

# Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 10/29/2024 7:40:24 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/01/2024			
K-7 BREAKFAST MENU	Total	1	
STRAWBERRY-BOLI	SERVINGS	1	41.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.27
% of Calories			77.3%
Nutrient Guideline			

Mon - 11/04/2024			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
APPLESAUCE, W/CINNAMON	1 CUP	1	27.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7			
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE, W/CINNAMON	1 CUP	1	27.5
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			133.27
% of Calories			78.4%
Nutrient Guideline			

Tue - 11/05/2024			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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

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

Portion Values - Detailed

Page 2

Generated on: 10/29/2024 7:40:24 AM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.24
% of Calories			74.1%
Nutrient Guideline			

Wed - 11/06/2024			
K-7 BREAKFAST MENU	Total	1	
SUNRISE STICK, BREAKFAST	1 EACH	1	15.49
HASH BROWN (1)	HASHBROWN	1	13.46
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.87
% of Calories			71.5%
Nutrient Guideline			

Thu - 11/07/2024			
K-7 BREAKFAST MENU	Total	1	
YOGURT: UPSTATE FARMS	SERVING	1	19.0
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	43.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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BREAKFAST K-7

Portion Values - Detailed

Page 3

Generated on: 10/29/2024 7:40:24 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			127.58 76.9%
Nutrient Guideline			

Fri - 11/08/2024			
K-7 BREAKFAST MENU	Total	1	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			120.77 76.9%
Nutrient Guideline			

Mon - 11/11/2024			
K-7 BREAKFAST MENU	Total	1	
WAFFLE, BC	WAFFLE	1	12.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			120.27 80.1%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

Page 4

Generated on: 10/29/2024 7:40:24 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 11/12/2024			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST SANDWICH - McMUFFIN	SANDWICHES	1	23.49
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			114.51
% of Calories			64.5%
Nutrient Guideline			

Wed - 11/13/2024			
K-7 BREAKFAST MENU	Total	1	
OMELET, COLBY CHEESE	SERVING	1	1.0
TOAST	SLICE	1	19.0
HASH BROWN (1)	HASHBROWN	1	13.46
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.82
% of Calories			70.7%
Nutrient Guideline			

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BREAKFAST K-7

Portion Values - Detailed

Page 5

Generated on: 10/29/2024 7:40:25 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 11/14/2024</b>			
K-7 BREAKFAST MENU	Total	1	
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	44.75
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
<b>ALT BREAKFAST K-7</b>			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
BREAKFAST FRUIT BASKET: ELE	PC	1	9.4
JUICE : VARIETY SUNCUP	1/2 CUP	1	23.63
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			133.16
% of Calories			79.2%
Nutrient Guideline			

<b>Fri - 11/15/2024</b>			
K-7 BREAKFAST MENU	Total	1	
DONUT:SPRINKLED	DONUT	1	23.0
TOAST	SLICE	1	19.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
<b>ALT BREAKFAST K-7</b>			
BREAKFAST CEREAL-ALL	Total	1	
TOAST	BOWL	1	23.0
JELLY: VARIETY PACK	SLICE	1	19.0
PEAR CUPS- CUP -DICED	PC	1	9.4
JUICE : VARIETY SUNCUP	1 CUP	1	19.0
MILK : CHOCOLATE MILK F/F	BOX	1	15.25
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			124.77
% of Calories			74.2%
Nutrient Guideline			

<b>Mon - 11/18/2024</b>			
K-7 BREAKFAST MENU	Total	1	
APPLE CINNAMON TOAST, WG	SERVINGS	1	45.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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BREAKFAST K-7

Portion Values - Detailed

Page 6

Generated on: 10/29/2024 7:40:25 AM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.77
% of Calories			79.3%
Nutrient Guideline			

Tue - 11/19/2024			
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	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			113.27
% of Calories			72.2%
Nutrient Guideline			

Wed - 11/20/2024			
K-7 BREAKFAST MENU	Total	1	
EGGSTRAVAGANZA, BACON & CHEESE	SERVINGS	1	1.0
TOAST	SLICE	1	19.0
HASH BROWN (1)	HASHBROWN	1	13.46
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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BREAKFAST K-7

Portion Values - Detailed

Page 7

Generated on: 10/29/2024 7:40:25 AM

	Portion Size	Reimb Qty	Carb (g)
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
MIXED FRUIT CUP	SERVINGS	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.82
% of Calories			70.2%
Nutrient Guideline			

Thu - 11/21/2024			
K-7 BREAKFAST MENU	Total	1	
SMOOTHIE	SMOOTHIES	1	35.5
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.83
% of Calories			80.2%
Nutrient Guideline			

Fri - 11/22/2024			
K-7 BREAKFAST MENU	Total	1	
STRAWBERRY-BOLI	SERVINGS	1	41.0
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEAR CUPS- CUP -DICED	1 CUP	1	19.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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Page 8

Generated on: 10/29/2024 7:40:25 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			124.27 77.3%
Nutrient Guideline			

Mon - 11/25/2024			
K-7 BREAKFAST MENU	Total	1	
FRENCH TOAST STICKS	2 sticks	1	38.0
SYRUP	1 EA	1	4.0
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
APPLESAUCE,W/CINNAMON	1 CUP	1	27.5
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			133.27 78.4%
Nutrient Guideline			

Tue - 11/26/2024			
K-7 BREAKFAST MENU	Total	1	
BREAKFAST PIZZA: SAUSAGE	SLICE	1	26.95
PEACH CUPS -DICED	1 CUP	1	18.0
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	23.63
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT BREAKFAST K-7	Total	1	
BREAKFAST CEREAL-ALL	BOWL	1	23.0
TOAST	SLICE	1	19.0
JELLY: VARIETY PACK	PC	1	9.4
PEACH CUPS -DICED	1 CUP	1	18.0
JUICE : VARIETY SUNCUP	BOX	1	15.25
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			116.24 74.1%
Nutrient Guideline			

Weighted Average			124.28 75.2%
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\*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  
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Nov 1, 2024 thru Nov 30, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 10/29/2024 7:40:25 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	124.28	75.20%						

*\*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*

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