

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018									
SECONDARY BREAKFAST	Total	1							
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	300	5.00	7	35.0	8.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	15	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			413	21	370	7.60	*35	72.75	7.77
% of Calories							*33.9%	70.5%	16.9%
Nutrient Guideline			450-600		640				

Tue - 10/02/2018									
SECONDARY BREAKFAST	Total	1							
CANADIAN BACON BREAKFAST WRAP	WRAP	1	406	323	1466	4.00	*0	21.51	21.06
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	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.

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41							
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	11	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			367	29	477	2.82	*34	53.04	9.86
% of Calories							*36.8%	57.8%	24.2%
Nutrient Guideline			450-600		640				

Wed - 10/03/2018									
SECONDARY BREAKFAST	Total	1							
PEPPERONI & CHEESE BREADSTICK	BREADSTICK	1	276	29	566	3.00	*N/A*	32.04	10.59
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	215							
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	127	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			369	*21	*436	3.69	*33	56.48	8.93
% of Calories							*35.5%	61.2%	21.8%
Nutrient Guideline			450-600		640				

Thu - 10/04/2018									
SECONDARY BREAKFAST	Total	1							
YOGURT STRAW PARFAIT	PARFAIT	1	189	0	99	2.17	*11	43.1	0.72
TOAST	SLICE	1	103	0	161	1.00	*1	14.0	4.11
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	50.27	0.62
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
ALT SEC BREAKFAST ME	Total	157							
MINNI CINNI- PILSBURY	1 EACH	1	240	0	270	2.00	15	39.0	7.0
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	94	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			331	21	363	3.33	*34	52.33	6.99
% of Calories							*41.0%	63.3%	19.0%
Nutrient Guideline			450-600		640				

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Fri - 10/05/2018									
SECONDARY BREAKFAST	Total	1							
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	25	38.0	11.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME									
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	45	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			468	21	602	5.02	*43	77.64	10.18
% of Calories							*36.8%	66.3%	19.6%
Nutrient Guideline			450-600		640				

Mon - 10/08/2018									
SECONDARY BREAKFAST	Total	1							
PANCAKES	BAG	1	220	0	130	3.00	13	39.5	6.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	15	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			413	21	366	7.55	*35	72.85	7.72
% of Calories							*34.1%	70.6%	16.8%
Nutrient Guideline			450-600		640				

Tue - 10/09/2018									
SECONDARY BREAKFAST	Total	1							
CANADIAN BACON & EGG MUFFIN	1 Each	1	334	233	1209	4.00	*4	28.36	15.21
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	41							
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	11	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			365	27	458	2.80	*34	52.96	9.73
% of Calories							*36.9%	58.1%	24.0%
Nutrient Guideline			450-600		640				

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Wed - 10/10/2018									
SECONDARY BREAKFAST	Total	1							
SAUSAGE BREAKFAST PIZZA	SLICE	1	210	20	260	2.00	5	21.0	8.0
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	215							
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	127	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			369	*21	*435	3.68	*33	56.43	8.92
% of Calories							*35.6%	61.2%	21.8%
Nutrient Guideline			450-600		640				

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

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ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	15	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			413	21	369	7.53	*35	72.82	7.74
% of Calories							*34.0%	70.5%	16.9%
Nutrient Guideline			450-600		640				

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

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018									
SECONDARY BREAKFAST	Total	1							
BREAKFAST CRISPITOS	CRISPITOS	1	223	81	567	1.01	1	17.21	14.18
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	0.0
ALT SEC BREAKFAST ME	Total	215							
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	127	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			369	*22	*437	3.68	*33	56.42	8.95
% of Calories							*35.6%	61.2%	21.8%
Nutrient Guideline			450-600		640				

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

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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

Fri - 10/19/2018									
SECONDARY BREAKFAST	Total	1							
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	34.94	4.99
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	54							
BREAKFAST CEREAL-ALL	BOWL	54	107	0	159	2.12	8	22.58	1.92
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	48	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	45	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	8	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			468	21	602	5.05	*43	77.58	10.07
% of Calories							*36.6%	66.3%	19.4%
Nutrient Guideline			450-600		640				

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Mon - 10/22/2018									
SECONDARY BREAKFAST	Total	1							
WAFFLE WG- KRUSTEAZ-SEC SYRUP	WAFFLES	1	220	0	300	5.00	7	35.0	8.0
CINNAMON APPLESAUCE CUPS	1 EA	1	11	0	81	0.00	*N/A*	4.34	0.0
JUICE : VARIETY SUNCUP	1 EACH	1	90	0	15	2.00	19	22.0	0.0
MILK : CHOCOLATE MILK	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK 1% WHITE	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK FAT FREE WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME									
BREAKFAST CEREAL-ALL	Total	41							
STRING CHEESE: 1oz M	BOWL	1	107	0	159	2.12	8	22.58	1.92
TOAST	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	SLICE	1	103	0	161	1.00	*1	14.0	4.11
JUICE : VARIETY SUNCUP	1 CUP	38	195	0	2	8.13	*12	50.27	0.62
MILK : CHOCOLATE MILK	BOX	23	66	0	7	0.00	15	16.3	0.0
MILK 1% WHITE	CARTON	15	120	5	180	0.00	18	20.0	0.0
MILK FAT FREE WHITE	CARTON	16	100	10	125	0.00	12	12.0	2.5
	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			413	21	370	7.60	*35	72.75	7.77
% of Calories							*33.9%	70.5%	16.9%
Nutrient Guideline			450-600		640				

