

# 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

Page 1

Generated on: 4/22/2022 10:19:32 AM

|                             | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/02/2022            |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST         | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| WAFFLE ENVY, BLUEBERRY      | SERVINGS     | 1         | 240         | 15          | 200       | 2.00      | *N/A*     | *N/A*      | *N/A*      | 12         | 5.0       | 33.0     | 9.0       | 2.50      | 0.00                    |
| SYRUP                       | 1 EA         | 1         | 10          | 0           | 80        | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 4.0      | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| APPLESAUCE,W/CINNAMON       | 1 CUP        | 1         | 104         | 0           | 5         | 3.03      | 0.62      | 16.3       | 2.46       | *0         | 0.44      | 28.02    | 0.25      | 0.02      | *0.00                   |
| JUICE : VARIETY SUNCUP      | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| REE                         |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| MILK 1% WHITE               | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| ALT SEC BREAKFAST ME        |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL        | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                       | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK         | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| APPLESAUCE,W/CINNAMON       | 1 CUP        | 1         | 104         | 0           | 5         | 3.03      | 0.62      | 16.3       | 2.46       | *0         | 0.44      | 28.02    | 0.25      | 0.02      | *0.00                   |
| BREAKFAST FRUIT BASKET: SEC | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP      | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| REE                         |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| MILK 1% WHITE               | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average      |              |           | 748         | 23          | 638       | 9.27      | *2.28     | *774.7     | *93.85     | *66        | 22.49     | 143.71   | 10.46     | 3.66      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |            |            | *35.1%     | 12.0%     | 76.8%    | 12.6%     | 4.4%      | *0.0%                   |
| Nutrient Guideline          |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

|                             |          |   |     |    |     |      |      |       |       |       |      |       |      |      |      |
|-----------------------------|----------|---|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|------|
| Tue - 05/03/2022            |          |   |     |    |     |      |      |       |       |       |      |       |      |      |      |
| SECONDARY BREAKFAST         | Total    | 1 |     |    |     |      |      |       |       |       |      |       |      |      |      |
| PANCAKE CORNDOGS            | SERVINGS | 1 | 200 | 25 | 310 | 3.00 | 1.44 | 20.0  | 0.0   | 4     | 7.0  | 17.0  | 10.0 | 2.50 | 0.00 |
| TOAST                       | SLICE    | 1 | 103 | 0  | 161 | 1.00 | 0.72 | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK         | PC       | 1 | 37  | 0  | 0   | 0.00 | 0.00 | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00 |
| PEACH CUPS -DICED           | 1 CUP    | 1 | 70  | 0  | 10  | 1.00 | 0.00 | 0.0   | 60.0  | 16    | 0.0  | 18.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC | 1 CUP    | 1 | 98  | 0  | 1   | 4.08 | 0.26 | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| JUICE : VARIETY SUNCUP      | BOX      | 1 | 65  | 0  | 6   | 0.00 | 0.00 | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| SYRUP                       | 1 EA     | 1 | 10  | 0  | 80  | 0.00 | 0.00 | 0.0   | 0.0   | *N/A* | 0.0  | 4.0   | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON   | 1 | 120 | 5  | 180 | 0.00 | 0.00 | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| REE                         |          |   |     |    |     |      |      |       |       |       |      |       |      |      |      |
| MILK 1% WHITE               | CARTON   | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |

\*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

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 4/22/2022 10:19:32 AM

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC BREAKFAST ME            | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| PEACH CUPS -DICED               | 1 CUP        | 1         | 70          | 0           | 10        | 1.00      | 0.00      | 0.0        | 60.0       | 16         | 0.0       | 18.0     | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 764         | 28          | 778       | 8.24      | *2.75     | *788.4     | *151.98    | *78        | 24.54     | 137.38   | 12.76     | 4.38      | 0.00                    |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *40.9%     | 12.8%     | 71.9%    | 15.0%     | 5.2%      | 0.0%                    |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

