

Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/03/2019								
SECONDARY BREAKFAST	Total	2109						
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0	8.0	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0	8.0	2.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
PEACH CUPS -DICED	1 CUP	2000	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	459	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0
Weighted Daily Average			364	178	458	*44	15.82	50.27
% of Calories						*48.7%	17.4%	55.2%
Nutrient Guideline			450-600		640			

Wed - 09/04/2019								
SECONDARY BREAKFAST	Total	1						
MAPLE BREAD STICK	SERVINGS	1	240	0	280	18	6.0	46.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	215						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	100	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0
Weighted Daily Average			287	7	235	*36	10.08	55.94
% of Calories						*50.1%	14.0%	77.9%
Nutrient Guideline			450-600		640			

Thu - 09/05/2019								
SECONDARY BREAKFAST	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	*N/A*	3.0	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	17	5.0	43.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	157						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	153	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0
Weighted Daily Average			347	6	317	*38	11.50	65.00
% of Calories						*43.5%	13.3%	75.0%
Nutrient Guideline			450-600		640			

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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)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/06/2019								
SECONDARY BREAKFAST	Total	1						
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	8	5.99	34.94
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0
Weighted Daily Average			386	6	416	*45	11.08	78.18
% of Calories						*46.4%	11.5%	81.0%
Nutrient Guideline			450-600		640			

Mon - 09/09/2019								
SECONDARY BREAKFAST	Total	1						
WAFFLE, BC	WAFFLE	1	80	5	105	2	2.0	12.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	41						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0
Weighted Daily Average			316	10	140	*41	8.80	70.37
% of Calories						*51.6%	11.1%	89.0%
Nutrient Guideline			450-600		640			

Tue - 09/10/2019								
SECONDARY BREAKFAST	Total	1						
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	3	10.1	25.26
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	41						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0
Weighted Daily Average			265	7	215	*33	8.67	50.51
% of Calories						*50.0%	13.1%	76.3%
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)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/11/2019								
SECONDARY BREAKFAST	Total	1						
WG EGG & CHEESE BREAKFAST BURR	SERVING	1	210	55	340	1	10.0	28.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	215						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	100	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0
Weighted Daily Average			287	7	237	*36	10.09	55.97
% of Calories						*49.9%	14.0%	77.9%
Nutrient Guideline			450-600		640			

Thu - 09/12/2019								
SECONDARY BREAKFAST	Total	1						
YOGURT STRAW PARFAIT	PARFAIT	1	219	0	122	*N/A*	*5.5	48.15
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	*N/A*	6.01	59.39
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	157						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	153	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0
Weighted Daily Average			347	6	317	*38	*11.52	65.29
% of Calories						*43.2%	*13.3%	75.2%
Nutrient Guideline			450-600		640			

Fri - 09/13/2019								
SECONDARY BREAKFAST	Total	1						
DONUT:SPRINKLED	DONUT	1	250	20	250	25	2.0	38.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0
Weighted Daily Average			387	6	416	*45	11.01	78.23
% of Calories						*46.7%	11.4%	80.9%
Nutrient Guideline			450-600		640			

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/16/2019								
SECONDARY BREAKFAST	Total	1						
PANCAKES	BAG	1	220	0	130	13	4.0	39.5
EGG PATTIES: SCRAMBLED PRE-COO SYRUP	1 Each	1	60	175	135	*N/A*	5.0	1.0
	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0
Weighted Daily Average			320	10	141	*41	8.85	71.02
% of Calories						*51.4%	11.1%	88.9%
Nutrient Guideline			450-600		640			

Tue - 09/17/2019								
SECONDARY BREAKFAST	Total	1						
BREAKFAST ON A STICK	1 EACH	1	205	20	375	8	6.0	19.5
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
PEACH CUPS -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	41						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0
Weighted Daily Average			264	7	213	*33	8.57	50.47
% of Calories						*50.2%	13.0%	76.4%
Nutrient Guideline			450-600		640			

Wed - 09/18/2019								
SECONDARY BREAKFAST	Total	1						
BREAKFAST TAC-GO	TACO	1	180	200	400	1	10.0	14.0
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
ALT SEC BREAKFAST ME	Total	215						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	100	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0
Weighted Daily Average			287	8	236	*36	10.08	55.80
% of Calories						*50.0%	14.1%	77.9%
Nutrient Guideline			450-600		640			

