20	375	1.00	1.08	20.0	38	0.0	8	6.0	19.5	11.0	3.00	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total	41														
TOAST	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	1 CUP	11	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
MILK : CHOCOLATE MILK FAT FREE	BOX	41	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK 1% WHITE	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average	CARTON	20	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
% of Calories			266	7	213	2.92	0.63	378.5	677	87.30	*33	8.57	50.77	3.69	1.18	0.00
Nutrient Guideline			450-600		640						*50.3%	12.9%	76.4%	12.5%	4.0%	0.0%
																<10.00

Wed - 08/28/2019																
SECONDARY BREAKFAST	Total	1														
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	400	0.0	1	10.0	14.0	9.0	3.50	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	215														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			288	8	236	3.73	0.57	413.5	782	82.90	*36 *50.1%	10.08 14.0%	56.03 77.9%	3.12 9.8%	0.92 2.9%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 08/29/2019																
SECONDARY BREAKFAST	Total	1														
MIXED BERRY SMOOTHIE: SEC	SERVING :10oz	1	259	5	117	5.60	0.00	354.1	395	1.65	*33	7.56	54.58	1.31	0.79	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Aug 12, 2019 thru Aug 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)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	63	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	94	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	53	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			348	6	324	4.32	0.95	440.8	873	88.81	*38	11.51	65.35	5.16	1.22	*0.00
% of Calories											*43.7%	13.2%	75.1%	13.3%	3.1%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 08/30/2019																
SECONDARY BREAKFAST	Total	1														
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	1.26	20.0	0	0.0	10	5.5	36.0	7.0	1.25	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	54														
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JELLY : VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	17	195	0	2	8.15	0.52	66.9	403	82.76	*22	2.43	50.3	0.63	0.13	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	45	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	8	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			389	6	416	5.09	5.33	598.4	1206	88.20	*45	11.02	78.89	4.03	0.81	0.00
% of Calories											*46.3%	11.3%	81.1%	9.3%	1.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			341	19	307	4.43	1.64	*451.3	*888	*94.01	*40	10.83	65.85	4.36	1.21	*0.00
											*106.8	12.7%	77.3%	11.5%	3.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	341		450 - 600	76%		109		Correction Required - Calories are Low
Cholesterol (mg)	19							
Sodium 1 (mg)	307		640					
Sodium 2 (mg)	307		570					
Fiber (g)	4.43							
Iron (mg)	1.64							
Calcium (mg)	451.3				Missing			
Vitamin A (IU)	888				Missing			
Sugars (g)	40	47.48%			Missing			
Vitamin C (mg)	94.01				Missing			
Protein (g)	10.83	12.72%						
Carbohydrate (g)	65.85	77.32%						
Total Fat (g)	4.36	11.51%						
Saturated Fat (g)	1.21	3.20%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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