| Wed - 05/04/2022                |          |   |     |     |     |      |       |       |       |       |      |       |      |      |      |
|---------------------------------|----------|---|-----|-----|-----|------|-------|-------|-------|-------|------|-------|------|------|------|
| SECONDARY BREAKFAST             | Total    | 1 |     |     |     |      |       |       |       |       |      |       |      |      |      |
| EGGSTRAVAGANZA, BACON & CHEESE  | SERVINGS | 1 | 120 | 170 | 280 | 0.00 | *N/A* | *N/A* | *N/A* | 1     | 8.0  | 1.0   | 9.0  | 3.00 | 0.00 |
| TOAST                           | SLICE    | 1 | 103 | 0   | 161 | 1.00 | 0.72  | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK             | PC       | 1 | 37  | 0   | 0   | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00 |
| MIXED FRUIT CUP                 | SERVINGS | 1 | 80  | 0   | 0   | 1.00 | 0.00  | 14.0  | 91.0  | 16    | 1.0  | 19.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP    | 1 | 98  | 0   | 1   | 4.08 | 0.26  | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX      | 1 | 65  | 0   | 6   | 0.00 | 0.00  | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| SALSA PICANTE                   | 1 OZ     | 1 | 6   | 0   | 158 | 0.19 | 0.00  | 0.0   | 0.0   | 1     | 0.25 | 1.4   | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON   | 1 | 120 | 5   | 180 | 0.00 | 0.00  | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| MILK 1% WHITE                   | CARTON   | 1 | 110 | 10  | 130 | 0.00 | 0.00  | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |
| ALT SEC BREAKFAST ME            | Total    | 1 |     |     |     |      |       |       |       |       |      |       |      |      |      |
| BREAKFAST CEREAL-ALL            | BOWL     | 1 | 113 | 0   | 190 | 1.33 | *2.10 | *50.0 | *1.6  | 7     | 1.67 | 22.67 | 1.67 | 0.17 | 0.00 |
| TOAST                           | SLICE    | 1 | 103 | 0   | 161 | 1.00 | 0.72  | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK             | PC       | 1 | 37  | 0   | 0   | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00 |
| MIXED FRUIT CUP                 | SERVINGS | 1 | 80  | 0   | 0   | 1.00 | 0.00  | 14.0  | 91.0  | 16    | 1.0  | 19.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP    | 1 | 98  | 0   | 1   | 4.08 | 0.26  | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX      | 1 | 65  | 0   | 6   | 0.00 | 0.00  | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON   | 1 | 120 | 5   | 180 | 0.00 | 0.00  | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| MILK 1% WHITE                   | CARTON   | 1 | 110 | 10  | 130 | 0.00 | 0.00  | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |

\*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

Page 3

Generated on: 4/22/2022 10:19:32 AM

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 732         | 100         | 792       | 6.84      | *2.03     | *792.4     | *182.98    | *77        | 26.17     | 129.08   | 12.32     | 4.63      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            | *42.0%     | 14.3%     | 70.5%    | 15.1%     | 5.7%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           |           | <10.00                  |

| Thu - 05/05/2022                |               |   |         |    |     |      |       |        |        |        |       |        |       |      |        |
|---------------------------------|---------------|---|---------|----|-----|------|-------|--------|--------|--------|-------|--------|-------|------|--------|
| SECONDARY BREAKFAST             | Total         | 1 |         |    |     |      |       |        |        |        |       |        |       |      |        |
| MIXED BERRY SMOOTHIE: SEC       | SERVING: 10oz | 1 | 259     | 5  | 117 | 5.60 | 0.00  | 354.1  | 1.65   | *33    | 7.56  | 54.58  | 1.31  | 0.79 | 0.00   |
| TOAST                           | SLICE         | 1 | 103     | 0  | 161 | 1.00 | 0.72  | 40.0   | 1.2    | *1     | 3.0   | 14.0   | 4.11  | 1.48 | 0.00   |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP         | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38  | *11    | 1.21  | 25.15  | 0.32  | 0.07 | 0.00   |
| JUICE : VARIETY SUNCUP          | BOX           | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0  | 15     | 0.0   | 16.0   | 0.0   | 0.00 | 0.00   |
| MILK : CHOCOLATE MILK FAT F REE | CARTON        | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2    | 18     | 8.0   | 20.0   | 0.0   | 0.00 | 0.00   |
| MILK 1% WHITE                   | CARTON        | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50 | 0.00   |
| ALT SEC BREAKFAST ME            | Total         | 1 |         |    |     |      |       |        |        |        |       |        |       |      |        |
| BREAKFAST CEREAL-ALL            | BOWL          | 1 | 113     | 0  | 190 | 1.33 | *2.10 | *50.0  | *1.6   | 7      | 1.67  | 22.67  | 1.67  | 0.17 | 0.00   |
| TOAST                           | SLICE         | 1 | 103     | 0  | 161 | 1.00 | 0.72  | 40.0   | 1.2    | *1     | 3.0   | 14.0   | 4.11  | 1.48 | 0.00   |
| JELLY: VARIETY PACK             | PC            | 1 | 37      | 0  | 0   | 0.00 | 0.00  | 0.0    | 0.0    | *N/A*  | 0.0   | 9.4    | 0.0   | 0.00 | 0.00   |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP         | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38  | *11    | 1.21  | 25.15  | 0.32  | 0.07 | 0.00   |
| JUICE : VARIETY SUNCUP          | BOX           | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0  | 15     | 0.0   | 16.0   | 0.0   | 0.00 | 0.00   |
| MILK : CHOCOLATE MILK FAT F REE | CARTON        | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2    | 18     | 8.0   | 20.0   | 0.0   | 0.00 | 0.00   |
| MILK 1% WHITE                   | CARTON        | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4    | 12     | 8.0   | 13.0   | 2.5   | 1.50 | 0.00   |
| Weighted Daily Average          |               |   | 700     | 18 | 632 | 8.54 | *2.03 | *955.5 | *92.81 | *77    | 24.83 | 131.47 | 8.42  | 3.52 | 0.00   |
| % of Calories                   |               |   |         |    |     |      |       |        |        | *43.8% | 14.2% | 75.1%  | 10.8% | 4.5% | 0.0%   |
| Nutrient Guideline              |               |   | 450-600 |    | 640 |      |       |        |        |        |       |        |       |      | <10.00 |

