

Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/18/2020 12:21:50 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Mon - 03/02/2020 | | | | | | | | | | |
| 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 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 705 | 15 | 601 | 8.81 | *85 | 21.18 | 138.75 | 8.73 |
| % of Calories | | | | | | | *48.2% | 12.0% | 78.7% | 11.1% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|-------|------|-------|------|
| Tue - 03/03/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| BREAKFAST ON A STICK | 1 EACH | 1 | 205 | 20 | 375 | 1.00 | 8 | 6.0 | 19.5 | 11.0 |
| SYRUP | 1 EA | 1 | 11 | 0 | 81 | 0.00 | *N/A* | 0.0 | 4.34 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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.

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

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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 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 677 | 25 | 718 | 7.81 | *77 | 22.18 | 122.75 | 11.23 |
| % of Calories | | | | | | | *45.6% | 13.1% | 72.5% | 14.9% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Wed - 03/04/2020 | | | | | | | | | | |
|--------------------------------|----------|---|---------|-----|-----|------|--------|-------|--------|-------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| BREAKFAST TAC-GO | TACO | 1 | 180 | 200 | 400 | 2.00 | 1 | 10.0 | 14.0 | 9.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| SALSA PICANTE | 1 OZ | 1 | 9 | 0 | 133 | 0.89 | 0 | 0.89 | 1.77 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 674 | 115 | 747 | 7.76 | *76 | 25.63 | 121.72 | 10.23 |
| % of Calories | | | | | | | *45.1% | 15.2% | 72.3% | 13.7% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

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.

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Portion Values - Detailed

Page 3

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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 - 03/05/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| MIXED BERRY SMOOTHIE: ELE | SERVING:8oz | 1 | 188 | 4 | 85 | 4.06 | *24 | 5.49 | 39.63 | 0.95 |
| BUG BITES | BAG | 1 | 120 | 0 | 1151 | 1.00 | 8 | 2.0 | 21.0 | 3.5 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 693 | 17 | 1105 | 7.44 | *88 | 22.84 | 133.83 | 7.81 |
| % of Calories | | | | | | | *50.6% | 13.2% | 77.3% | 10.1% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|-------|------|-------|------|
| Fri - 03/06/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| CRESCENT, FILLED | 1 EACH | 1 | 220 | 0 | 265 | 2.00 | 10 | 5.5 | 36.0 | 7.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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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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 | | | 679 | 15 | 623 | 8.31 | *78 | 21.93 | 128.83 | 9.23 |
| % of Calories | | | | | | | *46.1% | 12.9% | 75.9% | 12.2% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Mon - 03/09/2020 | | | | | | | | | | |
|--------------------------------|----------|---|---------|----|-----|------|--------|-------|--------|-------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| FRENCH TOAST STICKS | 2 sticks | 1 | 240 | 10 | 260 | 2.00 | 10 | 6.0 | 38.0 | 7.0 |
| SYRUP | 1 EA | 1 | 11 | 0 | 81 | 0.00 | *N/A* | 0.0 | 4.34 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 715 | 20 | 666 | 8.31 | *84 | 22.18 | 138.00 | 9.23 |
| % of Calories | | | | | | | *46.7% | 12.4% | 77.2% | 11.6% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Tue - 03/10/2020 | | | | | | | | | | |
|--------------------------------|---------|---|-----|-----|-----|------|-----|------|-------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| FIESTA CHEESE OMELET | 1 EA | 1 | 120 | 175 | 280 | 0.00 | 0 | 8.0 | 1.0 | 9.0 |
| SAUSAGE LINK - CLOVERDALE | SERVING | 1 | 230 | 40 | 340 | 0.00 | 0 | 8.0 | 2.0 | 21.0 |
| 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 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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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 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 796 | 123 | 881 | 7.81 | *74 | 28.68 | 119.33 | 22.79 |
| % of Calories | | | | | | | *37.2% | 14.4% | 60.0% | 25.8% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Wed - 03/11/2020 | | | | | | | | | | |
|--------------------------------|----------|---|---------|----|-----|------|--------|-------|--------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| MAPLE BREADSTICK | SERVING | 1 | 120 | 0 | 140 | 1.00 | 9 | 3.0 | 23.0 | 2.5 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 639 | 15 | 550 | 6.81 | *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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Generated on: 2/18/2020 12:21:50 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Thu - 03/12/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| YOGURT: UPSTATE FARMS | SERVING | 1 | 90 | 0 | 75 | 0.00 | *N/A* | 3.0 | 19.0 | 0.0 |
| UBR- OATMEAL CHOCOLATE CHIP | 1 EACH | 1 | 260 | 5 | 190 | 6.00 | 17 | 5.0 | 43.0 | 7.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 713 | 18 | 620 | 7.91 | *80 | 23.09 | 134.51 | 9.08 |
| % of Calories | | | | | | | *44.9% | 12.9% | 75.4% | 11.5% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|-------|------|-------|------|
| Fri - 03/13/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| CINNAMON ROLL W. W.W. BRIDGFOR | ROLL | 1 | 210 | 0 | 250 | 3.99 | 8 | 5.99 | 34.94 | 4.99 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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.

