

Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/01/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| PORK SAUSAGE BISCUIT SAND WICH | 1 EACH | 1 | 232 | 25 | 556 | 2.02 | 1.45 | 101.0 | 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 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | | | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 686 | 28 | 768 | 8.32 | 3.81 | 870.8 | *173.69 | *75 | 24.23 | 123.46 | 10.78 | 4.70 | 0.00 |
| % of Calories | | | | | | | | | | *43.8% | 14.1% | 72.0% | 14.2% | 6.2% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|-------|-----|------|-------|------|------|------|
| Wed - 12/02/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| TORNADO-EGG, SAUSAGE, CHE ESE | TORNADO | 1 | 180 | 30 | 280 | 2.00 | 1.44 | 40.0 | 1.2 | 1 | 7.0 | 22.0 | 7.0 | 1.50 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (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 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 673 | 30 | 699 | 7.41 | 3.80 | 854.3 | *184.08 | *76 | 23.81 | 125.53 | 9.29 | 3.18 | 0.00 |
| % of Calories | | | | | | | | | | *45.4% | 14.2% | 74.7% | 12.4% | 4.3% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| Thu - 12/03/2020 | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|---------|----|-----|------|------|-------|---------|--------|-------|--------|-------|--------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| YOGURT VAN. PEACH PARFAIT | PARFAIT | 1 | 260 | 0 | 128 | 3.66 | 1.23 | 311.1 | 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 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 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 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 738 | 15 | 632 | 7.24 | 3.93 | 986.4 | *149.80 | *72 | 23.59 | 144.91 | 8.29 | 3.23 | 0.00 |
| % of Calories | | | | | | | | | | *39.1% | 12.8% | 78.5% | 10.1% | 3.9% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/04/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| SPRINKLED DONUT: SFE | 1 EACH | 1 | 230 | 25 | 320 | 3.00 | 1.44 | 20.0 | 0.0 | 15 | 3.0 | 31.0 | 11.0 | 5.00 | 1.00 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | | | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 684 | 28 | 650 | 8.81 | 3.80 | 830.3 | *152.48 | *81 | 20.68 | 126.33 | 11.23 | 4.93 | 0.50 |
| % of Calories | | | | | | | | | | *47.3% | 12.1% | 73.8% | 14.8% | 6.5% | 0.7% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|-----|-----|-----|------|------|-------|-------|-------|------|-------|-----|------|------|
| Mon - 12/07/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| PANCAKES | BAG | 1 | 220 | 0 | 130 | 3.00 | 0.72 | 20.0 | 0.0 | 13 | 4.0 | 39.5 | 6.0 | 0.50 | 0.00 |
| SYRUP | 1 EA | 1 | 10 | 0 | 80 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| SCRAMBLED EGGS: SUNNY FR ESH | 1/4 CUP | 1 | 90 | 220 | 250 | 0.00 | 0.80 | 34.0 | 0.0 | *N/A* | 6.0 | 2.0 | 6.0 | 2.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (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 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 749 | 125 | 725 | 8.81 | 3.84 | 847.3 | *152.48 | *85 | 24.18 | 139.58 | 11.73 | 3.68 | 0.00 |
| % of Calories | | | | | | | | | | *45.4% | 12.9% | 74.5% | 14.1% | 4.4% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| Tue - 12/08/2020 | | | | | | | | | | | | | | | |
|---------------------------------|-----------------|---|---------|-----|-----|------|------|-------|---------|--------|-------|--------|-------|--------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| SCRAMBLED EGGS W/HAM:ELE | 1/2 CUP SERVING | 1 | 163 | 265 | 487 | 0.00 | 1.22 | 46.5 | 0.61 | *0 | 13.06 | 3.16 | 9.98 | 3.16 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 702 | 148 | 814 | 7.81 | 4.05 | 863.5 | *153.38 | *74 | 27.21 | 119.41 | 12.78 | 4.74 | 0.00 |