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

Page 4

Generated on: 4/22/2022 10:19:32 AM

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/06/2022                |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST             | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| CRESCENT, FILLED                | 1 EACH       | 1         | 220         | 0           | 265       | 2.00      | 1.26      | 20.0       | 0.0        | 10         | 5.5       | 36.0     | 7.0       | 1.25      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| PEAR CUPS- CUP -DICED           | 1 CUP        | 1         | 70          | 0           | 5         | 1.00      | 0.00      | 0.0        | 60.0       | 15         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| ALT SEC BREAKFAST ME            |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| PEAR CUPS- CUP -DICED           | 1 CUP        | 1         | 70          | 0           | 5         | 1.00      | 0.00      | 0.0        | 60.0       | 15         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 699         | 15          | 630       | 7.24      | *2.30     | *768.4     | *151.38    | *79        | 22.29     | 134.18   | 9.21      | 3.01      | 0.00                    |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *45.4%     | 12.8%     | 76.8%    | 11.8%     | 3.9%      | 0.0%                    |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

|                                 |          |      |     |    |     |      |      |       |       |       |      |       |      |      |       |
|---------------------------------|----------|------|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|-------|
| Mon - 05/09/2022                |          |      |     |    |     |      |      |       |       |       |      |       |      |      |       |
| SECONDARY BREAKFAST             | Total    | 2295 |     |    |     |      |      |       |       |       |      |       |      |      |       |
| FRENCH TOAST STICKS             | 2 sticks | 1    | 240 | 10 | 260 | 2.00 | 0.72 | 40.0  | 0.0   | 10    | 6.0  | 38.0  | 7.0  | 1.00 | 0.00  |
| SYRUP                           | 1 EA     | 1    | 10  | 0  | 80  | 0.00 | 0.00 | 0.0   | 0.0   | *N/A* | 0.0  | 4.0   | 0.0  | 0.00 | 0.00  |
| TOAST                           | SLICE    | 1    | 103 | 0  | 161 | 1.00 | 0.72 | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00  |
| JELLY: VARIETY PACK             | PC       | 1    | 37  | 0  | 0   | 0.00 | 0.00 | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00  |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP    | 1    | 98  | 0  | 1   | 4.08 | 0.26 | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00  |
| APPLESAUCE, W/CINNAMON          | 1 CUP    | 1    | 104 | 0  | 5   | 3.03 | 0.62 | 16.3  | 2.46  | *0    | 0.44 | 28.02 | 0.25 | 0.02 | *0.00 |
| JUICE : VARIETY SUNCUP          | BOX      | 1    | 65  | 0  | 6   | 0.00 | 0.00 | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00  |
| MILK : CHOCOLATE MILK FAT F REE | CARTON   | 1    | 120 | 5  | 180 | 0.00 | 0.00 | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00  |
| MILK 1% WHITE                   | CARTON   | 1    | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00  |

\*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

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 4/22/2022 10:19:32 AM

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC BREAKFAST ME            | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| APPLESAUCE,W/CINNAMON           | 1 CUP        | 1         | 104         | 0           | 5         | 3.03      | 0.62      | 16.3       | 2.46       | *0         | 0.44      | 28.02    | 0.25      | 0.02      | *0.00                   |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 1           | 0           | 1         | 0.01      | *0.00     | *0.7       | *0.08      | *0         | 0.02      | 0.14     | 0.01      | 0.00      | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *31.9%     | 12.0%     | 77.2%    | 12.7%     | 4.0%      | *0.0%                   |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

| Tue - 05/10/2022                |               |   |     |     |     |      |       |       |       |       |      |       |      |      |      |
|---------------------------------|---------------|---|-----|-----|-----|------|-------|-------|-------|-------|------|-------|------|------|------|
| SECONDARY BREAKFAST             | Total         | 1 |     |     |     |      |       |       |       |       |      |       |      |      |      |
| EGGSTRAVAGANZA, TURKEY S AUSAGE | 2oz SERV INGS | 1 | 100 | 160 | 230 | 0.00 | *N/A* | *N/A* | *N/A* | 1     | 8.0  | 2.0   | 7.0  | 2.50 | 0.00 |
| SAUSAGE LINK - CLOVERDALE       | 2 Links       | 1 | 230 | 40  | 340 | 0.00 | 0.72  | *N/A* | *N/A* | 0     | 8.0  | 2.0   | 21.0 | 7.00 | 0.00 |
| TOAST                           | SLICE         | 1 | 103 | 0   | 161 | 1.00 | 0.72  | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK             | PC            | 1 | 37  | 0   | 0   | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP         | 1 | 98  | 0   | 1   | 4.08 | 0.26  | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| PEACH CUPS -DICED               | 1 CUP         | 1 | 70  | 0   | 10  | 1.00 | 0.00  | 0.0   | 60.0  | 16    | 0.0  | 18.0  | 0.0  | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX           | 1 | 65  | 0   | 6   | 0.00 | 0.00  | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON        | 1 | 120 | 5   | 180 | 0.00 | 0.00  | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| MILK 1% WHITE                   | CARTON        | 1 | 110 | 10  | 130 | 0.00 | 0.00  | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |
| ALT SEC BREAKFAST ME            | Total         | 1 |     |     |     |      |       |       |       |       |      |       |      |      |      |
| BREAKFAST CEREAL-ALL            | BOWL          | 1 | 113 | 0   | 190 | 1.33 | *2.10 | *50.0 | *1.6  | 7     | 1.67 | 22.67 | 1.67 | 0.17 | 0.00 |
| TOAST                           | SLICE         | 1 | 103 | 0   | 161 | 1.00 | 0.72  | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK             | PC            | 1 | 37  | 0   | 0   | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00 |
| PEACH CUPS -DICED               | 1 CUP         | 1 | 70  | 0   | 10  | 1.00 | 0.00  | 0.0   | 60.0  | 16    | 0.0  | 18.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP         | 1 | 98  | 0   | 1   | 4.08 | 0.26  | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX           | 1 | 65  | 0   | 6   | 0.00 | 0.00  | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON        | 1 | 120 | 5   | 180 | 0.00 | 0.00  | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| MILK 1% WHITE                   | CARTON        | 1 | 110 | 10  | 130 | 0.00 | 0.00  | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |

