

Washington County School District

May 1, 2019 thru May 23, 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)
Wed - 05/01/2019										
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
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 - 05/02/2019										
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
ALT SEC BREAKFAST ME	Total	157								
CRUMB SQUARE 3.6oz	SERVING	1	280	32	213	2.97	24	8.92	46.57	8.92
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	15.07	52.45	7.01
% of Calories							*41.0%	18.2%	63.4%	19.0%
Nutrient Guideline			450-600		640					

Fri - 05/03/2019										
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					

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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 - 05/06/2019										
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 - 05/07/2019										
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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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 - 05/08/2019										
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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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 - 05/09/2019										
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 3.6oz	SERVING	1	280	32	213	2.97	24	8.92	46.57	8.92
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	15.05	52.32	6.99
% of Calories							*41.0%	18.2%	63.3%	19.0%
Nutrient Guideline			450-600		640					

Fri - 05/10/2019										
SECONDARY BREAKFAST	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
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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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	5.05	*43	17.54	77.58	10.07
% of Calories							*36.6%	15.0%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Mon - 05/13/2019										
SECONDARY BREAKFAST	Total	1								
FRENCH TOAST STICKS-NEW 2017	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
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	369	7.53	*35	16.93	72.82	7.74
% of Calories							*34.0%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

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Washington County School District

May 1, 2019 thru May 23, 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)
Tue - 05/14/2019										
SECONDARY BREAKFAST	Total	1								
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	2.02	3	10.1	25.26	10.1
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
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
Weighted Daily Average			363	22	452	2.75	*34	16.85	53.08	9.60
% of Calories							*37.3%	18.6%	58.5%	23.8%
Nutrient Guideline			450-600		640					

Wed - 05/15/2019										
SECONDARY BREAKFAST	Total	1								
WG EGG & CHEESE BREAKFAST BURR	SERVING	1	210	55	340	4.00	1	10.0	28.0	7.0
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

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Washington County School District

May 1, 2019 thru May 23, 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	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	3.70	*33	16.33	56.47	8.92
% of Calories							*35.6%	17.7%	61.3%	21.8%
Nutrient Guideline			450-600		640					

Thu - 05/16/2019										
SECONDARY BREAKFAST	Total	1								
MIXED BERRY SMOOTHIE: SEC	SERVING:10o	1	259	5	117	5.60	*33	7.56	54.58	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 3.6oz	SERVING	1	280	32	213	2.97	24	8.92	46.57	8.92
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

May 1, 2019 thru May 23, 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			331	21	363	3.35	*34	15.08	52.45	7.01
% of Calories							*41.2%	18.2%	63.3%	19.0%
Nutrient Guideline			450-600		640					

Fri - 05/17/2019										
SECONDARY BREAKFAST	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
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	5.05	*43	17.54	77.58	10.07
% of Calories							*36.6%	15.0%	66.3%	19.4%
Nutrient Guideline			450-600		640					

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Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/20/2019										
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					

Tue - 05/21/2019										
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
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

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

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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			362	22	440	2.73	*34	16.75	52.85	9.62
% of Calories							*37.3%	18.5%	58.4%	23.9%
Nutrient Guideline			450-600		640					

Wed - 05/22/2019										
SECONDARY BREAKFAST	Total	1								
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	83	568	3.16	*1	11.46	23.3	10.02
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

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Base Menu Spreadsheet

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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			369	*22	*437	3.69	*33	16.33	56.45	8.93
% of Calories							*35.6%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

Thu - 05/23/2019										
SECONDARY BREAKFAST	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	*N/A*	3.0	19.0	0.0
UBR- CINNAMON	UBR	1	270	0	240	6.00	*N/A*	4.0	44.0	8.0
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 3.6oz	SERVING	1	280	32	213	2.97	24	8.92	46.57	8.92
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	3.35	*34	15.06	52.36	7.02
% of Calories							*40.9%	18.2%	63.3%	19.1%
Nutrient Guideline			450-600		640					

Weighted Average			384	*22	*439	4.37	*35	16.44	61.50	8.60
							*83.0%	17.1%	64.0%	20.2%

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Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	384		450 - 600	85%		66							Correction Required - Calories are Low
Cholesterol (mg)	22				Missing								
Sodium 1 (mg)	439		640		Missing								
Sodium 2 (mg)	439		570		Missing								
Fiber (g)	4.37												
Sugars (g)	35	36.89%			Missing								
Protein (g)	16.44	17.12%											
Carbohydrate (g)	61.50	64.04%											
Total Fat (g)	8.60	20.15%											

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 * - 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.