

# Washington County School District

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/02/2022</b>			
SECONDARY BREAKFAST	Total	1	
WAFFLE ENVY, BLUEBERRY	SERVINGS	1	33.0
SYRUP	1 EA	1	4.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			143.71
% of Calories			76.8%
Nutrient Guideline			

<b>Tue - 05/03/2022</b>			
SECONDARY BREAKFAST	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
SYRUP	1 EA	1	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.38
% of Calories			71.9%
Nutrient Guideline			

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

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 05/04/2022</b>			
SECONDARY BREAKFAST	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			129.08
% of Calories			70.5%
Nutrient Guideline			

<b>Thu - 05/05/2022</b>			
SECONDARY BREAKFAST	Total	1	
MIXED BERRY SMOOTHIE: SEC	SERVING:10oz	1	54.58
TOAST	SLICE	1	14.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			131.47
% of Calories			75.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 05/06/2022</b>			
SECONDARY BREAKFAST	Total	1	
CRESCENT, FILLED	1 EACH	1	36.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			134.18
% of Calories			76.8%
Nutrient Guideline			

<b>Mon - 05/09/2022</b>			
SECONDARY BREAKFAST	Total	2295	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			0.14
% of Calories			77.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 05/10/2022</b>			
SECONDARY BREAKFAST	Total	1	
EGGSTRAVAGANZA, TURKEY SAUSAGE	2oz SERVINGS	1	2.0
SAUSAGE LINK - CLOVERDALE	2 Links	1	2.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.88
% of Calories			62.6%
Nutrient Guideline			

<b>Wed - 05/11/2022</b>			
SECONDARY BREAKFAST	Total	1	
BERRIES AND CREAM TWIN, WG	SERVINGS	1	36.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			134.18
% of Calories			74.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/12/2022			
SECONDARY BREAKFAST	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- CINNAMON	UBR	1	42.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.38
% of Calories			73.9%
Nutrient Guideline			

Fri - 05/13/2022			
SECONDARY BREAKFAST	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			133.68
% of Calories			77.0%
Nutrient Guideline			

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SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/16/2022</b>			
SECONDARY BREAKFAST	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
SYRUP	1 EA	1	4.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			144.91 78.5%
Nutrient Guideline			

<b>Tue - 05/17/2022</b>			
SECONDARY BREAKFAST	Total	1	
COWBOY BREAD, WG	SERVINGS	1	48.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
SYRUP	1 EA	1	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			141.18 75.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 05/18/2022</b>			
SECONDARY BREAKFAST	Total	1	
BREAKFAST BITES, MINI, APPL WG	SERVINGS	1	40.98
STRING CHEESE: 1oz M	1 EA	1	0.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
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	13.0
<b>ALT SEC BREAKFAST ME</b>			
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			148.37
% of Calories			70.3%
Nutrient Guideline			

<b>Thu - 05/19/2022</b>			
SECONDARY BREAKFAST	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
<b>ALT SEC BREAKFAST ME</b>			
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.38
% of Calories			76.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 05/20/2022</b>			
SECONDARY BREAKFAST	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC BREAKFAST ME	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	22.67
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	25.15
JUICE : VARIETY SUNCUP	BOX	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			131.68
% of Calories			74.8%
Nutrient Guideline			

<b>Mon - 05/23/2022</b>			
SECONDARY BREAKFAST	Total	1	
Cooks Choice Entree	1 each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

<b>Tue - 05/24/2022</b>			
SECONDARY BREAKFAST	Total	1	
Cooks Choice Entree	1 each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

<b>Wed - 05/25/2022</b>			
SECONDARY BREAKFAST	Total	1	
Cooks Choice Entree	1 each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

<b>Thu - 05/26/2022</b>			
SECONDARY BREAKFAST	Total	1	
Cooks Choice Entree	1 each	1	0.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			0.00 0.0%
Nutrient Guideline			

Weighted Average			127.57 73.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	127.57	73.72%						

*\*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.