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Washington County School District

Mar 2, 2020 thru Mar 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) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average | | | 674 | 15 | 615 | 9.31 | *77 | 22.18 | 128.30 | 8.22 |
| % of Calories | | | | | | | *46.0% | 13.2% | 76.1% | 11.0% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Mon - 03/23/2020 | | | | | | | | | | |
|--------------------------------|---------|---|---------|----|-----|------|--------|-------|--------|-------|
| 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 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 705 | 15 | 601 | 8.81 | *85 | 21.18 | 138.75 | 8.73 |
| % of Calories | | | | | | | *48.2% | 12.0% | 78.7% | 11.1% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Tue - 03/24/2020 | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|-------|------|-------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| BREAKFAST ON A STICK | 1 EACH | 1 | 205 | 20 | 375 | 1.00 | 8 | 6.0 | 19.5 | 11.0 |
| SYRUP | 1 EA | 1 | 11 | 0 | 81 | 0.00 | *N/A* | 0.0 | 4.34 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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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Washington County School District

Mar 2, 2020 thru Mar 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) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 677 | 25 | 718 | 7.81 | *77 | 22.18 | 122.75 | 11.23 |
| % of Calories | | | | | | | *45.6% | 13.1% | 72.5% | 14.9% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Wed - 03/25/2020 | | | | | | | | | | |
|--------------------------------|----------|---|---------|-----|-----|------|--------|-------|--------|-------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| BREAKFAST TAC-GO | TACO | 1 | 180 | 200 | 400 | 2.00 | 1 | 10.0 | 14.0 | 9.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| SALSA PICANTE | 1 OZ | 1 | 9 | 0 | 133 | 0.89 | 0 | 0.89 | 1.77 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 674 | 115 | 747 | 7.76 | *76 | 25.63 | 121.72 | 10.23 |
| % of Calories | | | | | | | *45.1% | 15.2% | 72.3% | 13.7% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Mar 2, 2020 thru Mar 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) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Thu - 03/26/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| MIXED BERRY SMOOTHIE: ELE | SERVING:8oz | 1 | 188 | 4 | 85 | 4.06 | *24 | 5.49 | 39.63 | 0.95 |
| BUG BITES | BAG | 1 | 120 | 0 | 1151 | 1.00 | 8 | 2.0 | 21.0 | 3.5 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| MIXED FRUIT CUP | SERVINGS | 1 | 80 | 0 | 0 | 1.00 | 16 | 1.0 | 19.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 693 | 17 | 1105 | 7.44 | *88 | 22.84 | 133.83 | 7.81 |
| % of Calories | | | | | | | *50.6% | 13.2% | 77.3% | 10.1% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|-------|------|-------|------|
| Fri - 03/27/2020 | | | | | | | | | | |
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| CRESCENT, FILLED | 1 EACH | 1 | 220 | 0 | 265 | 2.00 | 10 | 5.5 | 36.0 | 7.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEAR CUPS- CUP -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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Mar 2, 2020 thru Mar 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) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average | | | 679 | 15 | 623 | 8.31 | *78 | 21.93 | 128.83 | 9.23 |
| % of Calories | | | | | | | *46.1% | 12.9% | 75.9% | 12.2% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Mon - 03/30/2020 | | | | | | | | | | |
|--------------------------------|----------|---|---------|----|-----|------|--------|-------|--------|-------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| FRENCH TOAST STICKS | 2 sticks | 1 | 240 | 10 | 260 | 2.00 | 10 | 6.0 | 38.0 | 7.0 |
| SYRUP | 1 EA | 1 | 11 | 0 | 81 | 0.00 | *N/A* | 0.0 | 4.34 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| CINNAMON APPLESAUCE CUPS | 1 EACH | 1 | 90 | 0 | 15 | 2.00 | 19 | 0.0 | 22.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 715 | 20 | 666 | 8.31 | *84 | 22.18 | 138.00 | 9.23 |
| % of Calories | | | | | | | *46.7% | 12.4% | 77.2% | 11.6% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| Tue - 03/31/2020 | | | | | | | | | | |
|--------------------------------|---------|---|-----|-----|-----|------|-----|------|-------|------|
| K-7 BREAKFAST MENU | Total | 1 | | | | | | | | |
| FIESTA CHEESE OMELET | 1 EA | 1 | 120 | 175 | 280 | 0.00 | 0 | 8.0 | 1.0 | 9.0 |
| SAUSAGE LINK - CLOVERDALE | SERVING | 1 | 230 | 40 | 340 | 0.00 | 0 | 8.0 | 2.0 | 21.0 |
| 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 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |

