

Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/01/2020																
SECONDARY BREAKFAST	Total	2109														
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0.72	100.0	400	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*	*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	169	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	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	70	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1640	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	459	100	10	125	0.00	0.00	300.0	500	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	450	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	169	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	0.0	*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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	11	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	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	*1012	*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	

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

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/02/2020																
SECONDARY BREAKFAST	Total	1														
MAPLE SANDWICH	SERVINGS	1	240	0	320	3.00	1.80	40.0	0	1.2	19	5.0	45.0	5.0	2.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	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	450	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	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	85	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	171	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	127	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	78	100	10	125	0.00	0.00	300.0	500	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	*686	*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	

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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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/03/2020																
SECONDARY BREAKFAST	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	6.00	0.00	0.0	85	0.0	17	5.0	43.0	7.0	2.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	*56	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	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	169	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	0.0	*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	95	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	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	63	98	0	1	4.08	0.26	33.4	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			308	6	317	2.69	0.84	408.8	*772	*59.47	*34	11.02	54.94	5.05	1.99	0.00
% of Calories											*43.6%	14.3%	71.4%	14.8%	5.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/04/2020																
SECONDARY BREAKFAST	Total	1														
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	1.00	0.00
DGFOR																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total	54														
TOAST	BOWL	54	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	1.48	0.00
PEAR CUPS- CUP -DICED	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
EC	1 CUP	17	98	0	1	4.08	0.26	33.4	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	45	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	8	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			354	6	412	3.81	5.23	568.9	*1123	*62.38	*42	10.58	70.24	3.82	1.07	0.00
% of Calories											*47.0%	11.9%	79.3%	9.7%	2.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 09/08/2020																
SECONDARY BREAKFAST	Total	1														
PORK SAUSAGE BISCUIT SAN	1 EACH	1	232	25	556	2.02	1.45	101.0	15	42.44	3	10.1	25.26	10.1	4.55	0.00
DWICH																
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	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-A (IU)	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	450	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	169	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	0.0	*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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	11	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			238	7	215	1.83	0.57	350.9	*602	*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 - 09/09/2020																
SECONDARY BREAKFAST	Total	1														
TORNADO-EGG, SAUSAGE, C	TORNADO	1	180	30	280	2.00	1.44	40.0	100	1.2	1	7.0	22.0	7.0	1.50	0.00
HEESE																
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
MIXED FRUIT CUP	SERVINGS	1	80	0	0	1.00	0.00	14.0	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	*56	*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	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Portion Values - Detailed

Page 6

Generated on: 8/5/2020 9:17:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	215														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	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	169	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	0.0	*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	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	202	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	*56	*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	500	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	500	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	*686	*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	

Thu - 09/10/2020																
SECONDARY BREAKFAST	Total	1														
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	260	0	128	3.66	1.23	311.1	403	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	169	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	0.0	*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	*56	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	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	169	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	0.0	*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	95	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	0.0	*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	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			307	6	316	2.67	0.85	408.9	*774	*59.49	*33 *43.5%	11.00 14.3%	54.92 71.5%	5.01 14.7%	1.98 5.8%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 09/11/2020																
SECONDARY BREAKFAST	Total	1														
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	1.08	20.0	125	0.0	25	2.0	38.0	11.0	5.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	98	0	1	4.08	0.26	33.4	202	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	70	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	54														
BREAKFAST CEREAL-ALL TOAST	BOWL SLICE	54 20	105 103	0 0	175 161	2.00 1.00	4.95 0.72	175.0 40.0	450 169	4.8 1.2	7 *1	1.0 3.0	23.0 14.0	1.75 4.11	0.25 1.48	0.00 0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	17	98	0	1	4.08	0.26	33.4	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	45	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			355	6	412	3.77	5.23	568.9	*1124	*62.36	*42 *47.2%	10.51 11.8%	70.29 79.2%	3.93 10.0%	1.14 2.9%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/14/2020																
SECONDARY BREAKFAST	Total	1														
PANCAKES	BAG	1	220	0	130	3.00	0.72	20.0	65	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	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	220	250	0.00	0.80	34.0	330	0.0	*N/A*	6.0	2.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	98	0	1	4.08	0.26	33.4	202	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	95	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	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	450	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	169	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	0.0	*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	95	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	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	15	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			232	11	143	4.02	0.41	318.9	*641	*68.57	*32	7.74	48.21	1.73	0.77	0.00
% of Calories											*54.4%	13.4%	83.2%	6.7%	3.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/15/2020																
SECONDARY BREAKFAST	Total	1														
BREAKFAST ON A STICK	1 EACH	1	205	20	375	1.00	1.08	20.0	38	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	169	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	0.0	*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	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	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	450	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	169	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	0.0	*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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	11	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	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	*606	*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