\*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

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 4/22/2022 10:19:32 AM

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 824         | 115         | 868       | 6.74      | *2.39     | *778.4     | *151.98    | *77        | 29.04     | 128.88   | 21.76     | 7.88      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            | *37.2%     | 14.1%     | 62.6%    | 23.8%     | 8.6%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

| Wed - 05/11/2022            |          |   |         |    |     |      |       |        |         |        |       |        |       |        |      |
|-----------------------------|----------|---|---------|----|-----|------|-------|--------|---------|--------|-------|--------|-------|--------|------|
| SECONDARY BREAKFAST         | Total    | 1 |         |    |     |      |       |        |         |        |       |        |       |        |      |
| BERRIES AND CREAM TWIN, WG  | SERVINGS | 1 | 240     | 10 | 290 | 0.00 | *N/A* | *N/A*  | *N/A*   | 10     | 5.0   | 36.0   | 7.0   | 3.50   | 0.00 |
| BREAKFAST FRUIT BASKET: SEC | 1 CUP    | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38   | *11    | 1.21  | 25.15  | 0.32  | 0.07   | 0.00 |
| MIXED FRUIT CUP             | SERVINGS | 1 | 80      | 0  | 0   | 1.00 | 0.00  | 14.0   | 91.0    | 16     | 1.0   | 19.0   | 0.0   | 0.00   | 0.00 |
| JUICE : VARIETY SUNCUP      | BOX      | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0   | 15     | 0.0   | 16.0   | 0.0   | 0.00   | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON   | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2     | 18     | 8.0   | 20.0   | 0.0   | 0.00   | 0.00 |
| REE                         |          |   |         |    |     |      |       |        |         |        |       |        |       |        |      |
| MILK 1% WHITE               | CARTON   | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |
| ALT SEC BREAKFAST ME        | Total    | 1 |         |    |     |      |       |        |         |        |       |        |       |        |      |
| BREAKFAST CEREAL-ALL        | BOWL     | 1 | 113     | 0  | 190 | 1.33 | *2.10 | *50.0  | *1.6    | 7      | 1.67  | 22.67  | 1.67  | 0.17   | 0.00 |
| TOAST                       | SLICE    | 1 | 103     | 0  | 161 | 1.00 | 0.72  | 40.0   | 1.2     | *1     | 3.0   | 14.0   | 4.11  | 1.48   | 0.00 |
| JELLY: VARIETY PACK         | PC       | 1 | 37      | 0  | 0   | 0.00 | 0.00  | 0.0    | 0.0     | *N/A*  | 0.0   | 9.4    | 0.0   | 0.00   | 0.00 |
| MIXED FRUIT CUP             | SERVINGS | 1 | 80      | 0  | 0   | 1.00 | 0.00  | 14.0   | 91.0    | 16     | 1.0   | 19.0   | 0.0   | 0.00   | 0.00 |
| BREAKFAST FRUIT BASKET: SEC | 1 CUP    | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38   | *11    | 1.21  | 25.15  | 0.32  | 0.07   | 0.00 |
| JUICE : VARIETY SUNCUP      | BOX      | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0   | 15     | 0.0   | 16.0   | 0.0   | 0.00   | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON   | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2     | 18     | 8.0   | 20.0   | 0.0   | 0.00   | 0.00 |
| REE                         |          |   |         |    |     |      |       |        |         |        |       |        |       |        |      |
| MILK 1% WHITE               | CARTON   | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |
| Weighted Daily Average      |          |   | 719     | 20 | 638 | 6.24 | *1.67 | *772.4 | *182.38 | *81    | 23.04 | 134.18 | 9.21  | 4.14   | 0.00 |
| % of Calories               |          |   |         |    |     |      |       |        |         | *44.9% | 12.8% | 74.6%  | 11.5% | 5.2%   | 0.0% |
| Nutrient Guideline          |          |   | 450-600 |    | 640 |      |       |        |         |        |       |        |       | <10.00 |      |

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# 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

