

# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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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)
Mon - 05/01/2023															
K-7 BREAKFAST MENU	Total	1													
PANCAKE, BAKE CRAFTER	SERVINGS	1	173	10	220	1.67	*N/A*	*N/A*	*N/A*	12	4.0	31.67	3.5	0.50	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
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 BREAKFAST K-7															
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
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			617	20	647	5.03	*2.03	*741.3	*52.46	*55	20.77	117.89	7.39	2.59	*0.00
% of Calories										*35.6%	13.5%	76.4%	10.8%	3.8%	*0.0%
Nutrient Guideline			372-500		540									<10.00	

Tue - 05/02/2023															
K-7 BREAKFAST MENU	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
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
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

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

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 BREAKFAST K-7	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
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			597	28	697	3.67	*2.13	*735.0	*110.00	*67	21.83	100.53	10.39	3.57	0.00
% of Calories										*44.9%	14.6%	67.4%	15.7%	5.4%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Wed - 05/03/2023															
K-7 BREAKFAST MENU	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
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 BREAKFAST K-7	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
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			635	100	791	2.76	*1.77	*759.0	*141.60	*66	24.96	103.93	12.00	4.57	0.00
% of Calories										*41.7%	15.7%	65.5%	17.0%	6.5%	0.0%
Nutrient Guideline			372-500		540									<10.00	

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

Portion Values - Detailed

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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)
<b>Thu - 05/04/2023</b>															
K-7 BREAKFAST MENU	Total	1													
SMOOTHIE	SMOOTHIE	1	127	0	70	*0.50	*N/A*	*60.0	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAM, TIGER BITES ORIGINA	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	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
<b>ALT BREAKFAST K-7</b>															
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: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	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			637	15	580	*5.73	*1.66	*787.8	*92.38	*74	23.02	123.91	7.69	2.88	0.00
% of Calories										*46.2%	14.4%	77.8%	10.9%	4.1%	0.0%
Nutrient Guideline			372-500		540									<10.00	

<b>Fri - 05/05/2023</b>															
K-7 BREAKFAST MENU	Total	1													
CRESCENT, FILLED	1 EACH	1	230	0	270	2.00	1.44	20.0	0.0	10	6.0	37.0	8.0	1.50	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	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

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

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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)
ALT BREAKFAST K-7	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
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			607	15	632	3.17	*2.13	*735.0	*110.00	*69	21.33	109.53	9.39	3.07	0.00
% of Calories										*45.4%	14.1%	72.2%	13.9%	4.6%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Mon - 05/08/2023															
K-7 BREAKFAST MENU	Total	1													
FRENCH TOAST STICKS: (3-S.F.)	3pc SERVING	1	170	105	290	2.00	1.80	40.0	0.0	5	8.0	25.0	4.0	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
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 BREAKFAST K-7	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
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			616	67	682	5.20	*2.93	*761.3	*52.46	*51	22.77	114.55	7.64	2.84	*0.00
% of Calories										*33.4%	14.8%	74.4%	11.2%	4.2%	*0.0%
Nutrient Guideline			372-500		540									<10.00	

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Tue - 05/09/2023															
K-7 BREAKFAST MENU	Total	1													
EGG BAKE BITE, TURKEY SAUS AGE	EGG BITE	1	119	129	189	0.99	*N/A*	*N/A*	*N/A*	1	5.97	2.98	8.95	2.49	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
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 BREAKFAST K-7															
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
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			621	80	677	3.16	*1.77	*745.0	*110.60	*66	22.82	103.23	11.92	4.30	0.00
% of Calories										*42.4%	14.7%	66.5%	17.3%	6.2%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Wed - 05/10/2023															
K-7 BREAKFAST MENU	Total	1													
BERRIES AND CREAM TWIN, WG	SERVINGS	1	230	10	290	0.00	*N/A*	*N/A*	*N/A*	10	5.0	36.0	7.0	3.50	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

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Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

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 BREAKFAST K-7	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
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			617	20	637	2.17	*1.41	*739.0	*141.00	*70	21.83	109.03	8.89	4.07	0.00
% of Calories										*45.4%	14.2%	70.7%	13.0%	5.9%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Thu - 05/11/2023															
K-7 BREAKFAST MENU	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- OATMEAL CHOCOLATE CHI	1 EACH	1	240	5	210	6.00	0.62	29.6	0.0	17	5.0	43.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	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 BREAKFAST K-7	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: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	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			679	18	635	7.98	*1.97	*922.6	*91.18	*68	23.52	126.66	8.69	3.38	0.00
% of Calories										*40.2%	13.9%	74.7%	11.5%	4.5%	0.0%
Nutrient Guideline			372-500		540									<10.00	