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/16/2020																
SECONDARY BREAKFAST	Total	1														
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	400	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	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	98	0	1	4.08	0.26	33.4	202	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	*56	*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	89	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	500	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	500	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	450	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	169	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	0.0	*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	0	91.0	16	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	85	98	0	1	4.08	0.26	33.4	202	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	*56	*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	500	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	500	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	*688	*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

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/17/2020																
SECONDARY BREAKFAST	Total	1														
MIXED BERRY SMOOTHIE: SEC	SERVING :10oz	1	259	5	117	5.60	0.00	354.1	395	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	500	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	169	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	0.0	*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	196	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	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	169	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	0.0	*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	95	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	0.0	*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	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	94	120	5	180	0.00	0.00	300.0	500	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	500	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	*777	*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	

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/18/2020																
SECONDARY BREAKFAST	Total	1														
CRESCENT, FILLED	1 EACH	1	220	0	265	2.00	1.26	20.0	0	0.0	10	5.5	36.0	7.0	1.25	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total	54														
TOAST	BOWL	54	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
JELLY: VARIETY PACK	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	1.48	0.00
PEAR CUPS- CUP -DICED	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
EC	1 CUP	17	98	0	1	4.08	0.26	33.4	202	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	45	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	8	100	10	125	0.00	0.00	300.0	500	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	*1122	*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 - 09/21/2020																
SECONDARY BREAKFAST	Total	2295														
FRENCH TOAST STICKS	2 sticks	2295	240	10	260	2.00	0.72	40.0	50	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	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	15	2.00	0.00	0.0	95	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1600	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	685	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	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	450	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	169	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	0.0	*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	95	60.0	19	0.0	22.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	38	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	15	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	16	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			496	16	513	3.75	0.71	410.1	*681	*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 - 09/22/2020																
SECONDARY BREAKFAST	Total	2109														
FIESTA CHEESE OMELET	1 EA	2109	120	175	280	0.00	0.72	100.0	400	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*	*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	169	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	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	70	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1640	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	459	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	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	450	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	169	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	0.0	*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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	11	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	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	*1012	*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	

Wed - 09/23/2020																
SECONDARY BREAKFAST	Total	1														
MAPLE SANDWICH	SERVINGS	1	240	0	320	3.00	1.80	40.0	0	1.2	19	5.0	45.0	5.0	2.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

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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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	215														
BREAKFAST CEREAL-ALL TOAST	BOWL	1	105	0	175	2.00	4.95	175.0	450	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	169	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	0.0	*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	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	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK : CHOCOLATE MILK FAT FREE	BOX	171	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	127	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			249	7	235	2.12	0.47	384.3	*686	*55.33	*32	9.59	46.12	2.99	1.28	0.00
Nutrient Guideline			450-600		640						*51.1%	15.4%	74.1%	10.8%	4.6%	0.0%
																<10.00

