

Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/03/2020									
SECONDARY BREAKFAST	Total	1							
WAFFLE, BC	WAFFLE	1	80	5	105	2	2.0	12.0	3.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34	0.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			230	6	141	*31	7.63	48.07	1.61
% of Calories						*54.5%	13.3%	83.7%	6.3%
Nutrient Guideline			450-600		640				

Tue - 02/04/2020									
SECONDARY BREAKFAST	Total	1							
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	3	10.1	25.26	10.1
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5

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
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			238	7	215	*30	8.32	43.70	3.58
% of Calories						*50.9%	14.0%	73.3%	13.5%
Nutrient Guideline			450-600		640				

Wed - 02/05/2020									
SECONDARY BREAKFAST	Total	1							
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	170	30	280	1	7.0	22.0	6.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	215							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	100	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			249	7	235	*32	9.60	46.01	3.00
% of Calories						*51.0%	15.4%	74.0%	10.9%
Nutrient Guideline			450-600		640				

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/06/2020									
SECONDARY BREAKFAST	Total	1							
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	*N/A*	6.01	59.39	1.31
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	157							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	153	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			307	6	316	*33	11.00	54.92	5.01
% of Calories						*43.5%	14.3%	71.5%	14.7%
Nutrient Guideline			450-600		640				

Fri - 02/07/2020									
SECONDARY BREAKFAST	Total	1							
DONUT:SPRINKLED	DONUT	1	250	20	250	25	2.0	38.0	11.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	54							
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			355	6	412	*42	10.51	70.29	3.93
% of Calories						*47.2%	11.8%	79.2%	10.0%
Nutrient Guideline			450-600		640				

Mon - 02/10/2020									
SECONDARY BREAKFAST	Total	1							
PANCAKES	BAG	1	220	0	130	13	4.0	39.5	6.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			230	6	137	*32	7.60	48.17	1.59
% of Calories						*54.9%	13.2%	83.9%	6.2%
Nutrient Guideline			450-600		640				

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/11/2020									
SECONDARY BREAKFAST	Total	1							
BREAKFAST ON A STICK	1 EACH	1	205	20	375	8	6.0	19.5	11.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			238	7	213	*30	8.23	43.67	3.60
% of Calories						*51.2%	13.8%	73.4%	13.6%
Nutrient Guideline			450-600		640				

Wed - 02/12/2020									
SECONDARY BREAKFAST	Total	1							
BREAKFAST TAC-GO	TACO	1	180	200	400	1	10.0	14.0	9.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5

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ALT SEC BREAKFAST ME	Total	215							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	100	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			249	8	236	*32	9.62	45.98	3.01
% of Calories						*51.0%	15.5%	73.9%	10.9%
Nutrient Guideline			450-600		640				

Thu - 02/13/2020									
SECONDARY BREAKFAST	Total	1							
MIXED BERRY SMOOTHIE: SEC	SERVING:10oz	1	259	5	117	*33	7.56	54.58	1.31
BUG BITES	BAG	1	120	0	1151	8	2.0	21.0	3.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	157							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	153	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			307	6	322	*34	11.01	54.87	5.01
% of Calories						*43.9%	14.3%	71.5%	14.7%
Nutrient Guideline			450-600		640				

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Fri - 02/14/2020									
SECONDARY BREAKFAST	Total	1							
CRESCENT, FILLED	1 EACH	1	220	0	265	10	5.5	36.0	7.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	54							
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			357	6	415	*42	10.62	70.68	3.93
% of Calories						*46.6%	11.9%	79.2%	9.9%
Nutrient Guideline			450-600		640				

Tue - 02/18/2020									
SECONDARY BREAKFAST	Total	2109							
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0	8.0	1.0	9.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0	8.0	2.0	21.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
PEACH CUPS -DICED	1 CUP	2000	70	0	10	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	459	100	10	125	12	8.0	12.0	2.5

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			364	178	458	*44	15.81	50.13	9.44
% of Calories						*48.7%	17.4%	55.1%	23.4%
Nutrient Guideline			450-600		640				

Wed - 02/19/2020									
SECONDARY BREAKFAST	Total	1							
MAPLE BREADSTICK	2 SERVINGS	1	240	0	280	18	6.0	46.0	5.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	215							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	100	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			248	7	234	*32	9.58	46.01	2.98
% of Calories						*51.2%	15.4%	74.1%	10.8%
Nutrient Guideline			450-600		640				

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/20/2020									
SECONDARY BREAKFAST	Total	1							
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	*N/A*	3.0	19.0	0.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	17	5.0	43.0	7.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	157							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	153	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			308	6	317	*34	11.02	54.94	5.05
% of Calories						*43.6%	14.3%	71.4%	14.8%
Nutrient Guideline			450-600		640				

Fri - 02/21/2020									
SECONDARY BREAKFAST	Total	1							
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	8	5.99	34.94	4.99
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	54							
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			354	6	412	*42	10.58	70.24	3.82
% of Calories						*47.0%	11.9%	79.3%	9.7%
Nutrient Guideline			450-600		640				

Mon - 02/24/2020									
SECONDARY BREAKFAST	Total	1							
WAFFLE, BC	WAFFLE	1	80	5	105	2	2.0	12.0	3.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34	0.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			230	6	141	*31	7.63	48.07	1.61
% of Calories						*54.5%	13.3%	83.7%	6.3%
Nutrient Guideline			450-600		640				

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/25/2020									
SECONDARY BREAKFAST	Total	1							
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	3	10.1	25.26	10.1
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			238	7	215	*30	8.32	43.70	3.58
% of Calories						*50.9%	14.0%	73.3%	13.5%
Nutrient Guideline			450-600		640				

Wed - 02/26/2020									
SECONDARY BREAKFAST	Total	1							
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	170	30	280	1	7.0	22.0	6.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5

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Portion Values - Detailed

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ALT SEC BREAKFAST ME	Total	215							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	100	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			249	7	235	*32	9.60	46.01	3.00
% of Calories						*51.0%	15.4%	74.0%	10.9%
Nutrient Guideline			450-600		640				

Thu - 02/27/2020									
SECONDARY BREAKFAST	Total	1							
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	*N/A*	6.01	59.39	1.31
TOAST	SLICE	1	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	157							
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	153	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			307	6	316	*33	11.00	54.92	5.01
% of Calories						*43.5%	14.3%	71.5%	14.7%
Nutrient Guideline			450-600		640				

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/28/2020									
SECONDARY BREAKFAST	Total	1							
DONUT:SPRINKLED	DONUT	1	250	20	250	25	2.0	38.0	11.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	*11	1.21	25.15	0.32
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	54							
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0	1.75
TOAST	SLICE	20	103	0	161	*1	3.0	14.0	4.11
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			355	6	412	*42	10.51	70.29	3.93
% of Calories						*47.2%	11.8%	79.2%	10.0%
Nutrient Guideline			450-600		640				

Weighted Average			285	15	283	*35	9.90	53.19	3.83
						*109.3	13.9%	74.7%	12.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	285		450 - 600	63%		165		Correction Required - Calories are Low
Cholesterol (mg)	15							
Sodium 1 (mg)	283		640					
Sodium 2 (mg)	283		570					
Sugars (g)	35	48.60%			Missing			
Protein (g)	9.90	13.91%						
Carbohydrate (g)	53.19	74.70%						
Total Fat (g)	3.83	12.09%						

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.