| % of Calories | | | | | | | | | | *42.2% | 15.5% | 68.0% | 16.4% | 6.1% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/09/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| BREAKFAST TAC-GO | TACO | 1 | 180 | 200 | 400 | 2.00 | 0.72 | 100.0 | 0.0 | 1 | 10.0 | 14.0 | 9.0 | 3.50 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | | | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | Total | 1 | | | | | | | | | | | | | |
| TOAST | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| JELLY: VARIETY PACK | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| MIXED FRUIT CUP | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 673 | 115 | 759 | 7.41 | 3.44 | 884.3 | *183.48 | *76 | 25.31 | 121.53 | 10.29 | 4.18 | 0.00 |
| % of Calories | | | | | | | | | | *45.4% | 15.1% | 72.3% | 13.8% | 5.6% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|--------------|---|-----|----|------|------|------|-------|-------|-----|------|-------|------|------|------|
| Thu - 12/10/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| MIXED BERRY SMOOTHIE: ELE | SERVING: 8oz | 1 | 188 | 4 | 85 | 4.06 | 0.00 | 257.1 | 1.2 | *24 | 5.49 | 39.63 | 0.95 | 0.57 | 0.00 |
| BUG BITES | BAG | 1 | 120 | 0 | 1151 | 1.00 | 0.72 | 100.0 | 0.0 | 8 | 2.0 | 21.0 | 3.5 | 1.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (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 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 693 | 17 | 1105 | 7.44 | 3.32 | 989.5 | *148.14 | *88 | 22.84 | 133.83 | 7.81 | 3.18 | 0.00 |
| % of Calories | | | | | | | | | | *50.6% | 13.2% | 77.3% | 10.1% | 4.1% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| Fri - 12/11/2020 | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|---------|----|-----|------|------|-------|---------|--------|-------|--------|-------|--------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| CRESCENT, FILLED | 1 EACH | 1 | 220 | 0 | 265 | 2.00 | 1.26 | 20.0 | 0.0 | 10 | 5.5 | 36.0 | 7.0 | 1.25 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 679 | 15 | 623 | 8.31 | 3.71 | 830.3 | *152.48 | *78 | 21.93 | 128.83 | 9.23 | 3.05 | 0.00 |
| % of Calories | | | | | | | | | | *46.1% | 12.9% | 75.9% | 12.2% | 4.0% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

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Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/14/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| FRENCH TOAST STICKS | 2 sticks | 1 | 240 | 10 | 260 | 2.00 | 0.72 | 40.0 | 0.0 | 10 | 6.0 | 38.0 | 7.0 | 1.00 | 0.00 |
| SYRUP | 1 EA | 1 | 10 | 0 | 80 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | | | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 714 | 20 | 665 | 8.31 | 3.44 | 840.3 | *152.48 | *84 | 22.18 | 137.83 | 9.23 | 2.93 | 0.00 |
| % of Calories | | | | | | | | | | *46.8% | 12.4% | 77.2% | 11.6% | 3.7% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|-----|-----|-----|------|------|-------|-------|-----|------|-------|------|------|------|
| Tue - 12/15/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| FIESTA CHEESE OMELET | 1 EA | 1 | 120 | 175 | 280 | 0.00 | 0.72 | 100.0 | 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* | 0 | 8.0 | 2.0 | 21.0 | 7.00 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (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 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 796 | 123 | 881 | 7.81 | 4.16 | *890.3 | *153.08 | *74 | 28.68 | 119.33 | 22.79 | 8.42 | 0.00 |
