

Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

Page 1

Generated on: 8/20/2018 3:26:00 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/04/2018										
K-7 BREAKFAST MENU	Total	1								
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	3	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			692	28	*81	32.20	116.09	10.57	4.21	0.00
% of Calories					*46.8%	18.6%	67.1%	13.7%	5.5%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 09/05/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST CRISPITOS	CRISPITOS	1	223	81	1	7.09	17.21	14.18	3.04	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			681	*56	*77	31.13	110.28	12.60	3.45	0.00
% of Calories					*45.4%	18.3%	64.8%	16.7%	4.6%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 09/06/2018										
K-7 BREAKFAST MENU	Total	1								
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	188	4	*24	5.49	39.63	0.95	0.57	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			746	17	*80	32.57	138.42	8.34	2.61	0.00
% of Calories					*42.7%	17.5%	74.2%	10.1%	3.2%	0.0%
Nutrient Guideline			350-500						<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/07/2018										
K-7 BREAKFAST MENU	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	8	5.99	34.94	4.99	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			715	23	*79	33.14	118.70	11.01	4.18	0.00
% of Calories					*44.4%	18.6%	66.5%	13.9%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 09/10/2018										
K-7 BREAKFAST MENU	Total	1								
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	4	2.0	17.5	4.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			640	15	*82	28.14	116.21	7.51	2.18	0.00
% of Calories					*51.3%	17.6%	72.6%	10.6%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Tue - 09/11/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST ON A STICK	1 EACH	1	205	20	8	6.0	19.5	11.0	3.00	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			668	25	*79	30.14	111.21	11.01	3.43	0.00
% of Calories					*47.4%	18.1%	66.6%	14.8%	4.6%	0.0%
Nutrient Guideline			350-500						<10.00	

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Wed - 09/12/2018										
K-7 BREAKFAST MENU	Total	1								
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	83	*1	11.46	23.3	10.02	3.06	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			688	*56	*77	33.32	113.33	10.52	3.46	0.00
% of Calories					*45.1%	19.4%	65.9%	13.8%	4.5%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 09/13/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- CINNAMON	UBR	1	270	0	*N/A*	4.0	44.0	8.0	3.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			762	15	*67	31.82	138.41	9.81	3.50	0.00
% of Calories					*35.3%	16.7%	72.7%	11.6%	4.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Fri - 09/14/2018										
K-7 BREAKFAST MENU	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			735	33	*88	31.14	120.23	14.01	6.18	0.00
% of Calories					*47.8%	17.0%	65.5%	17.2%	7.6%	0.0%
Nutrient Guideline			350-500						<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/17/2018										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	13	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			695	15	*87	29.14	127.21	8.51	2.18	0.00
% of Calories					*49.9%	16.8%	73.2%	11.0%	2.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Tue - 09/18/2018										
K-7 BREAKFAST MENU	Total	1								
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	143	263	*0	13.51	2.61	8.53	2.84	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	1	2.0	27.0	11.0	1.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			809	147	*80	36.40	125.26	17.34	4.43	0.00
% of Calories					*39.8%	18.0%	62.0%	19.3%	4.9%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 09/19/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	1	10.0	14.0	9.0	3.50	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			659	*115	*77	32.59	108.68	10.01	3.68	0.00
% of Calories					*46.9%	19.8%	65.9%	13.7%	5.0%	0.0%
Nutrient Guideline			350-500						<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/20/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	0	*N/A*	4.76	47.7	0.67	0.10	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			736	15	*68	32.20	137.75	8.20	2.38	0.00
% of Calories					*36.8%	17.5%	74.9%	10.0%	2.9%	0.0%
Nutrient Guideline			350-500						<10.00	

Fri - 09/21/2018										
K-7 BREAKFAST MENU	Total	1								
BREAD, ZUCCHINI OR BANANA-NEW	SLICE	1	280	35	21	5.0	46.5	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			750	40	*86	32.64	124.48	12.26	4.43	0.00
% of Calories					*45.8%	17.4%	66.4%	14.7%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 09/24/2018										
K-7 BREAKFAST MENU	Total	1								
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	10	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	20	*85	30.14	126.46	9.01	2.43	0.00
% of Calories					*48.4%	17.1%	71.7%	11.5%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/25/2018										
K-7 BREAKFAST MENU	Total	1								
FIESTA CHEESE OMELET	1 EA	1	120	175	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK: 1	1 EACH	1	60	30	*N/A*	6.0	0.0	4.5	1.00	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			701	118	*76	35.64	106.79	14.32	4.51	0.00
% of Calories					*43.2%	20.3%	60.9%	18.4%	5.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 09/26/2018										
K-7 BREAKFAST MENU	Total	2142								
BREAKFAST ROLLED TACO	BURRITO	2142	0	0	0	0.0	0.0	0.0	0.00	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	2000	75	*0	16	0.0	17.5	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1675	9	0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	242	31	0	8	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1100	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1154	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	978	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	12	9.0	12.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PINEAPPLE OR ORANGE BARREL	BARREL	1	75	*0	16	0.0	17.5	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			226	*7	*38	8.71	43.39	1.14	0.69	0.00
% of Calories					*68.0%	15.4%	76.9%	4.6%	2.7%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 09/27/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	17	5.0	43.0	7.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			757	18	*76	32.32	137.91	9.31	3.00	0.00
% of Calories					*40.0%	17.1%	72.9%	11.1%	3.6%	0.0%
Nutrient Guideline			350-500						<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 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: K-7 BREAKFAST MENU/ALT BREAKFAST K-7

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/28/2018										
K-7 BREAKFAST MENU	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	8	5.99	34.94	4.99	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR- BARREL	BARREL	1	80	0	14	0.0	17.94	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			715	23	*79	33.14	118.70	11.01	4.18	0.00
% of Calories					*44.4%	18.6%	66.5%	13.9%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Weighted Average			688	*41	*77	30.87	117.87	10.34	3.43	0.00
					*100.7	17.9%	68.5%	13.5%	4.5%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	688		350 - 500	138%			188	Correction Required - Calories too High
Cholesterol (mg)	41				Missing			
Sugars (g)	77	44.77%			Missing			
Protein (g)	30.87	17.94%						
Carbohydrate (g)	117.87	68.49%						
Total Fat (g)	10.34	13.52%						
Saturated Fat (g)	3.43	4.48%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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