

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 10/23/2018 9:20:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/01/2018										
SECONDARY BREAKFAST	Total	1								
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	0	104	2.57	*N/A*	4.76	47.7	0.67
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
ALT SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	270	2.00	15	5.0	39.0	7.0
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			331	21	363	3.33	*34	15.04	52.36	6.99
% of Calories							*40.9%	18.2%	63.3%	19.0%
Nutrient Guideline			450-600		640					

Fri - 11/02/2018										
SECONDARY BREAKFAST	Total	1								
BREAD, ZUCCHINI OR BANANA-NEW	SLICE	1	280	35	210	3.00	21	5.0	46.5	7.5
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 10/23/2018 9:20:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			469	21	601	5.04	*43	17.52	77.79	10.12
% of Calories							*36.7%	14.9%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Mon - 11/05/2018										
SECONDARY BREAKFAST	Total	2295								
FRENCH TOAST STICKS-NEW 2017	2 sticks	2295	240	10	260	2.00	10	6.0	38.0	7.0
SYRUP	1 EA	2250	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	685	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			502	17	519	3.81	*56	14.05	93.52	7.74
% of Calories							*44.6%	11.2%	74.5%	13.9%
Nutrient Guideline			450-600		640					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 10/23/2018 9:20:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/06/2018										
SECONDARY BREAKFAST	Total	2109								
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0	8.0	1.0	9.0
SAUSAGE LINK: 2	2 EACH	1	120	60	200	0.00	*N/A*	12.0	0.0	9.0
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	2100	66	0	7	0.00	15	0.0	16.3	0.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	459	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME										
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			368	178	464	1.91	*45	16.02	50.65	9.55
% of Calories							*48.5%	17.4%	55.1%	23.4%
Nutrient Guideline			450-600		640					

Wed - 11/07/2018										
SECONDARY BREAKFAST	Total	2122								
BREAKFAST ROLLED TACO	BURRITO	2122	0	0	0	0.00	0	0.0	0.0	0.0
PINEAPPLE OR ORANGE BARREL	BARREL	2000	75	*0	*0	0.00	16	0.0	17.5	0.0
SALSA PICANTE	1 OZ	2000	9	0	133	0.89	0	0.89	1.77	0.0
KETCHUP : P/C	PC	1000	31	0	396	0.00	8	0.0	8.34	0.0
JUICE : VARIETY SUNCUP	BOX	2122	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1680	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	432	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 10/23/2018 9:20:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			284	*7	*482	1.10	*49	9.52	56.68	1.28
% of Calories							*68.4%	13.4%	79.7%	4.1%
Nutrient Guideline			450-600		640					

Thu - 11/08/2018										
SECONDARY BREAKFAST	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	*N/A*	3.0	19.0	0.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	6.00	17	5.0	43.0	7.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	270	2.00	15	5.0	39.0	7.0
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			331	21	363	3.34	*34	15.04	52.30	7.01
% of Calories							*41.0%	18.2%	63.3%	19.1%
Nutrient Guideline			450-600		640					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 10/23/2018 9:20:18 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/09/2018										
SECONDARY BREAKFAST	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME										
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			468	21	602	5.05	*43	17.54	77.58	10.07
% of Calories							*36.6%	15.0%	66.3%	19.4%
Nutrient Guideline			450-600		640					

Mon - 11/12/2018										
SECONDARY BREAKFAST	Total	1								
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	300	5.00	7	4.0	35.0	8.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	370	7.60	*35	16.88	72.75	7.77
% of Calories							*33.9%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

Tue - 11/13/2018										
SECONDARY BREAKFAST	Total	1								
CANADIAN BACON BREAKFAST WRAP	WRAP	1	406	323	1466	4.00	*0	30.04	21.51	21.06
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			367	29	477	2.82	*34	17.35	53.04	9.86
% of Calories							*36.8%	18.9%	57.8%	24.2%
Nutrient Guideline			450-600		640					