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.

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Washington County School District

Mar 2, 2020 thru Mar 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) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT BREAKFAST K-7 | Total | 1 | | | | | | | | |
| BREAKFAST CEREAL-ALL | BOWL | 1 | 105 | 0 | 175 | 2.00 | 7 | 1.0 | 23.0 | 1.75 |
| TOAST | SLICE | 1 | 103 | 0 | 161 | 1.00 | *1 | 3.0 | 14.0 | 4.11 |
| JELLY: VARIETY PACK | PC | 1 | 37 | 0 | 0 | 0.00 | *N/A* | 0.0 | 9.4 | 0.0 |
| PEACH CUPS -DICED | 1 CUP | 1 | 70 | 0 | 10 | 2.00 | 14 | 0.0 | 16.0 | 0.0 |
| BREAKFAST FRUIT BASKET: ELE | 1/2 CUP | 1 | 92 | 0 | 1 | 3.81 | *11 | 1.18 | 23.63 | 0.3 |
| JUICE : VARIETY SUNCUP | BOX | 1 | 65 | 0 | 6 | 0.00 | 15 | 0.0 | 16.0 | 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 |
| Weighted Daily Average | | | 796 | 123 | 881 | 7.81 | *74 | 28.68 | 119.33 | 22.79 |
| % of Calories | | | | | | | *37.2% | 14.4% | 60.0% | 25.8% |
| Nutrient Guideline | | | 375-500 | | 540 | | | | | |

| | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|--------|-------|--------|-------|
| Weighted Average | | | 700 | 42 | 733 | 8.03 | *80 | 23.31 | 129.09 | 10.75 |
| | | | | | | | *102.9 | 13.3% | 73.7% | 13.8% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 700 | | 375 - 500 | 140% | | | 200 | Correction Required - Calories too High |
| Cholesterol (mg) | 42 | | | | | | | |
| Sodium 1 (mg) | 733 | | 540 | | | | 193 | Correction Required - Sodium too High |
| Sodium 2 (mg) | 733 | | 485 | | | | 248 | Correction Required - Sodium too High |
| Fiber (g) | 8.03 | | | | | | | |
| Sugars (g) | 80 | 45.73% | | | Missing | | | |
| Protein (g) | 23.31 | 13.31% | | | | | | |
| Carbohydrate (g) | 129.09 | 73.75% | | | | | | |
| Total Fat (g) | 10.75 | 13.82% | | | | | | |

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