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# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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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)
Fri - 05/12/2023															
K-7 BREAKFAST MENU	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
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 BREAKFAST K-7															
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
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			597	15	622	4.17	*2.13	*735.0	*110.60	*68	21.33	108.53	7.89	2.82	0.00
% of Calories										*45.5%	14.3%	72.8%	11.9%	4.3%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Mon - 05/15/2023															
K-7 BREAKFAST MENU	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
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

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# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

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 BREAKFAST K-7	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
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			571	18	589	4.70	*2.39	*751.3	*52.46	*50	19.77	108.06	7.14	2.34	*0.00
% of Calories										*35.0%	13.9%	75.7%	11.3%	3.7%	*0.0%
Nutrient Guideline			372-500		540									<10.00	

Tue - 05/16/2023															
K-7 BREAKFAST MENU	Total	1													
BREAKFAST BITES, MINI, APPLE, PEACH CUPS -DICED	SERVINGS	1	270	0	160	3.00	*N/A*	*N/A*	*N/A*	20	4.0	40.98	10.0	4.50	0.00
JUICE : VARIETY SUNCUP	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 BREAKFAST K-7	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
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			627	15	582	3.67	*1.41	*725.0	*110.00	*75	20.33	110.52	10.39	4.57	0.00
% of Calories										*47.8%	13.0%	70.6%	14.9%	6.6%	0.0%
Nutrient Guideline			372-500		540									<10.00	

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# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

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 - 05/17/2023															
K-7 BREAKFAST MENU	Total	1													
PANCAKE & SAUSAGE BITES	6 BITES	1	171	19	391	2.67	*N/A*	*N/A*	*N/A*	7	11.33	24.67	3.33	0.60	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
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 BREAKFAST K-7															
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
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			592	25	727	3.50	*1.41	*739.0	*141.00	*69	25.00	105.37	7.06	2.62	0.00
% of Calories										*46.3%	16.9%	71.2%	10.7%	4.0%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Thu - 05/18/2023															
K-7 BREAKFAST MENU	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
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	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

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# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

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 BREAKFAST K-7	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: ELE	1/2 CUP	1	92	0	1	3.81	0.25	32.8	40.88	*11	1.18	23.63	0.3	0.06	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	15	626	6.72	*3.67	*943.0	*93.14	*63	23.77	133.86	8.51	3.12	0.00
% of Calories										*35.9%	13.5%	76.1%	10.9%	4.0%	0.0%
Nutrient Guideline			372-500		540									<10.00	

Fri - 05/19/2023															
K-7 BREAKFAST MENU	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
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 BREAKFAST K-7	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
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			607	28	657	3.67	*2.13	*735.0	*110.00	*71	19.83	106.53	10.89	4.82	0.50
% of Calories										*47.1%	13.1%	70.2%	16.2%	7.2%	0.7%
Nutrient Guideline			372-500		540									<10.00	

Mon - 05/22/2023															
K-7 BREAKFAST MENU	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

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# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			372-500		540					0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 05/23/2023															
K-7 BREAKFAST MENU	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 % of Calories			0	0	0	0.00	0.00	0.0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			372-500		540					0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 05/24/2023															
K-7 BREAKFAST MENU	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 % of Calories			0	0	0	0.00	0.00	0.0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			372-500		540					0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Thu - 05/25/2023															
K-7 BREAKFAST MENU	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 % of Calories			0	0	0	0.00	0.00	0.0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			372-500		540					0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Weighted Average			621	32	652	*4.35	*2.06	*770.3	*101.26	*65	22.19	112.14	9.06	3.44	*0.03
										*94.8%	14.3%	72.2%	13.1%	5.0%	*0.0%

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# Washington County School District

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	621		372 - 500	124%					121	Correction Required - Calories too High						
Cholesterol (mg)	32															
Sodium 1 (mg)	652		540						112	Correction Required - Sodium too High						
Sodium 2 (mg)	652		485						167	Correction Required - Sodium too High						
Fiber (g)	4.35					Missing										
Iron (mg)	2.06					Missing										
Calcium (mg)	770.3					Missing										
Sugars (g)	65	42.14%				Missing										
Vitamin C (mg)	101.26					Missing										
Protein (g)	22.19	14.29%														
Carbohydrate (g)	112.14	72.19%														
Total Fat (g)	9.06	13.12%														
Saturated Fat (g)	3.44	4.98%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.05%				Missing										

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