| % of Calories | | | | | | | | | | *37.2% | 14.4% | 60.0% | 25.8% | 9.5% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| Wed - 12/16/2020 | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|---------|----|-----|------|------|-------|---------|--------|-------|--------|-------|--------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| MAPLE SANDWICH | SERVINGS | 1 | 240 | 0 | 320 | 3.00 | 1.80 | 40.0 | 1.2 | 19 | 5.0 | 45.0 | 5.0 | 2.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 699 | 15 | 640 | 7.81 | 3.98 | 854.3 | *184.08 | *85 | 22.68 | 136.33 | 8.23 | 3.43 | 0.00 |
| % of Calories | | | | | | | | | | *48.6% | 13.0% | 78.0% | 10.6% | 4.4% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 11/16/2020 10:17:38 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/17/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| YOGURT: UPSTATE FARMS | SERVING | 1 | 90 | 0 | 75 | 0.00 | 0.00 | 300.0 | 0.6 | *N/A* | 3.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| UBR- OATMEAL CHOCOLATE CHI | 1 EACH | 1 | 260 | 5 | 190 | 6.00 | 0.00 | 0.0 | 0.0 | 17 | 5.0 | 43.0 | 7.0 | 2.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT BREAKFAST K-7 | | | | | | | | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 0.00 | 0.0 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 0.00 | 14.0 | 91.0 | 16 | 1.0 | 19.0 | 0.0 | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 713 | 18 | 620 | 7.91 | 2.96 | 960.9 | *147.84 | *80 | 23.09 | 134.51 | 9.08 | 3.39 | 0.00 |
| % of Calories | | | | | | | | | | *44.9% | 12.9% | 75.4% | 11.5% | 4.3% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|-----|----|-----|------|------|-------|-------|-----|------|-------|------|------|------|
| Fri - 12/18/2020 | | | | | | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | | | | | | |
| CINNAMON ROLL W. W.W. BRID | ROLL | 1 | 210 | 0 | 250 | 3.99 | 1.44 | 20.0 | 1.2 | 8 | 5.99 | 34.94 | 4.99 | 1.00 | 0.00 |
| GFOR | | | | | | | | | | | | | | | |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 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 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (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 | 105 | 0 | 175 | 2.00 | 4.95 | 175.0 | 4.8 | 7 | 1.0 | 23.0 | 1.75 | 0.25 | 0.00 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | 0.72 | 40.0 | 1.2 | *1 | 3.0 | 14.0 | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 9.4 | 0.0 | 0.00 | 0.00 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 0.00 | 0.0 | 60.0 | 14 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | 0.25 | 32.8 | 40.88 | *11 | 1.18 | 23.63 | 0.3 | 0.06 | 0.00 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 0.00 | 80.0 | *45.0 | 15 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 674 | 15 | 615 | 9.31 | 3.80 | 830.3 | *153.07 | *77 | 22.18 | 128.30 | 8.22 | 2.92 | 0.00 |
| % of Calories | | | | | | | | | | *46.0% | 13.2% | 76.1% | 11.0% | 3.9% | 0.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|--------|---------|--------|-------|--------|-------|------|------|
| Weighted Average | | | 705 | 51 | 728 | 8.05 | 3.72 | *880.9 | *160.04 | *79 | 23.76 | 129.98 | 10.64 | 4.00 | 0.04 |
| | | | | | | | | | | *100.8 | 13.5% | 73.7% | 13.6% | 5.1% | 0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 705 | | 375 - 500 | 141% | | | 205 | Correction Required - Calories too High |
| Cholesterol (mg) | 51 | | | | | | | |
| Sodium 1 (mg) | 728 | | 540 | | | | 188 | Correction Required - Sodium too High |
| Sodium 2 (mg) | 728 | | 485 | | | | 243 | Correction Required - Sodium too High |
| Fiber (g) | 8.05 | | | | | | | |
| Iron (mg) | 3.72 | | | | | | | |
| Calcium (mg) | 880.9 | | | | Missing | | | |
| Sugars (g) | 79 | 44.80% | | | Missing | | | |
| Vitamin C (mg) | 160.04 | | | | Missing | | | |
| Protein (g) | 23.76 | 13.47% | | | | | | |
| Carbohydrate (g) | 129.98 | 73.72% | | | | | | |
| Total Fat (g) | 10.64 | 13.58% | | | | | | |
| Saturated Fat (g) | 4.00 | 5.10% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.05% | | | | | | |

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