

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

Page 1

Generated on: 11/27/2023 10:29:45 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)
Fri - 12/01/2023																
K-7 BREAKFAST MENU	Total	1														
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	0.00
DGFOR																
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			643	15	613	6.24	*1.20	*710.4	*1318	*121.24	*73	22.29	120.31	8.29	2.85	0.00
% of Calories											*45.6%	13.9%	74.8%	11.6%	4.0%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Mon - 12/04/2023																
K-7 BREAKFAST MENU	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

Dec 1, 2023 thru Dec 20, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 11/27/2023 10:29:45 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 BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			617	18	580	6.77	*1.46	*726.7	*1300	*63.10	*55	20.73	119.84	7.54	2.37	*0.00
% of Calories											*35.8%	13.4%	77.7%	11.0%	3.5%	*0.0%
Nutrient Guideline			375-500		540										<10.00	

Tue - 12/05/2023																
K-7 BREAKFAST MENU	Total	1														
BREAKFAST SANDWICH - McM	SANDWI	1	354	169	1035	1.00	*0.00	*150.0	*300	*0.0	3	21.86	24.49	17.95	7.24	0.00
UFFIN	CHES															
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			735	102	1053	4.74	*0.48	*775.4	*1448	*120.64	*72	30.22	114.06	16.76	6.22	0.00
% of Calories											*39.1%	16.4%	62.1%	20.5%	7.6%	0.0%
Nutrient Guideline			375-500		540										<10.00	

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

Portion Values - Detailed

Page 3

Generated on: 11/27/2023 10:29:45 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)
Wed - 12/06/2023																
K-7 BREAKFAST MENU	Total	1														
PANCAKE & SAUSAGE BITES	6 BITES	1	171	19	391	2.67	*N/A*	*N/A*	*N/A*	*N/A*	7	11.33	24.67	3.33	0.60	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
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: 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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			639	25	718	5.57	*0.48	*714.4	*1228	*151.64	*74	25.96	117.15	7.45	2.65	0.00
% of Calories											*46.3%	16.3%	73.4%	10.5%	3.7%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Thu - 12/07/2023																
K-7 BREAKFAST MENU	Total	1														
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	241	0	106	2.47	3.31	330.4	407	3.32	*6	5.51	53.0	1.53	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: 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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Portion Values - Detailed

Page 4

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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 BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			705	15	616	6.88	*2.62	*902.0	*1614	*83.34	*63	24.14	133.83	8.76	3.12	0.00
% of Calories											*35.9%	13.7%	76.0%	11.2%	4.0%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Fri - 12/08/2023																
K-7 BREAKFAST MENU	Total	1														
SPRINKLED DONUT: SFE	1 EACH	1	230	25	320	3.00	1.44	20.0	75	0.0	15	3.0	31.0	11.0	5.00	1.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			653	28	648	5.74	*1.20	*710.4	*1335	*120.64	*77	20.79	118.31	11.29	4.85	0.50
% of Calories											*47.0%	12.7%	72.4%	15.6%	6.7%	0.7%
Nutrient Guideline			375-500		540										<10.00	

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

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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 - 12/11/2023																
K-7 BREAKFAST MENU	Total	1														
PANCAKE, BAKE CRAFTER	SERVINGS	1	175	10	215	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	4.0	32.0	3.5	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			665	20	635	7.27	*1.10	*716.7	*1300	*63.10	*60	21.73	129.84	7.79	2.62	*0.00
% of Calories											*36.3%	13.1%	78.1%	10.5%	3.6%	*0.0%
Nutrient Guideline			375-500		540										<10.00	

Tue - 12/12/2023																
K-7 BREAKFAST MENU	Total	1														
PANCAKE CORNDOGS	SERVINGS	1	200	25	310	3.00	1.44	20.0	0	0.0	4	7.0	17.0	10.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	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
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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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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

Page 6

Generated on: 11/27/2023 10:29:45 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 BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			643	28	688	5.74	*1.20	*710.4	*1298	*120.64	*72	22.79	112.32	10.79	3.60	0.00
% of Calories											*45.0%	14.2%	69.8%	15.1%	5.0%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Wed - 12/13/2023																
K-7 BREAKFAST MENU	Total	1														
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	120	170	280	0.00	*N/A*	*N/A*	*N/A*	*N/A*	1	8.0	1.0	9.0	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
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: 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
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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			681	100	782	4.83	*0.84	*734.4	*1356	*152.24	*72	25.91	115.71	12.40	4.60	0.00
% of Calories											*42.0%	15.2%	67.9%	16.4%	6.1%	0.0%
Nutrient Guideline			375-500		540										<10.00	