Tue - 10/23/2018									
SECONDARY BREAKFAST	Total	1							
BREAKFAST ON A STICK	1 EACH	1	205	20	375	1.00	8	19.5	11.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	4.34	0.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	16.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	41							
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	11	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			362	22	440	2.73	*34	52.85	9.62
% of Calories							*37.3%	58.4%	23.9%
Nutrient Guideline			450-600		640				

Wed - 10/24/2018									
SECONDARY BREAKFAST	Total	1							
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	83	568	3.16	*1	23.3	10.02
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	0.0
ALT SEC BREAKFAST ME	Total	215							
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	127	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0

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Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			369	*22	*437	3.69	*33	56.45	8.93
% of Calories							*35.6%	61.2%	21.8%
Nutrient Guideline			450-600		640				

Thu - 10/25/2018									
SECONDARY BREAKFAST	Total	1							
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	*N/A*	19.0	0.0
UBR- CINNAMON	UBR	1	270	0	240	6.00	*N/A*	44.0	8.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	157							
MINNI CINNI- PILSBURY	1 EACH	1	240	0	270	2.00	15	39.0	7.0
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	*N/A*	0.0	6.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	138	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	94	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	53	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			331	21	364	3.34	*34	52.31	7.01
% of Calories							*40.9%	63.3%	19.1%
Nutrient Guideline			450-600		640				

Fri - 10/26/2018									
SECONDARY BREAKFAST	Total	1							
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	25	38.0	11.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	0.0	6.0
PEAR- BARREL	BARREL	1	80	0	0	1.00	14	17.94	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

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

Mon - 10/29/2018									
SECONDARY BREAKFAST	Total	1							
PANCAKES	BAG	1	220	0	130	3.00	13	39.5	6.0
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	4.34	0.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	22.0	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC BREAKFAST ME	Total	41							
BREAKFAST CEREAL-ALL	BOWL	1	107	0	159	2.12	8	22.58	1.92
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	1	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	23	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	15	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	16	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			413	21	366	7.55	*35	72.85	7.72
% of Calories							*34.1%	70.6%	16.8%
Nutrient Guideline			450-600		640				

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Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 10/30/2018									
SECONDARY BREAKFAST	Total	1							
SCRAMBLED EGGS W/HAM:SEC	3/4 cup	1	191	350	613	0.00	*0	3.47	11.35
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	1	27.0	11.0
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	16.0	0.0
TOAST	SLICE	1	103	0	161	1.00	*1	14.0	4.11
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
ALT SEC BREAKFAST ME	Total	41							
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	134	2.20	16	29.0	5.6
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	20	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	41	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	11	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	20	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			370	30	468	2.78	*34	53.54	9.99
% of Calories							*36.6%	57.9%	24.3%
Nutrient Guideline			450-600		640				

Wed - 10/31/2018									
SECONDARY BREAKFAST	Total	1							
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	1	14.0	9.0
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	*0	0.00	16	17.5	0.0
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	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.

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Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
ALT SEC BREAKFAST ME	Total	215							
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	115	2.56	*N/A*	24.09	3.25
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	*N/A*	0.0	6.0
TOAST	SLICE	100	103	0	161	1.00	*1	14.0	4.11
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	8.13	*12	50.27	0.62
JUICE : VARIETY SUNCUP	BOX	171	66	0	7	0.00	15	16.3	0.0
MILK : CHOCOLATE MILK	CARTON	127	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	78	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	9.4	0.0
Weighted Daily Average			369	*22	*436	3.69	*33	56.40	8.93
% of Calories							*35.6%	61.2%	21.8%
Nutrient Guideline			450-600		640				

Weighted Average			387	*22	*439	4.54	*35	61.98	8.74
							*81.8%	64.0%	20.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	387		450 - 600	86%		63		Correction Required - Calories are Low
Cholesterol (mg)	22				Missing			
Sodium 1 (mg)	439		640		Missing			
Sodium 2 (mg)	439		570		Missing			
Fiber (g)	4.54							
Sugars (g)	35	36.36%			Missing			
Carbohydrate (g)	61.98	64.03%						
Total Fat (g)	8.74	20.33%						

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