

Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/01/2020															
SECONDARY BREAKFAST	Total	1													
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	3.32	*N/A*	6.01	59.39	1.31	0.20	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: 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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			307	6	316	2.67	0.85	408.9	*59.49	*33	11.00	54.92	5.01	1.98	0.00
% of Calories										*43.5%	14.3%	71.5%	14.7%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 10/02/2020															
SECONDARY BREAKFAST	Total	1													
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	1.08	20.0	0.0	25	2.0	38.0	11.0	5.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	54													
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	10	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	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	45	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	8	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			355	6	412	3.77	5.23	568.9	*62.36	*42	10.51	70.29	3.93	1.14	0.00
% of Calories										*47.2%	11.8%	79.2%	10.0%	2.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 10/05/2020															
SECONDARY BREAKFAST	Total	1													
PANCAKES	BAG	1	220	0	130	3.00	0.72	20.0	0.0	13	4.0	39.5	6.0	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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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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 ¹ (g)
Weighted Daily Average			230	6	137	4.02	0.39	318.1	*68.57	*32	7.60	48.16	1.59	0.72	0.00
% of Calories										*54.9%	13.2%	83.9%	6.2%	2.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 10/06/2020															
SECONDARY BREAKFAST	Total	1													
BREAKFAST ON A STICK	1 EACH	1	205	20	375	1.00	1.08	20.0	0.0	8	6.0	19.5	11.0	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
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			241	7	216	1.83	0.58	349.9	*61.94	*30	8.30	44.22	3.70	1.58	0.00
% of Calories										*50.5%	13.8%	73.3%	13.8%	5.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/07/2020															
SECONDARY BREAKFAST	Total	1													
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	0.0	1	10.0	14.0	9.0	3.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	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	127	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	78	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			249	8	236	2.12	0.47	384.6	*55.32	*32	9.61	45.98	3.01	1.28	0.00
% of Calories										*51.0%	15.5%	73.9%	10.9%	4.6%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Thu - 10/08/2020															
SECONDARY BREAKFAST	Total	1													
MIXED BERRY SMOOTHIE: SEC	SERVING: 10oz	1	259	5	117	5.60	0.00	354.1	1.65	*33	7.56	54.58	1.31	0.79	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	1.00	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			308	6	323	2.69	0.84	409.8	*59.48	*34	11.03	55.02	5.03	1.99	0.00
% of Calories										*43.7%	14.3%	71.5%	14.7%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 10/09/2020															
SECONDARY BREAKFAST	Total	1													
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	1.26	20.0	0.0	10	5.5	36.0	7.0	1.25	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	54													
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	10	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	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	45	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	8	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			354	6	412	3.77	5.23	568.9	*62.36	*42	10.57	70.26	3.85	1.07	0.00
% of Calories										*47.0%	11.9%	79.3%	9.8%	2.7%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 10/12/2020															
SECONDARY BREAKFAST	Total	2295													
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	2.00	0.72	40.0	0.0	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	2250	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	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	1600	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	685	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			496	16	513	3.75	0.71	410.1	*94.54	*56	13.85	92.44	7.63	1.43	0.00
% of Calories										*44.9%	11.2%	74.5%	13.8%	2.6%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 10/13/2020															
SECONDARY BREAKFAST	Total	2109													
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0.72	100.0	0.0	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0.00	0.72	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	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	1640	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	459	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			364	178	458	1.90	0.72	*475.6	*102.35	*44	15.81	50.13	9.44	3.79	0.00
% of Calories										*48.7%	17.4%	55.1%	23.4%	9.4%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/14/2020															
SECONDARY BREAKFAST	Total	1													
MAPLE SANDWICH	SERVINGS	1	240	0	320	3.00	1.80	40.0	1.2	19	5.0	45.0	5.0	2.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
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	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	Total	215													
TOAST	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
MIXED FRUIT CUP	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	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	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK : CHOCOLATE MILK FAT F	BOX	171	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
REE	CARTON	127	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	78	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			249	7	235	2.12	0.47	384.3	*55.33	*32	9.59	46.12	2.99	1.28	0.00
% of Calories										*51.1%	15.4%	74.1%	10.8%	4.6%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 10/19/2020															
SECONDARY BREAKFAST	Total	1													
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	2	2.0	12.0	3.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			230	6	141	4.00	0.41	319.0	*68.60	*31	7.63	48.06	1.61	0.74	0.00
% of Calories										*54.5%	13.3%	83.7%	6.3%	2.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Tue - 10/20/2020															
SECONDARY BREAKFAST	Total	1													
PORK SAUSAGE BISCUIT SAND WICH	1 EACH	1	232	25	556	2.02	1.45	101.0	42.44	3	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			238	7	215	1.83	0.57	350.9	*62.92	*30	8.32	43.70	3.58	1.59	0.00
% of Calories										*50.9%	14.0%	73.3%	13.5%	6.0%	0.0%
Nutrient Guideline			450-600		640										<10.00

