

Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

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

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 - 01/06/2020									
K-7 BREAKFAST MENU	Total	1							
FRENCH TOAST STICKS	2 sticks	1	240	10	260	10	6.0	38.0	7.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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 BREAKFAST K-7	Total	1							
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: 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
Weighted Daily Average			715	20	666	*84	22.18	138.00	9.23
% of Calories						*46.7%	12.4%	77.2%	11.6%
Nutrient Guideline			375-500		540				

Tue - 01/07/2020									
K-7 BREAKFAST MENU	Total	1							
FIESTA CHEESE OMELET	1 EA	1	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
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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

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 BREAKFAST K-7	Total	1							
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
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			796	123	881	*74	28.68	119.33	22.79
% of Calories						*37.2%	14.4%	60.0%	25.8%
Nutrient Guideline			375-500		540				

Wed - 01/08/2020									
K-7 BREAKFAST MENU	Total	1							
MAPLE BREADSTICK	SERVING	1	120	0	140	9	3.0	23.0	2.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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 BREAKFAST K-7	Total	1							
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
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
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
Weighted Daily Average			639	15	550	*80	21.68	125.33	6.98
% of Calories						*50.1%	13.6%	78.4%	9.8%
Nutrient Guideline			375-500		540				

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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 - 01/09/2020									
K-7 BREAKFAST MENU	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
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 BREAKFAST K-7									
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
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
Weighted Daily Average			713	18	620	*80	23.09	134.51	9.08
% of Calories						*44.9%	12.9%	75.4%	11.5%
Nutrient Guideline			375-500		540				

Fri - 01/10/2020									
K-7 BREAKFAST MENU	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: 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 BREAKFAST K-7									
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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			674	15	615	*77	22.18	128.30	8.22
% of Calories						*46.0%	13.2%	76.1%	11.0%
Nutrient Guideline			375-500		540				

Mon - 01/13/2020									
K-7 BREAKFAST MENU	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0	0.0
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 BREAKFAST K-7	Total	1							
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: 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
Weighted Daily Average			635	18	588	*80	20.18	125.00	7.23
% of Calories						*50.1%	12.7%	78.8%	10.2%
Nutrient Guideline			375-500		540				

Tue - 01/14/2020									
K-7 BREAKFAST MENU	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: 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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT BREAKFAST K-7	Total	1							
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
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			686	28	768	*75	24.23	123.46	10.78
% of Calories						*43.8%	14.1%	72.0%	14.2%
Nutrient Guideline			375-500		540				

Wed - 01/15/2020									
K-7 BREAKFAST MENU	Total	1							
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	170	30	280	1	7.0	22.0	6.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
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 BREAKFAST K-7	Total	1							
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
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
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
Weighted Daily Average			664	30	620	*76	23.68	124.83	8.73
% of Calories						*45.8%	14.3%	75.2%	11.8%
Nutrient Guideline			375-500		540				

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Thu - 01/16/2020									
K-7 BREAKFAST MENU	Total	1							
YOGURT STRAW PARFAIT	PARFAIT	1	219	0	122	*N/A*	*5.5	48.15	1.28
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
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 BREAKFAST K-7									
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
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
Weighted Daily Average			848	15	693	*72	*26.34	168.99	8.93
% of Calories						*34.0%	*12.4%	79.7%	9.5%
Nutrient Guideline			375-500		540				

Fri - 01/17/2020									
K-7 BREAKFAST MENU	Total	1							
DONUT:SPRINKLED	DONUT	1	250	20	250	25	2.0	38.0	11.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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

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ALT BREAKFAST K-7	Total	1							
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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			694	25	615	*86	20.18	129.83	11.23
% of Calories						*49.5%	11.6%	74.8%	14.6%
Nutrient Guideline			375-500		540				

Tue - 01/21/2020									
K-7 BREAKFAST MENU	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: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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 BREAKFAST K-7	Total	1							
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
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			677	25	718	*77	22.18	122.75	11.23
% of Calories						*45.6%	13.1%	72.5%	14.9%
Nutrient Guideline			375-500		540				

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Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