Page 7

Generated on: 4/22/2022 10:19:33 AM

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/12/2022                |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST             | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| YOGURT: UPSTATE FARMS           | SERVING      | 1         | 90          | 0           | 75        | 0.00      | 0.00      | 300.0      | 0.6        | *N/A*      | 3.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| UBR- CINNAMON                   | UBR          | 1         | 240         | 5           | 200       | 7.00      | 1.50      | 30.0       | 0.0        | 16         | 5.0       | 42.0     | 6.0       | 2.00      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| ALT SEC BREAKFAST ME            |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 754         | 18          | 711       | 9.24      | *2.78     | *943.4     | *92.28     | *68        | 25.04     | 139.38   | 10.76     | 4.13      | 0.00                    |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *36.2%     | 13.3%     | 73.9%    | 12.8%     | 4.9%      | 0.0%                    |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

|                                 |        |   |     |    |     |      |      |       |       |     |      |       |      |      |      |
|---------------------------------|--------|---|-----|----|-----|------|------|-------|-------|-----|------|-------|------|------|------|
| Fri - 05/13/2022                |        |   |     |    |     |      |      |       |       |     |      |       |      |      |      |
| SECONDARY BREAKFAST             | Total  | 1 |     |    |     |      |      |       |       |     |      |       |      |      |      |
| CINNAMON ROLL W. W.W. BRID GFOR | ROLL   | 1 | 210 | 0  | 250 | 4.00 | 1.44 | 20.0  | 1.2   | 8   | 6.0  | 35.0  | 5.0  | 1.00 | 0.00 |
| PEAR CUPS- CUP -DICED           | 1 CUP  | 1 | 70  | 0  | 5   | 1.00 | 0.00 | 0.0   | 60.0  | 15  | 0.0  | 19.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP  | 1 | 98  | 0  | 1   | 4.08 | 0.26 | 33.4  | 41.38 | *11 | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX    | 1 | 65  | 0  | 6   | 0.00 | 0.00 | 80.0  | *45.0 | 15  | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5  | 180 | 0.00 | 0.00 | 300.0 | 1.2   | 18  | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| MILK 1% WHITE                   | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4   | 12  | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |

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

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC BREAKFAST ME            | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| PEAR CUPS- CUP -DICED           | 1 CUP        | 1         | 70          | 0           | 5         | 1.00      | 0.00      | 0.0        | 60.0       | 15         | 0.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 694         | 15          | 623       | 8.24      | *2.39     | *768.4     | *151.98    | *79        | 22.54     | 133.68   | 8.21      | 2.89      | 0.00                    |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *45.3%     | 13.0%     | 77.0%    | 10.6%     | 3.7%      | 0.0%                    |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

| Mon - 05/16/2022                |        |   |     |    |     |      |       |       |       |       |      |       |      |      |       |
|---------------------------------|--------|---|-----|----|-----|------|-------|-------|-------|-------|------|-------|------|------|-------|
| SECONDARY BREAKFAST             | Total  | 1 |     |    |     |      |       |       |       |       |      |       |      |      |       |
| WAFFLE, BC                      | WAFFLE | 1 | 80  | 5  | 105 | 1.00 | 0.72  | 20.0  | *N/A* | 2     | 2.0  | 12.0  | 3.0  | 0.00 | 0.00  |
| SYRUP                           | 1 EA   | 1 | 10  | 0  | 80  | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 4.0   | 0.0  | 0.00 | 0.00  |
| TOAST                           | SLICE  | 1 | 103 | 0  | 161 | 1.00 | 0.72  | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00  |
| JELLY: VARIETY PACK             | PC     | 1 | 37  | 0  | 0   | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00  |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP  | 1 | 98  | 0  | 1   | 4.08 | 0.26  | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00  |
| APPLESAUCE,W/CINNAMON           | 1 CUP  | 1 | 104 | 0  | 5   | 3.03 | 0.62  | 16.3  | 2.46  | *0    | 0.44 | 28.02 | 0.25 | 0.02 | *0.00 |
| JUICE : VARIETY SUNCUP          | BOX    | 1 | 65  | 0  | 6   | 0.00 | 0.00  | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00  |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5  | 180 | 0.00 | 0.00  | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00  |
| MILK 1% WHITE                   | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00  | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00  |
| ALT SEC BREAKFAST ME            | Total  | 1 |     |    |     |      |       |       |       |       |      |       |      |      |       |
| BREAKFAST CEREAL-ALL            | BOWL   | 1 | 113 | 0  | 190 | 1.33 | *2.10 | *50.0 | *1.6  | 7     | 1.67 | 22.67 | 1.67 | 0.17 | 0.00  |
| TOAST                           | SLICE  | 1 | 103 | 0  | 161 | 1.00 | 0.72  | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00  |
| JELLY: VARIETY PACK             | PC     | 1 | 37  | 0  | 0   | 0.00 | 0.00  | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00  |
| APPLESAUCE,W/CINNAMON           | 1 CUP  | 1 | 104 | 0  | 5   | 3.03 | 0.62  | 16.3  | 2.46  | *0    | 0.44 | 28.02 | 0.25 | 0.02 | *0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP  | 1 | 98  | 0  | 1   | 4.08 | 0.26  | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00  |
| JUICE : VARIETY SUNCUP          | BOX    | 1 | 65  | 0  | 6   | 0.00 | 0.00  | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00  |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5  | 180 | 0.00 | 0.00  | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00  |
| MILK 1% WHITE                   | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00  | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00  |

