

Washington County School District

Dec 1, 2023 thru Dec 20, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 11/27/2023 9:48:52 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/01/2023			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			120.31
% of Calories			74.8%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 12/04/2023			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
SYRUP	1 EA	1	4.0
APPLESAUCE, W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE, W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.84
% of Calories			77.7%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 12/05/2023			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	24.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)	
ALT BREAKFAST K-7	Total	1		BG _____@_____
BREAKFAST CEREAL-ALL	BOWL	1	23.0	Total Carbs: _____
TOAST	SLICE	1	14.0	
JELLY: VARIETY PACK	PC	1	9.4	
PEACH CUPS -DICED	1 CUP	1	18.0	
JUICE : VARIETY SUNCUP	BOX	1	15.8	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			114.06	= Total Insulin: _____
% of Calories			62.1%	
Nutrient Guideline				
Wed - 12/06/2023				
K-7 BREAKFAST MENU	Total	1		BG _____@_____
PANCAKE & SAUSAGE BITES	6 BITES	1	24.67	Total Carbs: _____
SYRUP	1 EA	1	4.0	
MIXED FRUIT CUP	SERVINGS	1	19.0	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63	
JUICE : VARIETY SUNCUP	BOX	1	15.8	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
ALT BREAKFAST K-7	Total	1		= Total Insulin: _____
BREAKFAST CEREAL-ALL	BOWL	1	23.0	
TOAST	SLICE	1	14.0	
JELLY: VARIETY PACK	PC	1	9.4	
MIXED FRUIT CUP	SERVINGS	1	19.0	
JUICE : VARIETY SUNCUP	BOX	1	15.8	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			117.15	
% of Calories			73.4%	
Nutrient Guideline				
Thu - 12/07/2023				
K-7 BREAKFAST MENU	Total	1		BG _____@_____
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	53.0	Total Carbs: _____
TOAST	SLICE	1	14.0	
JELLY: VARIETY PACK	PC	1	9.4	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63	
JUICE : VARIETY SUNCUP	BOX	1	15.8	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
ALT BREAKFAST K-7	Total	1		= Total Insulin: _____
BREAKFAST CEREAL-ALL	BOWL	1	23.0	
TOAST	SLICE	1	14.0	
JELLY: VARIETY PACK	PC	1	9.4	
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63	
JUICE : VARIETY SUNCUP	BOX	1	15.8	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			133.83 76.0%
Nutrient Guideline			

Fri - 12/08/2023			
K-7 BREAKFAST MENU	Total	1	
SPRINKLED DONUT: SFE	1 EACH	1	31.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			118.31 72.4%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 12/11/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE, BAKE -CRAFTER	SERVINGS	1	32.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			129.84 78.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/12/2023			
K-7 BREAKFAST MENU	Total	1	
PANCAKE CORNDOGS	SERVINGS	1	17.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
SYRUP	1 EA	1	4.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			112.32
% of Calories			69.8%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 12/13/2023			
K-7 BREAKFAST MENU	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
SALSA PICANTE	1 OZ	1	1.4
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.71
% of Calories			67.9%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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BREAKFAST K-7

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/14/2023			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.88
% of Calories			77.7%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 12/15/2023			
K-7 BREAKFAST MENU	Total	1	
CRESCENT, FILLED	1 EACH	1	37.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.31
% of Calories			74.3%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 12/18/2023			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS: (3-S.F.)	3pc SERVING	1	25.0
SYRUP	1 EA	1	4.0
APPLESAUCE, W/CINNAMON	1 CUP	1	28.02
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	28.02
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.34
% of Calories			76.3%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 12/19/2023			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST POCKET W/TURKEY SAUS	SERVINGS	1	25.0
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			114.32
% of Calories			71.6%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 12/20/2023			
K-7 BREAKFAST MENU	Total	1	
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITES	1	2.98
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
JUICE : VARIETY SUNCUP	BOX	1	15.8
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	14.0
JELLY: VARIETY PACK	PC	1	9.4
MIXED FRUIT CUP	SERVINGS	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.8
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			116.51 63.4%
Nutrient Guideline			

Weighted Average			120.27 72.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	120.27	72.35%						

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