

Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/01/2019										
K-7 BREAKFAST MENU	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	25	2.0	38.0	11.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			735	33	822	3.56	*88	31.14	120.23	14.01
% of Calories							*47.8%	17.0%	65.5%	17.2%
Nutrient Guideline			375-500		540					

Mon - 03/04/2019										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	130	3.00	13	4.0	39.5	6.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			695	15	718	5.06	*87	29.14	127.21	8.51
% of Calories							*49.9%	16.8%	73.2%	11.0%
Nutrient Guideline			375-500		540					

Tue - 03/05/2019										
K-7 BREAKFAST MENU	Total	1								
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	143	263	461	0.00	*0	13.51	2.61	8.53
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	1	2.0	27.0	11.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0

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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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			809	147	1341	5.06	*80	36.40	125.26	17.34
% of Calories							*39.8%	18.0%	62.0%	19.3%
Nutrient Guideline			375-500		540					

Wed - 03/06/2019										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	1	10.0	14.0	9.0
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			659	*115	*863	3.01	*77	32.59	108.68	10.01
% of Calories							*46.9%	19.8%	65.9%	13.7%
Nutrient Guideline			375-500		540					

Thu - 03/07/2019										
K-7 BREAKFAST MENU	Total	1								
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	*N/A*	6.01	59.39	1.31
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	*6	1.18	23.62	0.29
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	*6	1.18	23.62	0.29
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			763	15	742	7.69	*68	32.83	143.60	8.52
% of Calories							*35.5%	17.2%	75.3%	10.0%
Nutrient Guideline			375-500		540					

Fri - 03/08/2019										
K-7 BREAKFAST MENU	Total	1								
BREAD, ZUCCHINI OR BANANA-NEW	SLICE	1	280	35	210	3.00	21	5.0	46.5	7.5
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			750	40	802	4.06	*86	32.64	124.48	12.26
% of Calories							*45.8%	17.4%	66.4%	14.7%
Nutrient Guideline			375-500		540					

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Mon - 03/18/2019										
K-7 BREAKFAST MENU	Total	1								
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	150	2.50	4	2.0	17.5	4.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			640	15	728	4.81	*82	28.14	116.21	7.51
% of Calories							*51.3%	17.6%	72.6%	10.6%
Nutrient Guideline			375-500		540					

Tue - 03/19/2019										
K-7 BREAKFAST MENU	Total	1								
CANADIAN BACON BREAKFAST WRAP	WRAP	1	406	323	1466	4.00	*0	30.04	21.51	21.06
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			783	176	1604	6.01	*79	42.61	115.10	16.04
% of Calories							*40.6%	21.8%	58.8%	18.4%
Nutrient Guideline			375-500		540					

Wed - 03/20/2019										
K-7 BREAKFAST MENU	Total	1								
PEPPERONI & CHEESE BREADSTICK	BREADSTICK	1	276	29	566	3.00	*N/A*	12.59	32.04	10.59
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			703	*29	*880	3.06	*77	33.44	116.81	10.81
% of Calories							*43.7%	19.0%	66.5%	13.8%
Nutrient Guideline			375-500		540					

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/21/2019										
K-7 BREAKFAST MENU	Total	1								
YOGURT STRAW PARFAIT	PARFAIT	1	243	0	123	3.26	*11	5.79	54.8	1.36
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	*6	1.18	23.62	0.29
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	*6	1.18	23.62	0.29
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			773	15	740	7.49	*73	32.72	146.00	8.54
% of Calories							*37.8%	16.9%	75.5%	9.9%
Nutrient Guideline			375-500		540					

Fri - 03/22/2019										
K-7 BREAKFAST MENU	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	25	2.0	38.0	11.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			735	33	822	3.56	*88	31.14	120.23	14.01
% of Calories							*47.8%	17.0%	65.5%	17.2%
Nutrient Guideline			375-500		540					

Mon - 03/25/2019										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	130	3.00	13	4.0	39.5	6.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			695	15	718	5.06	*87	29.14	127.21	8.51
% of Calories							*49.9%	16.8%	73.2%	11.0%
Nutrient Guideline			375-500		540					

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/26/2019										
K-7 BREAKFAST MENU	Total	1								
CANADIAN BACON & EGG MUFFIN	1 Each	1	334	233	1209	4.00	*4	21.14	28.36	15.21
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			727	132	1211	5.56	*77	37.71	113.47	13.12
% of Calories							*42.5%	20.8%	62.4%	16.2%
Nutrient Guideline			375-500		540					

Wed - 03/27/2019										
K-7 BREAKFAST MENU	Total	1								
SAUSAGE BREAKFAST PIZZA	SLICE	1	210	20	260	2.00	5	12.0	21.0	8.0
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Base Menu Spreadsheet

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Portion Values - Detailed

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			670	*25	*727	2.56	*79	33.14	111.29	9.51
% of Calories							*47.4%	19.8%	66.4%	12.8%
Nutrient Guideline			375-500		540					

Thu - 03/28/2019										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	*N/A*	3.0	19.0	0.0
POP TART: CHOICE OF	1 EA	1	180	0	185	3.00	*N/A*	2.0	37.54	2.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	*6	1.18	23.62	0.29
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	*6	1.18	23.62	0.29
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			717	15	728	6.87	*67	30.82	135.18	7.06
% of Calories							*37.5%	17.2%	75.4%	8.9%
Nutrient Guideline			375-500		540					

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Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/29/2019										
K-7 BREAKFAST MENU	Total	1								
BREAD, ZUCCHINI OR BANANA-NEW	SLICE	1	280	35	210	3.00	21	5.0	46.5	7.5
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			750	40	802	4.06	*86	32.64	124.48	12.26
% of Calories							*45.8%	17.4%	66.4%	14.7%
Nutrient Guideline			375-500		540					

Weighted Average			725	*54	*890	4.84	*80	32.89	123.46	11.13
							*99.4%	18.1%	68.1%	13.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	725		375 - 500	145%			225	Correction Required - Calories too High
Cholesterol (mg)	54				Missing			
Sodium 1 (mg)	890		540		Missing		350	Correction Required - Sodium too High
Sodium 2 (mg)	890		485		Missing		405	Correction Required - Sodium too High
Fiber (g)	4.84							
Sugars (g)	80	44.18%			Missing			
Protein (g)	32.89	18.14%						
Carbohydrate (g)	123.46	68.09%						
Total Fat (g)	11.13	13.81%						

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