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

Page 9

Generated on: 4/22/2022 10:19:33 AM

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 738         | 18          | 671       | 9.27      | *3.00     | *804.7     | *94.45     | *61        | 22.48     | 144.91   | 9.51      | 3.15      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            | *33.2%     | 12.2%     | 78.5%    | 11.6%     | 3.8%      | *0.0%                   |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

| Tue - 05/17/2022                |          |   |         |    |     |      |       |        |         |        |       |        |       |        |      |  |
|---------------------------------|----------|---|---------|----|-----|------|-------|--------|---------|--------|-------|--------|-------|--------|------|--|
| SECONDARY BREAKFAST             | Total    | 1 |         |    |     |      |       |        |         |        |       |        |       |        |      |  |
| COWBOY BREAD, WG                | SERVINGS | 1 | 310     | 20 | 290 | 2.00 | *N/A* | *N/A*  | *N/A*   | 21     | 5.0   | 48.0   | 12.0  | 1.50   | 0.00 |  |
| PEACH CUPS -DICED               | 1 CUP    | 1 | 70      | 0  | 10  | 1.00 | 0.00  | 0.0    | 60.0    | 16     | 0.0   | 18.0   | 0.0   | 0.00   | 0.00 |  |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP    | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38   | *11    | 1.21  | 25.15  | 0.32  | 0.07   | 0.00 |  |
| JUICE : VARIETY SUNCUP          | BOX      | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0   | 15     | 0.0   | 16.0   | 0.0   | 0.00   | 0.00 |  |
| SYRUP                           | 1 EA     | 1 | 10      | 0  | 80  | 0.00 | 0.00  | 0.0    | 0.0     | *N/A*  | 0.0   | 4.0    | 0.0   | 0.00   | 0.00 |  |
| MILK : CHOCOLATE MILK FAT F REE | CARTON   | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2     | 18     | 8.0   | 20.0   | 0.0   | 0.00   | 0.00 |  |
| MILK 1% WHITE                   | CARTON   | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |  |
| ALT SEC BREAKFAST ME            | Total    | 1 |         |    |     |      |       |        |         |        |       |        |       |        |      |  |
| BREAKFAST CEREAL-ALL            | BOWL     | 1 | 113     | 0  | 190 | 1.33 | *2.10 | *50.0  | *1.6    | 7      | 1.67  | 22.67  | 1.67  | 0.17   | 0.00 |  |
| TOAST                           | SLICE    | 1 | 103     | 0  | 161 | 1.00 | 0.72  | 40.0   | 1.2     | *1     | 3.0   | 14.0   | 4.11  | 1.48   | 0.00 |  |
| JELLY: VARIETY PACK             | PC       | 1 | 37      | 0  | 0   | 0.00 | 0.00  | 0.0    | 0.0     | *N/A*  | 0.0   | 9.4    | 0.0   | 0.00   | 0.00 |  |
| PEACH CUPS -DICED               | 1 CUP    | 1 | 70      | 0  | 10  | 1.00 | 0.00  | 0.0    | 60.0    | 16     | 0.0   | 18.0   | 0.0   | 0.00   | 0.00 |  |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP    | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38   | *11    | 1.21  | 25.15  | 0.32  | 0.07   | 0.00 |  |
| JUICE : VARIETY SUNCUP          | BOX      | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0   | 15     | 0.0   | 16.0   | 0.0   | 0.00   | 0.00 |  |
| MILK : CHOCOLATE MILK FAT F REE | CARTON   | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2     | 18     | 8.0   | 20.0   | 0.0   | 0.00   | 0.00 |  |
| MILK 1% WHITE                   | CARTON   | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |  |
| Weighted Daily Average          |          |   | 749     | 25 | 688 | 7.24 | *1.67 | *758.4 | *151.38 | *86    | 22.04 | 141.18 | 11.71 | 3.14   | 0.00 |  |
| % of Calories                   |          |   |         |    |     |      |       |        |         | *46.0% | 11.8% | 75.4%  | 14.1% | 3.8%   | 0.0% |  |
| Nutrient Guideline              |          |   | 450-600 |    | 640 |      |       |        |         |        |       |        |       | <10.00 |      |  |

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# 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

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/18/2022                |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST             | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST BITES, MINI, APPL WG  | SERVINGS     | 1         | 270         | 0           | 160       | 3.00      | *N/A*     | *N/A*      | *N/A*      | 20         | 4.0       | 40.98    | 10.0      | 4.50      | 0.00                    |
| STRING CHEESE: 1oz M            | 1 EA         | 1         | 80          | 15          | 200       | 0.00      | 0.00      | 200.0      | 0.0        | *N/A*      | 6.0       | 0.0      | 6.0       | 3.50      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| MIXED FRUIT CUP                 | SERVINGS     | 1         | 80          | 0           | 0         | 1.00      | 0.00      | 14.0       | 91.0       | 16         | 1.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| ALT SEC BREAKFAST ME            |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| MIXED FRUIT CUP                 | SERVINGS     | 1         | 80          | 0           | 0         | 1.00      | 0.00      | 14.0       | 91.0       | 16         | 1.0       | 19.0     | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 844         | 23          | 753       | 8.24      | *2.03     | *892.4     | *182.98    | *86        | 27.04     | 148.37   | 15.76     | 7.13      | 0.00                    |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *40.8%     | 12.8%     | 70.3%    | 16.8%     | 7.6%      | 0.0%                    |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

