

# Washington County School District

Mar 2, 2020 thru Mar 31, 2020

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 - 03/02/2020										
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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 SEC BREAKFAST ME	Total	41								
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: SEC	1 CUP	38	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			230	6	137	4.02	*32	7.60	48.17	1.59
% of Calories							*54.9%	13.2%	83.9%	6.2%
Nutrient Guideline			450-600		640					

Tue - 03/03/2020										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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  
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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	41								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			238	7	213	1.81	*30	8.23	43.67	3.60
% of Calories							*51.2%	13.8%	73.4%	13.6%
Nutrient Guideline			450-600		640					

Wed - 03/04/2020										
SECONDARY BREAKFAST	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	1	10.0	14.0	9.0
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: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	15	0.0	16.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	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 SEC BREAKFAST ME	Total	215								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	100	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: SEC	1 CUP	85	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			249	8	236	2.12	*32	9.62	45.98	3.01
% of Calories							*51.0%	15.5%	73.9%	10.9%
Nutrient Guideline			450-600		640					

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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)
Thu - 03/05/2020										
SECONDARY BREAKFAST	Total	1								
MIXED BERRY SMOOTHIE: SEC	SERVING:10o	1	259	5	117	5.60	*33	7.56	54.58	1.31
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 SEC BREAKFAST ME	Total	157								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	153	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	PACKAGES	1	70	0	10	0.00	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			307	6	322	2.69	*34	11.01	54.87	5.01
% of Calories							*43.9%	14.3%	71.5%	14.7%
Nutrient Guideline			450-600		640					

Fri - 03/06/2020										
SECONDARY BREAKFAST	Total	1								
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	10	5.5	36.0	7.0
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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

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ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	17	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			357	6	415	3.79	*42	10.62	70.68	3.93
% of Calories							*46.6%	11.9%	79.2%	9.9%
Nutrient Guideline			450-600		640					

Mon - 03/09/2020										
SECONDARY BREAKFAST	Total	2295								
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	2.00	10	6.0	38.0	7.0
SYRUP	1 EA	2250	11	0	81	0.00	*N/A*	0.0	4.34	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	0.00	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	685	100	10	125	0.00	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41								
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: SEC	1 CUP	38	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			497	16	514	3.75	*56	13.85	92.76	7.63
% of Calories							*44.8%	11.1%	74.6%	13.8%
Nutrient Guideline			450-600		640					

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Tue - 03/10/2020										
SECONDARY BREAKFAST	Total	2109								
FIESTA CHEESE OMELET	1 EA	2109	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
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	0.00	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	459	100	10	125	0.00	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME										
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			364	178	458	1.90	*44	15.81	50.13	9.44
% of Calories							*48.7%	17.4%	55.1%	23.4%
Nutrient Guideline			450-600		640					

Wed - 03/11/2020										
SECONDARY BREAKFAST	Total	1								
MAPLE BREADSTICK	2 SERVINGS	1	240	0	280	2.00	18	6.0	46.0	5.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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

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ALT SEC BREAKFAST ME	Total	215								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	100	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: SEC	1 CUP	85	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			248	7	234	2.11	*32	9.58	46.01	2.98
% of Calories							*51.2%	15.4%	74.1%	10.8%
Nutrient Guideline			450-600		640					

Thu - 03/12/2020										
SECONDARY BREAKFAST	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
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
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	15	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
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 SEC BREAKFAST ME	Total	157								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	153	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	PACKAGES	1	70	0	10	0.00	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			308	6	317	2.69	*34	11.02	54.94	5.05
% of Calories							*43.6%	14.3%	71.4%	14.8%
Nutrient Guideline			450-600		640					

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# Washington County School District

Mar 2, 2020 thru Mar 31, 2020

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 - 03/13/2020										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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 SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	17	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			354	6	412	3.81	*42	10.58	70.24	3.82
% of Calories							*47.0%	11.9%	79.3%	9.7%
Nutrient Guideline			450-600		640					

