

Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/01/2019										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	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			468	21	602	5.02	*43	17.47	77.64	10.18
% of Calories							*36.8%	14.9%	66.3%	19.6%
Nutrient Guideline			450-600		640					

Mon - 03/04/2019										
SECONDARY BREAKFAST	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	366	7.55	*35	16.88	72.85	7.72
% of Calories							*34.1%	16.4%	70.6%	16.8%
Nutrient Guideline			450-600		640					

Tue - 03/05/2019										
SECONDARY BREAKFAST	Total	1								
SCRAMBLED EGGS W/HAM:SEC	3/4 cup	1	191	350	613	0.00	*0	17.97	3.47	11.35
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 SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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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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 % of Calories			370	30	468	2.78	*34 *36.6%	17.16 18.6%	53.54 57.9%	9.99 24.3%
Nutrient Guideline			450-600		640					

Wed - 03/06/2019										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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 % of Calories			369	*22	*436	3.69	*33 *35.6%	16.33 17.7%	56.40 61.2%	8.93 21.8%
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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/07/2019										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
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 SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			331	21	363	3.34	*34	15.03	52.37	6.99
% of Calories							*40.9%	18.2%	63.4%	19.0%
Nutrient Guideline			450-600		640					

Fri - 03/08/2019										
SECONDARY BREAKFAST	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

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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 SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	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			469	21	601	5.04	*43	17.52	77.79	10.12
% of Calories							*36.7%	14.9%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Mon - 03/18/2019										
SECONDARY BREAKFAST	Total	1								
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	300	5.00	7	4.0	35.0	8.0
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 SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	370	7.60	*35	16.88	72.75	7.77
% of Calories							*33.9%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

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Tue - 03/19/2019										
SECONDARY BREAKFAST	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
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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			367	29	477	2.82	*34	17.35	53.04	9.86
% of Calories							*36.8%	18.9%	57.8%	24.2%
Nutrient Guideline			450-600		640					

Wed - 03/20/2019										
SECONDARY BREAKFAST	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

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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 SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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			369	*21	*436	3.69	*33	16.34	56.48	8.93
% of Calories							*35.5%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

Thu - 03/21/2019										
SECONDARY BREAKFAST	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
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
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 SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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: 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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			331	21	363	3.34	*34 *41.0%	15.03 18.2%	52.34 63.3%	6.99 19.0%
Nutrient Guideline			450-600		640					

Fri - 03/22/2019										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	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 % of Calories			468	21	602	5.02	*43 *36.8%	17.47 14.9%	77.64 66.3%	10.18 19.6%
Nutrient Guideline			450-600		640					

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/25/2019										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	366	7.55	*35	16.88	72.85	7.72
% of Calories							*34.1%	16.4%	70.6%	16.8%
Nutrient Guideline			450-600		640					

Tue - 03/26/2019										
SECONDARY BREAKFAST	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

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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			365	27	458	2.80	*34	17.11	52.96	9.73
% of Calories							*36.9%	18.8%	58.1%	24.0%
Nutrient Guideline			450-600		640					

Wed - 03/27/2019										
SECONDARY BREAKFAST	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
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	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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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			369	*21	*435	3.68	*33	16.33	56.43	8.92
% of Calories							*35.6%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

Thu - 03/28/2019										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
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 SEC BREAKFAST ME	Total	157								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			330	21	363	3.33	*34	15.00	52.20	6.97
% of Calories							*41.0%	18.2%	63.3%	19.0%
Nutrient Guideline			450-600		640					

Fri - 03/29/2019										
SECONDARY BREAKFAST	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

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	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			469	21	601	5.04	*43	17.52	77.79	10.12
% of Calories							*36.7%	14.9%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Weighted Average			394	*23	*457	4.52	*36	16.64	63.44	8.82
							*82.5%	16.9%	64.3%	20.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	394		450 - 600	88%		56		Correction Required - Calories are Low
Cholesterol (mg)	23				Missing			
Sodium 1 (mg)	457		640		Missing			
Sodium 2 (mg)	457		570		Missing			
Fiber (g)	4.52							
Sugars (g)	36	36.69%			Missing			
Protein (g)	16.64	16.88%						
Carbohydrate (g)	63.44	64.33%						
Total Fat (g)	8.82	20.12%						

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