

Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/04/2018										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	16	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			363	22	*34	16.85	53.08	9.60	4.64	0.00
% of Calories					*37.3%	18.6%	58.5%	23.8%	11.5%	0.0%
Nutrient Guideline			450-600						<10.00	

Wed - 09/05/2018										
SECONDARY BREAKFAST	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

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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 SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			369	*22	*33	16.31	56.42	8.95	4.31	0.00
% of Calories					*35.6%	17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600						<10.00	

Thu - 09/06/2018										
SECONDARY BREAKFAST	Total	1								
MIXED BERRY SMOOTHIE: SEC	SERVING:10o	1	259	5	*33	7.56	54.58	1.31	0.79	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	*12	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	15	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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

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)
Weighted Daily Average			331	21	*34	15.06	52.40	7.00	3.98	0.00
% of Calories					*41.1%	18.2%	63.3%	19.0%	10.8%	0.0%
Nutrient Guideline			450-600						<10.00	

Fri - 09/07/2018										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			468	21	*43	17.54	77.58	10.07	4.25	0.00
% of Calories					*36.6%	15.0%	66.3%	19.4%	8.2%	0.0%
Nutrient Guideline			450-600						<10.00	

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Mon - 09/10/2018										
SECONDARY BREAKFAST	Total	1								
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	7	4.0	35.0	8.0	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 SEC BREAKFAST ME										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			413	21	*35	16.88	72.75	7.77	4.20	0.00
% of Calories					*33.9%	16.4%	70.5%	16.9%	9.2%	0.0%
Nutrient Guideline			450-600						<10.00	

Tue - 09/11/2018										
SECONDARY BREAKFAST	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

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ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	16	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			362	22	*34	16.75	52.85	9.62	4.61	0.00
% of Calories					*37.3%	18.5%	58.4%	23.9%	11.5%	0.0%
Nutrient Guideline			450-600						<10.00	

Wed - 09/12/2018										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00

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Weighted Daily Average			369	*22	*33	16.33	56.45	8.93	4.31	0.00
% of Calories					*35.6%	17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600						<10.00	

Thu - 09/13/2018										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	195	0	*12	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	15	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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
Weighted Daily Average			331	21	*34	15.04	52.31	7.01	3.99	0.00
% of Calories					*40.9%	18.2%	63.3%	19.1%	10.9%	0.0%
Nutrient Guideline			450-600						<10.00	

Fri - 09/14/2018										
SECONDARY BREAKFAST	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

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			468	21	*43	17.47	77.64	10.18	4.32	0.00
% of Calories					*36.8%	14.9%	66.3%	19.6%	8.3%	0.0%
Nutrient Guideline			450-600						<10.00	

Mon - 09/17/2018										
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			413	21	*35	16.88	72.85	7.72	4.19	0.00
% of Calories					*34.1%	16.4%	70.6%	16.8%	9.1%	0.0%
Nutrient Guideline			450-600						<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/18/2018										
SECONDARY BREAKFAST	Total	1								
SCRAMBLED EGGS W/HAM:SEC	3/4 cup	1	191	350	*0	17.97	3.47	11.35	3.78	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
ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	16	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			370	30	*34	17.16	53.54	9.99	4.68	0.00
% of Calories					*36.6%	18.6%	57.9%	24.3%	11.4%	0.0%
Nutrient Guideline			450-600						<10.00	

Wed - 09/19/2018										
SECONDARY BREAKFAST	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

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Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

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	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 SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			369	*22	*33	16.33	56.40	8.93	4.31	0.00
% of Calories					*35.6%	17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600						<10.00	

Thu - 09/20/2018										
SECONDARY BREAKFAST	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: SEC	1 CUP	1	195	0	*12	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	15	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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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Washington County School District

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Weighted Daily Average			331	21	*34	15.04	52.36	6.99	3.97	0.00
% of Calories					*40.9%	18.2%	63.3%	19.0%	10.8%	0.0%
Nutrient Guideline			450-600						<10.00	

Fri - 09/21/2018										
SECONDARY BREAKFAST	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
ALT SEC BREAKFAST ME	Total	54								
BREAKFAST CEREAL-ALL	BOWL	54	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			469	21	*43	17.52	77.79	10.12	4.26	0.00
% of Calories					*36.7%	14.9%	66.3%	19.4%	8.2%	0.0%
Nutrient Guideline			450-600						<10.00	

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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 - 09/24/2018										
SECONDARY BREAKFAST	Total	2295								
FRENCH TOAST STICKS-NEW 2017	2 sticks	2295	240	10	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	2250	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1600	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	685	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
ALT SEC BREAKFAST ME	Total	41								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			502	17	*56	14.05	93.52	7.74	1.50	0.00
% of Calories					*44.6%	11.2%	74.5%	13.9%	2.7%	0.0%
Nutrient Guideline			450-600						<10.00	

Tue - 09/25/2018										
SECONDARY BREAKFAST	Total	2109								
FIESTA CHEESE OMELET	1 EA	2109	120	175	0	8.0	1.0	9.0	3.50	0.00
SAUSAGE LINK: 2	2 EACH	1	120	60	*N/A*	12.0	0.0	9.0	2.00	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0	15	0.0	16.3	0.0	0.00	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
MILK : CHOCOLATE MILK	CARTON	1640	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	459	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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Portion Values - Detailed

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ALT SEC BREAKFAST ME	Total	41								
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	20	16	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			368	178	*45	16.02	50.65	9.55	3.84	0.00
% of Calories					*48.5%	17.4%	55.1%	23.4%	9.4%	0.0%
Nutrient Guideline			450-600						<10.00	

Wed - 09/26/2018										
SECONDARY BREAKFAST	Total	2122								
BREAKFAST ROLLED TACO	BURRITO	2122	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	2000	9	0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1000	31	0	8	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2122	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1680	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	432	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
ALT SEC BREAKFAST ME	Total	215								
NUTRI GRAIN CEREAL BAR	BAR	1	129	0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	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: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

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)
Weighted Daily Average			284	*7	*49	9.52	56.68	1.28	0.67	0.00
% of Calories					*68.4%	13.4%	79.7%	4.1%	2.1%	0.0%
Nutrient Guideline			450-600						<10.00	

Thu - 09/27/2018										
SECONDARY BREAKFAST	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
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	*12	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157								
MINNI CINNI- PILSBURY	1 EACH	1	240	0	15	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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
Weighted Daily Average			331	21	*34	15.04	52.30	7.01	3.98	0.00
% of Calories					*41.0%	18.2%	63.3%	19.1%	10.8%	0.0%
Nutrient Guideline			450-600						<10.00	

Fri - 09/28/2018										
SECONDARY BREAKFAST	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

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	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	107	0	8	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	0	*12	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			468	21	*43	17.54	77.58	10.07	4.25	0.00
% of Calories					*36.6%	15.0%	66.3%	19.4%	8.2%	0.0%
Nutrient Guideline			450-600						<10.00	

Weighted Average			388	*29	*38	15.97	62.90	8.34	3.91	0.00
					*88.7%	16.4%	64.8%	19.3%	9.1%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	388		450 - 600	86%		62		Correction Required - Calories are Low
Cholesterol (mg)	29				Missing			
Sugars (g)	38	39.40%			Missing			
Protein (g)	15.97	16.45%						
Carbohydrate (g)	62.90	64.81%						
Total Fat (g)	8.34	19.34%						
Saturated Fat (g)	3.91	9.06%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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