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/19/2019								
SECONDARY BREAKFAST	Total	1						
MIXED BERRY SMOOTHIE: SEC	SERVING:10oz	1	259	5	117	*33	7.56	54.58
BUG BITES	BAG	1	120	0	1151	8	2.0	21.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	153	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0
Weighted Daily Average			347	6	323	*38	11.51	65.09
% of Calories						*43.6%	13.3%	75.1%
Nutrient Guideline			450-600		640			

Fri - 09/20/2019								
SECONDARY BREAKFAST	Total	1						
CRESCENT, FILLED	1 EACH	1	220	0	265	10	5.5	36.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0
Weighted Daily Average			388	6	416	*45	11.02	78.62
% of Calories						*46.3%	11.4%	81.2%
Nutrient Guideline			450-600		640			

Mon - 09/23/2019								
SECONDARY BREAKFAST	Total	2295						
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	10	6.0	38.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	2250	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	19	0.0	22.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1600	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	685	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	41						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0
Weighted Daily Average			499	16	514	*56	13.87	93.17
% of Calories						*44.8%	11.1%	74.7%
Nutrient Guideline			450-600		640			

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/24/2019								
SECONDARY BREAKFAST	Total	2109						
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0	8.0	1.0
SAUSAGE LINK - CLOVERDALE	SERVING	1	230	40	340	0	8.0	2.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
PEACH CUPS -DICED	1 CUP	2000	70	0	10	14	0.0	16.0
JUICE : VARIETY SUNCUP	BOX	2100	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1640	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	459	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME								
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	11	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	20	100	10	125	12	8.0	12.0
Weighted Daily Average			364	178	458	*44	15.82	50.27
% of Calories						*48.7%	17.4%	55.2%
Nutrient Guideline			450-600		640			

Wed - 09/25/2019								
SECONDARY BREAKFAST	Total	1						
MAPLE BREAD STICK	SERVINGS	1	240	0	280	18	6.0	46.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	215						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	100	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	78	100	10	125	12	8.0	12.0
Weighted Daily Average			287	7	235	*36	10.08	55.94
% of Calories						*50.1%	14.0%	77.9%
Nutrient Guideline			450-600		640			

Thu - 09/26/2019								
SECONDARY BREAKFAST	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	*N/A*	3.0	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	17	5.0	43.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	*11	1.18	23.63
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	157						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	153	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	*0	0.44	28.02
MIXED FRUIT CUP	PACKAGES	1	70	0	10	*N/A*	0.0	18.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	53	100	10	125	12	8.0	12.0
Weighted Daily Average			347	6	317	*38	11.50	65.00
% of Calories						*43.5%	13.3%	75.0%
Nutrient Guideline			450-600		640			

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/27/2019								
SECONDARY BREAKFAST	Total	1						
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	8	5.99	34.94
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	14	0.0	16.0
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	105	0	175	7	1.0	23.0
TOAST	SLICE	20	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	8	100	10	125	12	8.0	12.0
Weighted Daily Average			386	6	416	*45	11.08	78.18
% of Calories						*46.4%	11.5%	81.0%
Nutrient Guideline			450-600		640			

Mon - 09/30/2019								
SECONDARY BREAKFAST	Total	1						
WAFFLE, BC	WAFFLE	1	80	5	105	2	2.0	12.0
EGG PATTIES: SCRAMBLED PRE-COO	1 Each	1	60	175	135	*N/A*	5.0	1.0
SYRUP	1 EA	1	11	0	81	*N/A*	0.0	4.34
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	*22	2.43	50.3
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	19	0.0	22.0
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT SEC BREAKFAST ME	Total	41						
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	7	1.0	23.0
TOAST	SLICE	1	103	0	161	*1	3.0	14.0
JELLY: VARIETY PACK	PC	1	37	0	0	*N/A*	0.0	9.4
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	2	*22	2.43	50.3
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	15	0.0	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	16	100	10	125	12	8.0	12.0
Weighted Daily Average			316	10	140	*41	8.80	70.37
% of Calories						*51.6%	11.1%	89.0%
Nutrient Guideline			450-600		640			

Weighted Average			340	25	308	*40 *107.0	*10.99 *12.9%	65.18 76.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	340		450 - 600	75%		110		Correction Required - Calories are Low
Cholesterol (mg)	25							
Sodium 1 (mg)	308		640					
Sodium 2 (mg)	308		570					
Sugars (g)	40	47.57%			Missing			
Protein (g)	10.99	12.94%			Missing			
Carbohydrate (g)	65.18	76.79%						

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