

# Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/05/2023			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP TOAST	1 EACH SLICE	1	43.0
JELLY: VARIETY PACK	PC	1	14.0
JUICE : VARIETY SUNCUP	BOX	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	25.15
MILK 1% WHITE	CARTON	1	20.0
ALT SEC BREAKFAST ME	Total	1	13.0
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.88
% of Calories			74.2%
Nutrient Guideline			

Fri - 01/06/2023			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.11
% of Calories			75.1%
Nutrient Guideline			

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

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 01/09/2023</b>			
SECONDARY BREAKFAST	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
SYRUP	1 EA	1	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.33
% of Calories			76.8%
Nutrient Guideline			

<b>Tue - 01/10/2023</b>			
SECONDARY BREAKFAST	Total	1	
BREAKFAST BITES, MINI, APPLE, PEACH CUPS -DICED	SERVINGS	1	40.98
JUICE : VARIETY SUNCUP	1 CUP	1	18.0
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.10
% of Calories			72.9%
Nutrient Guideline			

<b>Wed - 01/11/2023</b>			
SECONDARY BREAKFAST	Total	1	
PANCAKE & SAUSAGE BITES	4 BITES	1	24.67
SYRUP	1 EA	1	4.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

\*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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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			117.94
% of Calories			73.6%
Nutrient Guideline			

Thu - 01/12/2023			
SECONDARY BREAKFAST	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.38
% of Calories			76.3%
Nutrient Guideline			

Fri - 01/13/2023			
SECONDARY BREAKFAST	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
TOAST	SLICE	1	14.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			126.11
% of Calories			71.4%
Nutrient Guideline			

Tue - 01/17/2023			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
SYRUP	1 EA	1	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.81
% of Calories			69.8%
Nutrient Guideline			

Wed - 01/18/2023			
SECONDARY BREAKFAST	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			117.01
% of Calories			63.2%
Nutrient Guideline			

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 01/19/2023</b>			
SECONDARY BREAKFAST SMOOTHIE	Total SMOOTHIES	1	35.5
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.67
% of Calories			77.9%
Nutrient Guideline			

<b>Fri - 01/20/2023</b>			
SECONDARY BREAKFAST CRESCENT, FILLED	Total 1 EACH	1	37.0
TOAST	SLICE	1	14.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			129.11
% of Calories			73.1%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 01/23/2023</b>			
SECONDARY BREAKFAST	Total	2295	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			0.13
% of Calories			75.6%
Nutrient Guideline			

<b>Tue - 01/24/2023</b>			
SECONDARY BREAKFAST	Total	1	
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITE	1	2.98
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.80
% of Calories			69.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 01/25/2023</b>			
SECONDARY BREAKFAST	Total	1	
BERRIES AND CREAM TWIN, WG	SERVINGS	1	36.0
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.61
% of Calories			73.1%
Nutrient Guideline			

<b>Thu - 01/26/2023</b>			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.88
% of Calories			74.2%
Nutrient Guideline			

<b>Fri - 01/27/2023</b>			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.11
% of Calories			75.1%
Nutrient Guideline			

Mon - 01/30/2023			
SECONDARY BREAKFAST	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
SYRUP	1 EA	1	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.33
% of Calories			76.8%
Nutrient Guideline			

Tue - 01/31/2023			
SECONDARY BREAKFAST	Total	1	
BREAKFAST BITES, MINI, APPLE,	SERVINGS	1	40.98
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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# Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.10
% of Calories			72.9%
Nutrient Guideline			

Weighted Average			119.19
			73.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	119.19	73.19%						

*\*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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