

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

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	Portion Size	Reimb Qty	Carb (g)
Mon - 03/02/2020			
K-7 BREAKFAST MENU	Total	1	
PANCAKES	BAG	1	39.5
SYRUP	1 EA	1	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
CINNAMON APPLSAUCE CUPS	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLSAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average			138.75
% of Calories			78.7%
Nutrient Guideline			

Tue - 03/03/2020			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST ON A STICK	1 EACH	1	19.5
SYRUP	1 EA	1	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEACH CUPS -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			122.75
% of Calories			72.5%
Nutrient Guideline			

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

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/04/2020			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST TAC-GO	TACO	1	14.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
SALSA PICANTE	1 OZ	1	1.77
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	14.0
MIXED FRUIT CUP	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	12.0
Weighted Daily Average			121.72
% of Calories			72.3%
Nutrient Guideline			

Thu - 03/05/2020			
K-7 BREAKFAST MENU	Total	1	
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	39.63
BUG BITES	BAG	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	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	14.0
CINNAMON APPLESAUCE CUPS	PC	1	9.4
MIXED FRUIT CUP	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	12.0
Weighted Daily Average			133.83
% of Calories			77.3%
Nutrient Guideline			

Fri - 03/06/2020			
K-7 BREAKFAST MENU	Total	1	
CRESCENT, FILLED	1 EACH	1	36.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			128.83
% of Calories			75.9%
Nutrient Guideline			

Mon - 03/09/2020			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average			138.00
% of Calories			77.2%
Nutrient Guideline			

Tue - 03/10/2020			
K-7 BREAKFAST MENU	Total	1	
FIESTA CHEESE OMELET	1 EA	1	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	2.0
TOAST	SLICE	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEACH CUPS -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0

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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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			119.33
% of Calories			60.0%
Nutrient Guideline			

Wed - 03/11/2020			
K-7 BREAKFAST MENU	Total	1	
MAPLE BREADSTICK	SERVING	1	23.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
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	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
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	12.0
Weighted Daily Average			125.33
% of Calories			78.4%
Nutrient Guideline			

Thu - 03/12/2020			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
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	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
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	12.0

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			134.51 75.4%
Nutrient Guideline			

Fri - 03/13/2020			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.94
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average % of Calories			128.30 76.1%
Nutrient Guideline			

Mon - 03/23/2020			
K-7 BREAKFAST MENU	Total	1	
PANCAKES	BAG	1	39.5
SYRUP	1 EA	1	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average % of Calories			138.75 78.7%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 03/24/2020			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST ON A STICK	1 EACH	1	19.5
SYRUP	1 EA	1	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEACH CUPS -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	14.0
PEACH CUPS -DICED	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	12.0
Weighted Daily Average			122.75
% of Calories			72.5%
Nutrient Guideline			

Wed - 03/25/2020			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST TAC-GO	TACO	1	14.0
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
SALSA PICANTE	1 OZ	1	1.77
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	14.0
MIXED FRUIT CUP	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK FAT FREE	BOX	1	16.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	12.0
Weighted Daily Average			121.72
% of Calories			72.3%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 03/26/2020			
K-7 BREAKFAST MENU	Total	1	
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	39.63
BUG BITES	BAG	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	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average			133.83
% of Calories			77.3%
Nutrient Guideline			

Fri - 03/27/2020			
K-7 BREAKFAST MENU	Total	1	
CRESCENT, FILLED	1 EACH	1	36.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			128.83
% of Calories			75.9%
Nutrient Guideline			

Mon - 03/30/2020			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.34
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
CINNAMON APPLESAUCE CUPS	1 EACH	1	22.0
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	12.0
Weighted Daily Average			138.00
% of Calories			77.2%
Nutrient Guideline			

Tue - 03/31/2020			
K-7 BREAKFAST MENU	Total	1	
FIESTA CHEESE OMELET	1 EA	1	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	2.0
TOAST	SLICE	1	14.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
PEACH CUPS -DICED	1 CUP	1	16.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	16.0
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	12.0
Weighted Daily Average			119.33
% of Calories			60.0%
Nutrient Guideline			

Weighted Average			129.09
			73.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	129.09	73.75%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.