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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

Page 7

Generated on: 11/27/2023 10:29:45 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)
Thu - 12/14/2023																
K-7 BREAKFAST MENU SMOOTHIE	Total SMOOTHIES	1	127	0	70	*0.50	*N/A*	*60.0	*N/A*	*3.0	20	5.0	35.5	0.0	0.00	0.00
GRAHAMS, TIGER BITES CINN AMON	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	1.00	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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			638	15	571	*5.90	*0.61	*746.8	*1325	*82.58	*74 *46.2%	23.38 14.7%	123.88 77.7%	7.94 11.2%	2.88 4.1%	0.00 0.0%
Nutrient Guideline			375-500		540										<10.00	

Fri - 12/15/2023																
K-7 BREAKFAST MENU	Total	1														
CRESCENT, FILLED	1 EACH	1	230	0	270	2.00	1.44	20.0	0	0.0	10	6.0	37.0	8.0	1.50	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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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

Page 8

Generated on: 11/27/2023 10:29:45 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 BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	70	60.0	15	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			653	15	623	5.24	*1.20	*710.4	*1298	*120.64	*74	22.29	121.31	9.79	3.10	0.00
% of Calories											*45.5%	13.6%	74.3%	13.5%	4.3%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Mon - 12/18/2023																
K-7 BREAKFAST MENU	Total	1														
FRENCH TOAST STICKS: (3-S.F.)	3pc SER VING	1	170	105	290	2.00	1.80	40.0	*N/A*	0.0	5	8.0	25.0	4.0	1.00	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*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	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	0.62	16.3	73	2.46	*0	0.44	28.02	0.25	0.02	*0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			662	67	673	7.27	*2.00	*736.7	*1300	*63.10	*57	23.73	126.34	8.04	2.87	*0.00
% of Calories											*34.3%	14.3%	76.3%	10.9%	3.9%	*0.0%
Nutrient Guideline			375-500		540										<10.00	

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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

Page 9

Generated on: 11/27/2023 10:29:45 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)
Tue - 12/19/2023																
K-7 BREAKFAST MENU	Total	1														
BREAKFAST POCKET W/TURKEY SAUS	SERVINGS	1	200	70	310	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	10.0	25.0	9.0	3.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	70	60.0	16	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			638	50	648	5.24	*0.48	*700.4	*1298	*120.64	*71	24.29	114.32	10.29	3.85	0.00
% of Calories											*44.7%	15.2%	71.6%	14.5%	5.4%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Wed - 12/20/2023																
K-7 BREAKFAST MENU	Total	1														
EGG BAKE BITE, TURKEY SAUSAGE	EGG BITE	1	119	129	189	0.99	*N/A*	*N/A*	*N/A*	*N/A*	1	5.97	2.98	8.95	2.49	0.00
SAUSAGE LINK - CLOVERDALE	1 LINK	1	115	20	170	0.00	0.36	*N/A*	*N/A*	*N/A*	0	4.0	1.0	10.5	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
JUICE : VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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
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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

Dec 1, 2023 thru Dec 20, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 11/27/2023 10:29:45 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 BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ALL	BOWL	1	117	0	173	1.67	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	23.0	2.17	0.17	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
JUICE: VARIETY SUNCUP	BOX	1	64	0	5	0.00	*0.00	*64.0	*45	*36.0	15	0.2	15.8	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			735	90	743	5.24	*1.02	*734.4	*1312	*152.24	*71	26.77	116.51	17.57	6.09	0.00
% of Calories											*38.8%	14.6%	63.4%	21.5%	7.4%	0.0%
Nutrient Guideline			375-500		540										<10.00	

Weighted Average			665	42	685	*5.90	*1.14	*737.8	*1338	*109.70	*69	23.93	120.27	10.34	3.69	*0.04
											*93.4%	14.4%	72.4%	14.0%	5.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	665		375 - 500	133%			165	Correction Required - Calories too High
Cholesterol (mg)	42							
Sodium 1 (mg)	685		540	127%			145	Correction Required - Sodium too High
Fiber (g)	5.90				Missing			
Iron (mg)	1.14				Missing			
Calcium (mg)	737.8				Missing			
Vitamin A (IU)	1338				Missing			
Sugars (g)	69	41.51%			Missing			
Vitamin C (mg)	109.70				Missing			
Protein (g)	23.93	14.40%						
Carbohydrate (g)	120.27	72.35%						
Total Fat (g)	10.34	13.99%						
Saturated Fat (g)	3.69	5.00%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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