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

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)
Wed - 01/22/2020									
K-7 BREAKFAST MENU	Total	1							
BREAKFAST TAC-GO	TACO	1	180	200	400	1	10.0	14.0	9.0
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	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 BREAKFAST K-7	Total	1							
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
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
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
Weighted Daily Average			674	115	747	*76	25.63	121.72	10.23
% of Calories						*45.1%	15.2%	72.3%	13.7%
Nutrient Guideline			375-500		540				

Thu - 01/23/2020									
K-7 BREAKFAST MENU	Total	1							
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	188	4	85	*24	5.49	39.63	0.95
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 BREAKFAST K-7	Total	1							
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
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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Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

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

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)
Weighted Daily Average			693	17	1105	*88	22.84	133.83	7.81
% of Calories						*50.6%	13.2%	77.3%	10.1%
Nutrient Guideline			375-500		540				

Fri - 01/24/2020									
K-7 BREAKFAST MENU	Total	1							
CRESCENT, FILLED	1 EACH	1	220	0	265	10	5.5	36.0	7.0
CRESCENT, FILLED, GRAPE	1 EACH	1	210	0	260	9	5.0	35.0	6.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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 BREAKFAST K-7	Total	1							
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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			784	15	753	*83	24.43	146.33	12.23
% of Calories						*42.2%	12.5%	74.6%	14.0%
Nutrient Guideline			375-500		540				

Mon - 01/27/2020									
K-7 BREAKFAST MENU	Total	1							
FRENCH TOAST STICKS	2 sticks	1	240	10	260	10	6.0	38.0	7.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34	0.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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

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Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

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

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 BREAKFAST K-7	Total	1							
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: 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
Weighted Daily Average			715	20	666	*84	22.18	138.00	9.23
% of Calories						*46.7%	12.4%	77.2%	11.6%
Nutrient Guideline			375-500		540				

Tue - 01/28/2020									
K-7 BREAKFAST MENU	Total	1							
FIESTA CHEESE OMELET	1 EA	1	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
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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 BREAKFAST K-7	Total	1							
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
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			796	123	881	*74	28.68	119.33	22.79
% of Calories						*37.2%	14.4%	60.0%	25.8%
Nutrient Guideline			375-500		540				

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Washington County School District

Jan 6, 2020 thru Jan 31, 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/29/2020									
K-7 BREAKFAST MENU	Total	1							
MAPLE BREADSTICK	SERVING	1	120	0	140	9	3.0	23.0	2.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63	0.3
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 BREAKFAST K-7									
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
MIXED FRUIT CUP	SERVINGS	1	80	0	0	16	1.0	19.0	0.0
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
Weighted Daily Average			639	15	550	*80	21.68	125.33	6.98
% of Calories						*50.1%	13.6%	78.4%	9.8%
Nutrient Guideline			375-500		540				

Thu - 01/30/2020									
K-7 BREAKFAST MENU	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
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 BREAKFAST K-7									
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
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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Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

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

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)
Weighted Daily Average			713	18	620	*80	23.09	134.51	9.08
% of Calories						*44.9%	12.9%	75.4%	11.5%
Nutrient Guideline			375-500		540				

Fri - 01/31/2020									
K-7 BREAKFAST MENU	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: 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 BREAKFAST K-7	Total	1							
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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0	0.0
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
Weighted Daily Average			674	15	615	*77	22.18	128.30	8.22
% of Calories						*46.0%	13.2%	76.1%	11.0%
Nutrient Guideline			375-500		540				

Weighted Average			707	35	698	*79	*23.44	130.93	10.58
						*100.7	*13.3%	74.1%	13.5%

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Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Sugars (g) Overage	Protn (g) Overage	Carb (g) Overage	T-Fat (g) Overage	Error Messages (if any)
Calories	707		375 - 500	141%				207				Correction Required - Calories too High
Cholesterol (mg)	35											
Sodium 1 (mg)	698		540					158				Correction Required - Sodium too High
Sodium 2 (mg)	698		485					213				Correction Required - Sodium too High
Sugars (g)	79	44.75%			Missing							
Protein (g)	23.44	13.26%			Missing							
Carbohydrate (g)	130.93	74.10%										
Total Fat (g)	10.58	13.47%										

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