|                                 |         |   |     |    |     |      |      |       |       |       |      |       |      |      |      |
|---------------------------------|---------|---|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|------|
| Thu - 05/19/2022                |         |   |     |    |     |      |      |       |       |       |      |       |      |      |      |
| SECONDARY BREAKFAST             | Total   | 1 |     |    |     |      |      |       |       |       |      |       |      |      |      |
| YOGURT VAN. PEACH PARFAIT       | PARFAIT | 1 | 241 | 0  | 106 | 2.47 | 3.31 | 330.4 | 3.32  | *6    | 5.51 | 53.0  | 1.53 | 0.00 | 0.00 |
| TOAST                           | SLICE   | 1 | 103 | 0  | 161 | 1.00 | 0.72 | 40.0  | 1.2   | *1    | 3.0  | 14.0  | 4.11 | 1.48 | 0.00 |
| JELLY: VARIETY PACK             | PC      | 1 | 37  | 0  | 0   | 0.00 | 0.00 | 0.0   | 0.0   | *N/A* | 0.0  | 9.4   | 0.0  | 0.00 | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX     | 1 | 65  | 0  | 6   | 0.00 | 0.00 | 80.0  | *45.0 | 15    | 0.0  | 16.0  | 0.0  | 0.00 | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP   | 1 | 98  | 0  | 1   | 4.08 | 0.26 | 33.4  | 41.38 | *11   | 1.21 | 25.15 | 0.32 | 0.07 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON  | 1 | 120 | 5  | 180 | 0.00 | 0.00 | 300.0 | 1.2   | 18    | 8.0  | 20.0  | 0.0  | 0.00 | 0.00 |
| MILK 1% WHITE                   | CARTON  | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4   | 12    | 8.0  | 13.0  | 2.5  | 1.50 | 0.00 |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

|                                 | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC BREAKFAST ME            | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| BREAKFAST CEREAL-ALL            | BOWL         | 1         | 113         | 0           | 190       | 1.33      | *2.10     | *50.0      | *1.6       | 7          | 1.67      | 22.67    | 1.67      | 0.17      | 0.00                    |
| TOAST                           | SLICE        | 1         | 103         | 0           | 161       | 1.00      | 0.72      | 40.0       | 1.2        | *1         | 3.0       | 14.0     | 4.11      | 1.48      | 0.00                    |
| JELLY: VARIETY PACK             | PC           | 1         | 37          | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | *N/A*      | 0.0       | 9.4      | 0.0       | 0.00      | 0.00                    |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP        | 1         | 98          | 0           | 1         | 4.08      | 0.26      | 33.4       | 41.38      | *11        | 1.21      | 25.15    | 0.32      | 0.07      | 0.00                    |
| JUICE : VARIETY SUNCUP          | BOX          | 1         | 65          | 0           | 6         | 0.00      | 0.00      | 80.0       | *45.0      | 15         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| MILK : CHOCOLATE MILK FAT F REE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 0.00      | 300.0      | 1.2        | 18         | 8.0       | 20.0     | 0.0       | 0.00      | 0.00                    |
| MILK 1% WHITE                   | CARTON       | 1         | 110         | 10          | 130       | 0.00      | 0.00      | 300.0      | 2.4        | 12         | 8.0       | 13.0     | 2.5       | 1.50      | 0.00                    |
| Weighted Daily Average          |              |           | 710         | 15          | 626       | 6.98      | *3.68     | *943.6     | *93.64     | *63        | 23.80     | 135.38   | 8.53      | 3.13      | 0.00                    |
| % of Calories                   |              |           |             |             |           |           |           |            |            | *35.6%     | 13.4%     | 76.3%    | 10.8%     | 4.0%      | 0.0%                    |
| Nutrient Guideline              |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           | <10.00    |                         |