Wed - 11/14/2018										
SECONDARY BREAKFAST	Total	1								
PEPPERONI & CHEESE BREADSTICK	BREADSTICK	1	276	29	566	3.00	*N/A*	12.59	32.04	10.59
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			369	*21	*436	3.69	*33	16.34	56.48	8.93
% of Calories							*35.5%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/15/2018										
SECONDARY BREAKFAST	Total	1								
YOGURT STRAW PARFAIT	PARFAIT	1	189	0	99	2.17	*11	4.54	43.1	0.72
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
ALT SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	270	2.00	15	5.0	39.0	7.0
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			331	21	363	3.33	*34	15.04	52.33	6.99
% of Calories							*41.0%	18.2%	63.3%	19.0%
Nutrient Guideline			450-600		640					

Fri - 11/16/2018										
SECONDARY BREAKFAST	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	25	2.0	38.0	11.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			468	21	602	5.02	*43	17.47	77.64	10.18
% of Calories							*36.8%	14.9%	66.3%	19.6%
Nutrient Guideline			450-600		640					

Mon - 11/19/2018										
SECONDARY BREAKFAST	Total	1								
PANCAKES	BAG	1	220	0	130	3.00	13	4.0	39.5	6.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	366	7.55	*35	16.88	72.85	7.72
% of Calories							*34.1%	16.4%	70.6%	16.8%
Nutrient Guideline			450-600		640					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/20/2018										
SECONDARY BREAKFAST	Total	1								
CANADIAN BACON & EGG MUFFIN	1 Each	1	334	233	1209	4.00	*4	21.14	28.36	15.21
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			365	27	458	2.80	*34	17.11	52.96	9.73
% of Calories							*36.9%	18.8%	58.1%	24.0%
Nutrient Guideline			450-600		640					

Mon - 11/26/2018										
SECONDARY BREAKFAST	Total	1								
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	10	260	2.00	10	6.0	38.0	7.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	0.0	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			413	21	369	7.53	*35	16.93	72.82	7.74
% of Calories							*34.0%	16.4%	70.5%	16.9%
Nutrient Guideline			450-600		640					

Tue - 11/27/2018										
SECONDARY BREAKFAST	Total	1								
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	2.02	3	10.1	25.26	10.1
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	2.1	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			363	22	452	2.75	*34	16.85	53.08	9.60
% of Calories							*37.3%	18.6%	58.5%	23.8%
Nutrient Guideline			450-600		640					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/28/2018										
SECONDARY BREAKFAST	Total	1								
BREAKFAST CRISPITOS	CRISPITOS	1	223	81	567	1.01	1	7.09	17.21	14.18
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	0.0	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	1.73	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			369	*22	*437	3.68	*33	16.31	56.42	8.95
% of Calories							*35.6%	17.7%	61.2%	21.8%
Nutrient Guideline			450-600		640					

Thu - 11/29/2018										
SECONDARY BREAKFAST	Total	1								
MIXED BERRY SMOOTHIE: SEC	SERVING:10o	1	259	5	117	5.60	*33	7.56	54.58	1.31
TOAST	SLICE	1	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	270	2.00	15	5.0	39.0	7.0
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	6.0	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			331	21	364	3.35	*34	15.06	52.40	7.00
% of Calories							*41.1%	18.2%	63.3%	19.0%
Nutrient Guideline			450-600		640					

Fri - 11/30/2018										
SECONDARY BREAKFAST	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	0.0	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	1.29	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	6.0	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	3.0	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	2.42	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	0.0	16.3	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			468	21	602	5.05	*43	17.54	77.58	10.07
% of Calories							*36.6%	15.0%	66.3%	19.4%
Nutrient Guideline			450-600		640					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 10/23/2018 9:20:19 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average			391	*29	*457	4.15	*38 *88.4%	16.03 16.4%	63.75 65.3%	8.28 19.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	391		450 - 600	87%		59		Correction Required - Calories are Low
Cholesterol (mg)	29				Missing			
Sodium 1 (mg)	457		640		Missing			
Sodium 2 (mg)	457		570		Missing			
Fiber (g)	4.15							
Sugars (g)	38	39.28%			Missing			
Protein (g)	16.03	16.41%						
Carbohydrate (g)	63.75	65.29%						
Total Fat (g)	8.28	19.08%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.