Mon - 03/23/2020										
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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

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# Washington County School District

Mar 2, 2020 thru Mar 31, 2020

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	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: SEC	1 CUP	38	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			230	6	137	4.02	*32	7.60	48.17	1.59
% of Calories							*54.9%	13.2%	83.9%	6.2%
Nutrient Guideline			450-600		640					

Tue - 03/24/2020										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			238	7	213	1.81	*30	8.23	43.67	3.60
% of Calories							*51.2%	13.8%	73.4%	13.6%
Nutrient Guideline			450-600		640					

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# Washington County School District

Mar 2, 2020 thru Mar 31, 2020

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)
Wed - 03/25/2020										
SECONDARY BREAKFAST	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	1	10.0	14.0	9.0
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: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	15	0.0	16.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	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 SEC BREAKFAST ME										
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	100	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: SEC	1 CUP	85	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			249	8	236	2.12	*32	9.62	45.98	3.01
% of Calories							*51.0%	15.5%	73.9%	10.9%
Nutrient Guideline			450-600		640					

Thu - 03/26/2020										
SECONDARY BREAKFAST	Total	1								
MIXED BERRY SMOOTHIE: SEC	SERVING:10o	1	259	5	117	5.60	*33	7.56	54.58	1.31
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
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
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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Base Menu Spreadsheet

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Portion Values - Detailed

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ALT SEC BREAKFAST ME	Total	157								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	153	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	PACKAGES	1	70	0	10	0.00	*N/A*	0.0	18.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			308	6	323	2.69	*34	11.03	55.02	5.03
% of Calories							*43.7%	14.3%	71.5%	14.7%
Nutrient Guideline			450-600		640					

Fri - 03/27/2020										
SECONDARY BREAKFAST	Total	1								
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	10	5.5	36.0	7.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
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 SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	17	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			354	6	412	3.77	*42	10.57	70.26	3.85
% of Calories							*47.0%	11.9%	79.3%	9.8%
Nutrient Guideline			450-600		640					

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Mar 2, 2020 thru Mar 31, 2020

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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 - 03/30/2020										
SECONDARY BREAKFAST	Total	2295								
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	2.00	10	6.0	38.0	7.0
SYRUP	1 EA	2250	11	0	81	0.00	*N/A*	0.0	4.34	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	0.00	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	685	100	10	125	0.00	12	8.0	12.0	2.5
ALT SEC BREAKFAST ME	Total	41								
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: SEC	1 CUP	38	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			497	16	514	3.75	*56	13.85	92.76	7.63
% of Calories							*44.8%	11.1%	74.6%	13.8%
Nutrient Guideline			450-600		640					

Tue - 03/31/2020										
SECONDARY BREAKFAST	Total	2109								
FIESTA CHEESE OMELET	1 EA	2109	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
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	*11	1.21	25.15	0.32
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	0.00	15	0.0	16.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	459	100	10	125	0.00	12	8.0	12.0	2.5

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Portion Values - Detailed

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ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	7	1.0	23.0	1.75
TOAST	SLICE	20	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: SEC	1 CUP	11	98	0	1	4.08	*11	1.21	25.15	0.32
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	15	0.0	16.0	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
Weighted Daily Average			364	178	458	1.90	*44	15.81	50.13	9.44
% of Calories							*48.7%	17.4%	55.1%	23.4%
Nutrient Guideline			450-600		640					

Weighted Average			317	28	327	2.87	*38	10.86	57.85	4.72
							*107.7	13.7%	73.0%	13.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	317		450 - 600	70%		133		Correction Required - Calories are Low
Cholesterol (mg)	28							
Sodium 1 (mg)	327		640					
Sodium 2 (mg)	327		570					
Fiber (g)	2.87							
Sugars (g)	38	47.85%			Missing			
Protein (g)	10.86	13.70%						
Carbohydrate (g)	57.85	72.97%						
Total Fat (g)	4.72	13.39%						

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