Wed - 10/21/2020															
SECONDARY BREAKFAST	Total	1													
TORNADO-EGG, SAUSAGE, CHEESE	TORNADO	1	180	30	280	2.00	1.44	40.0	1.2	1	7.0	22.0	7.0	1.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
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 FREE	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	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 FREE	CARTON	127	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	78	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			249	7	236	2.12	0.47	384.3	*55.33	*32	9.60	46.02	3.00	1.27	0.00
% of Calories										*51.0%	15.4%	74.0%	10.9%	4.6%	0.0%
Nutrient Guideline			450-600		640										<10.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/22/2020															
SECONDARY BREAKFAST	Total	1													
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	3.32	*N/A*	6.01	59.39	1.31	0.20	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: 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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			307	6	316	2.67	0.85	408.9	*59.49	*33	11.00	54.92	5.01	1.98	0.00
% of Calories										*43.5%	14.3%	71.5%	14.7%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 10/23/2020															
SECONDARY BREAKFAST	Total	1													
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	1.08	20.0	0.0	25	2.0	38.0	11.0	5.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	54													
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	10	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	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	45	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	8	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			355	6	412	3.77	5.23	568.9	*62.36	*42	10.51	70.29	3.93	1.14	0.00
% of Calories										*47.2%	11.8%	79.2%	10.0%	2.9%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Mon - 10/26/2020															
SECONDARY BREAKFAST	Total	1													
PANCAKES	BAG	1	220	0	130	3.00	0.72	20.0	0.0	13	4.0	39.5	6.0	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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	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	15	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	16	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			230	6	137	4.02	0.39	318.1	*68.57	*32	7.60	48.16	1.59	0.72	0.00
% of Calories										*54.9%	13.2%	83.9%	6.2%	2.8%	0.0%
Nutrient Guideline			450-600		640										<10.00

Tue - 10/27/2020															
SECONDARY BREAKFAST	Total	1													
BREAKFAST ON A STICK	1 EACH	1	205	20	375	1.00	1.08	20.0	0.0	8	6.0	19.5	11.0	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
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	41													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	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	11	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	20	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			241	7	216	1.83	0.58	349.9	*61.94	*30	8.30	44.22	3.70	1.58	0.00
% of Calories										*50.5%	13.8%	73.3%	13.8%	5.9%	0.0%
Nutrient Guideline			450-600		640										<10.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/28/2020															
SECONDARY BREAKFAST	Total	1													
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	0.0	1	10.0	14.0	9.0	3.50	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*45.0	15	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	215													
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	100	103	0	161	1.00	0.72	40.0	1.2	*1	3.0	14.0	4.11	1.48	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	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	127	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	78	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			249	8	236	2.12	0.47	384.6	*55.32	*32	9.61	45.98	3.01	1.28	0.00
% of Calories										*51.0%	15.5%	73.9%	10.9%	4.6%	0.0%
Nutrient Guideline			450-600		640									<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/29/2020															
SECONDARY BREAKFAST	Total	1													
MIXED BERRY SMOOTHIE: SEC	SERVING: 10oz	1	259	5	117	5.60	0.00	354.1	1.65	*33	7.56	54.58	1.31	0.79	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	1.00	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME															
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	153	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	60.0	19	0.0	22.0	0.0	0.00	0.00
MIXED FRUIT CUP	PACKAGE	1	70	0	10	0.00	0.00	0.0	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	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	94	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	53	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			308	6	323	2.69	0.84	409.8	*59.48	*34	11.03	55.02	5.03	1.99	0.00
% of Calories										*43.7%	14.3%	71.5%	14.7%	5.8%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Fri - 10/30/2020															
SECONDARY BREAKFAST	Total	1													
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	1.26	20.0	0.0	10	5.5	36.0	7.0	1.25	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	60.0	14	0.0	16.0	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	54													
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	2.00	4.95	175.0	4.8	7	1.0	23.0	1.75	0.25	0.00
TOAST	SLICE	20	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	10	2.00	0.00	0.0	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	98	0	1	4.08	0.26	33.4	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	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	45	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	8	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			354	6	412	3.77	5.23	568.9	*62.36	*42	10.57	70.26	3.85	1.07	0.00
% of Calories										*47.0%	11.9%	79.3%	9.8%	2.7%	0.0%
Nutrient Guideline			450-600		640									<10.00	

Weighted Average			296	16	295	2.87	1.53	*417.1	*64.91	*36	10.10	55.21	4.03	1.48	0.00
										*108.6	13.7%	74.7%	12.3%	4.5%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	296		450 - 600	66%		154		Correction Required - Calories are Low
Cholesterol (mg)	16							
Sodium 1 (mg)	295		640					
Sodium 2 (mg)	295		570					
Fiber (g)	2.87							
Iron (mg)	1.53							
Calcium (mg)	417.1				Missing			
Sugars (g)	36	48.28%			Missing			
Vitamin C (mg)	64.91				Missing			
Protein (g)	10.10	13.67%						
Carbohydrate (g)	55.21	74.69%						
Total Fat (g)	4.03	12.26%						
Saturated Fat (g)	1.48	4.51%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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