Thu - 09/24/2020																
SECONDARY BREAKFAST	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	190	6.00	0.00	0.0	85	0.0	17	5.0	43.0	7.0	2.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*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	*56	*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	196	40.88	*11	1.18	23.63	0.3	0.06	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	157														
BREAKFAST CEREAL-ALL	BOWL	1	105	0	175	2.00	4.95	175.0	450	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	169	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	0.0	*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	95	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	0.0	*N/A*	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	63	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	138	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	94	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	53	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			308	6	317	2.69	0.84	408.8	*772	*59.47	*34	11.02	54.94	5.05	1.99	0.00
% of Calories											*43.6%	14.3%	71.4%	14.8%	5.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 09/25/2020																
SECONDARY BREAKFAST	Total	1														
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	1.00	0.00
DGFOR																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	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	450	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	169	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	0.0	*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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	17	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	48	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	45	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	8	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			354	6	412	3.81	5.23	568.9	*1123	*62.38	*42	10.58	70.24	3.82	1.07	0.00
% of Calories											*47.0%	11.9%	79.3%	9.7%	2.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 09/28/2020																
SECONDARY BREAKFAST	Total	1														
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*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	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	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	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	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	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Sep 1, 2020 thru Sep 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-A (IU)	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	450	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	169	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	0.0	*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	95	60.0	19	0.0	22.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	38	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	23	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	15	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	16	100	10	125	0.00	0.00	300.0	500	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	*636	*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 - 09/29/2020																
SECONDARY BREAKFAST	Total	1														
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	2.02	1.45	101.0	15	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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	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	450	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	169	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	0.0	*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	70	60.0	14	0.0	16.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: S	1 CUP	11	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	41	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	11	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	20	100	10	125	0.00	0.00	300.0	500	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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			238	7	215	1.83	0.57	350.9	*602	*62.92	*30 *50.9%	8.32 14.0%	43.70 73.3%	3.58 13.5%	1.59 6.0%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 09/30/2020																
SECONDARY BREAKFAST TORNADO-EGG, SAUSAGE, C HEESE	Total TORNADO	1														
TOAST	SLICE	1	180	30	280	2.00	1.44	40.0	100	1.2	1	7.0	22.0	7.0	1.50	0.00
JELLY: VARIETY PACK	PC	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	1.48	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MIXED FRUIT CUP	SERVINGS	1	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	65	0	6	0.00	0.00	80.0	*56	*45.0	15	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME BREAKFAST CEREAL-ALL TOAST	Total BOWL SLICE	215 1 100														
JELLY: VARIETY PACK	PC	1	105	0	175	2.00	4.95	175.0	450	4.8	7	1.0	23.0	1.75	0.25	0.00
MIXED FRUIT CUP	SERVINGS	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	1.48	0.00
BREAKFAST FRUIT BASKET: S EC	1 CUP	85	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	171	80	0	0	1.00	0.00	14.0	0	91.0	16	1.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	127	98	0	1	4.08	0.26	33.4	202	41.38	*11	1.21	25.15	0.32	0.07	0.00
MILK 1% WHITE	CARTON	78	85	0	85	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			249	7	236	2.12	0.47	384.3	*686	*55.33	*32 *51.0%	9.60 15.4%	46.02 74.0%	3.00 10.9%	1.27 4.6%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			300	24	308	2.74	1.49	*423.1	*800	*66.11	*36 *108.3	10.48 14.0%	54.84 73.2%	4.35 13.1%	1.62 4.9%	0.00 0.0%
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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-A (IU) Vit-C (mg) Sugars (g) Protn (g) Carb (g) T-Fat (g) S-Fat (g) Tr-Fat' (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	300		450 - 600	67%		150		Correction Required - Calories are Low
Cholesterol (mg)	24							
Sodium 1 (mg)	308		640					
Sodium 2 (mg)	308		570					
Fiber (g)	2.74							
Iron (mg)	1.49							
Calcium (mg)	423.1				Missing			
Vitamin A (IU)	800				Missing			
Sugars (g)	36	48.15%			Missing			
Vitamin C (mg)	66.11				Missing			
Protein (g)	10.48	13.98%			Missing			
Carbohydrate (g)	54.84	73.17%						
Total Fat (g)	4.35	13.05%						
Saturated Fat (g)	1.62	4.86%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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