| Fri - 05/20/2022                |        |   |         |    |     |      |       |        |         |        |       |        |       |        |      |
|---------------------------------|--------|---|---------|----|-----|------|-------|--------|---------|--------|-------|--------|-------|--------|------|
| SECONDARY BREAKFAST             | Total  | 1 |         |    |     |      |       |        |         |        |       |        |       |        |      |
| SPRINKLED DONUT: SFE            | 1 EACH | 1 | 230     | 25 | 320 | 3.00 | 1.44  | 20.0   | 0.0     | 15     | 3.0   | 31.0   | 11.0  | 5.00   | 1.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP  | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38   | *11    | 1.21  | 25.15  | 0.32  | 0.07   | 0.00 |
| PEAR CUPS- CUP -DICED           | 1 CUP  | 1 | 70      | 0  | 5   | 1.00 | 0.00  | 0.0    | 60.0    | 15     | 0.0   | 19.0   | 0.0   | 0.00   | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX    | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0   | 15     | 0.0   | 16.0   | 0.0   | 0.00   | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2     | 18     | 8.0   | 20.0   | 0.0   | 0.00   | 0.00 |
| MILK 1% WHITE                   | CARTON | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |
| ALT SEC BREAKFAST ME            | Total  | 1 |         |    |     |      |       |        |         |        |       |        |       |        |      |
| BREAKFAST CEREAL-ALL            | BOWL   | 1 | 113     | 0  | 190 | 1.33 | *2.10 | *50.0  | *1.6    | 7      | 1.67  | 22.67  | 1.67  | 0.17   | 0.00 |
| TOAST                           | SLICE  | 1 | 103     | 0  | 161 | 1.00 | 0.72  | 40.0   | 1.2     | *1     | 3.0   | 14.0   | 4.11  | 1.48   | 0.00 |
| JELLY: VARIETY PACK             | PC     | 1 | 37      | 0  | 0   | 0.00 | 0.00  | 0.0    | 0.0     | *N/A*  | 0.0   | 9.4    | 0.0   | 0.00   | 0.00 |
| PEAR CUPS- CUP -DICED           | 1 CUP  | 1 | 70      | 0  | 5   | 1.00 | 0.00  | 0.0    | 60.0    | 15     | 0.0   | 19.0   | 0.0   | 0.00   | 0.00 |
| BREAKFAST FRUIT BASKET: SEC     | 1 CUP  | 1 | 98      | 0  | 1   | 4.08 | 0.26  | 33.4   | 41.38   | *11    | 1.21  | 25.15  | 0.32  | 0.07   | 0.00 |
| JUICE : VARIETY SUNCUP          | BOX    | 1 | 65      | 0  | 6   | 0.00 | 0.00  | 80.0   | *45.0   | 15     | 0.0   | 16.0   | 0.0   | 0.00   | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120     | 5  | 180 | 0.00 | 0.00  | 300.0  | 1.2     | 18     | 8.0   | 20.0   | 0.0   | 0.00   | 0.00 |
| MILK 1% WHITE                   | CARTON | 1 | 110     | 10 | 130 | 0.00 | 0.00  | 300.0  | 2.4     | 12     | 8.0   | 13.0   | 2.5   | 1.50   | 0.00 |
| Weighted Daily Average          |        |   | 704     | 28 | 658 | 7.74 | *2.39 | *768.4 | *151.38 | *82    | 21.04 | 131.68 | 11.21 | 4.89   | 0.50 |
| % of Calories                   |        |   |         |    |     |      |       |        |         | *46.7% | 12.0% | 74.8%  | 14.3% | 6.2%   | 0.6% |
| Nutrient Guideline              |        |   | 450-600 |    | 640 |      |       |        |         |        |       |        |       | <10.00 |      |

\*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

May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 4/22/2022 10:19:33 AM

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/23/2022       |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST    | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Cooks Choice Entree    | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      | 0.0%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           |           | <10.00                  |
| Tue - 05/24/2022       |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST    | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Cooks Choice Entree    | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      | 0.0%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           |           | <10.00                  |
| Wed - 05/25/2022       |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST    | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Cooks Choice Entree    | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      | 0.0%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           |           | <10.00                  |
| Thu - 05/26/2022       |              |           |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| SECONDARY BREAKFAST    | Total        | 1         |             |             |           |           |           |            |            |            |           |          |           |           |                         |
| Cooks Choice Entree    | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00      | 0.00                    |
| Weighted Daily Average |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            | 0.0%       | 0.0%      | 0.0%     | 0.0%      | 0.0%      | 0.0%                    |
| Nutrient Guideline     |              |           | 450-600     |             | 640       |           |           |            |            |            |           |          |           |           | <10.00                  |
| Weighted Average       |              |           | 692         | 31          | 647       | 7.34      | *2.23     | *767.4     | *128.37    | *71        | 22.43     | 127.57   | 10.66     | 3.98      | *0.03                   |
|                        |              |           |             |             |           |           |           |            |            | *91.9%     | 13.0%     | 73.7%    | 13.9%     | 5.2%      | *0.0%                   |

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May 2, 2022 thru May 26, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

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| Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)                 |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories                   | 692      |           | 450 - 600     | 115%        |           |           | 92      | Correction Required - Calories too High |
| Cholesterol (mg)           | 31       |           |               |             |           |           |         |   |
| Sodium 1 (mg)              | 647      |           | 640           |             |           |           | 7       | Correction Required - Sodium too High   |
| Sodium 2 (mg)              | 647      |           | 570           |             |           |           | 77      | Correction Required - Sodium too High   |
| Fiber (g)                  | 7.34     |           |               |             |           |           |         |   |
| Iron (mg)                  | 2.23     |           |               |             | Missing   |           |         |   |
| Calcium (mg)               | 767.4    |           |               |             | Missing   |           |         |   |
| Sugars (g)                 | 71       | 40.84%    |               |             | Missing   |           |         |   |
| Vitamin C (mg)             | 128.37   |           |               |             | Missing   |           |         |   |
| Protein (g)                | 22.43    | 12.96%    |               |             |           |           |         |   |
| Carbohydrate (g)           | 127.57   | 73.72%    |               |             |           |           |         |   |
| Total Fat (g)              | 10.66    | 13.85%    |               |             |           |           |         |   |
| Saturated Fat (g)          | 3.98     | 5.17%     | <10.00%       |             |           |           |         |   |
| Trans Fat <sup>1</sup> (g) | 0.03     | 0.04%     |               |             | Missing   |           |         |   |

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