

Washington County School District

Feb 3, 2025 thru Feb 28, 2025

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)	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 - 02/03/2025																
SECONDARY BREAKFAST	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
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			730	18	732	10.05	*1.87	*727.6	*1170	*42.95	*65 *35.7%	22.60 12.4%	148.19 81.2%	6.55 8.1%	1.66 2.0%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 02/04/2025																
SECONDARY BREAKFAST	Total	1														
BREAKFAST SANDWICH - McM	SANDWI	1	334	154	1030	1.00	*0.00	*150.0	*300	*0.0	2	20.86	23.49	16.45	6.74	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	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 F/F	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

Feb 3, 2025 thru Feb 28, 2025

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)	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			769	95	1087	7.02	*0.54	*756.3	*1315	*99.88	*81 *41.9%	30.09 15.7%	127.72 66.4%	14.53 17.0%	5.25 6.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 02/05/2025																
SECONDARY BREAKFAST	Total	1														
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0	8.0	1.0	8.0	3.50	0.00
HASHBROWN PATTY: LAMB W ESTON	HASHBR OWN	1	110	0	225	1.00	0.36	0.0	2	1.2	1	1.0	13.5	5.5	0.75	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	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
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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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Portion Values - Detailed

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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)
Weighted Daily Average			731	98	1023	8.02	*1.08	*660.3	*1168	*103.30	*71	26.66	128.23	11.55	3.76	0.00
% of Calories											*38.7%	14.6%	70.2%	14.2%	4.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Thu - 02/06/2025																
SECONDARY BREAKFAST	Total	1														
YOGURT STRAW PARFAIT	PARFAIT	1	203	0	99	2.50	4.17	*42.9	*8	*0.4	*18	*5.25	40.51	1.93	0.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			682	15	684	7.77	*2.99	*722.8	*1102	*40.68	*73	*23.78	132.43	5.77	1.63	0.00
% of Calories											*43.0%	*14.0%	77.7%	7.6%	2.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

Portion Values - Detailed

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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)
Fri - 02/07/2025																
SECONDARY BREAKFAST	Total	1														
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	*N/A*	*N/A*	0	0.0	11	2.0	23.0	12.0	6.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME																
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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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			672	15	676	8.02	*0.90	*646.3	*1135	*70.48	*71	22.16	122.72	10.80	4.63	0.00
% of Calories											*42.2%	13.2%	73.0%	14.5%	6.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 02/10/2025																
SECONDARY BREAKFAST	Total	1														
APPLE CINNAMON TOAST, WG	SERVINGS	1	260	0	290	2.00	2.70	40.0	400	1.2	17	8.0	45.0	6.0	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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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ALT SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			751	15	709	9.55	*2.50	*717.6	*1368	*42.95	*72	24.10	150.49	7.55	2.16	*0.00
% of Calories											*38.4%	12.8%	80.1%	9.0%	2.6%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 02/11/2025																
SECONDARY BREAKFAST	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
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	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	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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

Feb 3, 2025 thru Feb 28, 2025

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)	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)
Weighted Daily Average % of Calories			776	28	1006	9.02	*1.62	*711.3	*1269	*101.70	*86 *44.4%	24.66 12.7%	145.73 75.1%	9.80 11.4%	2.88 3.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 02/12/2025																
SECONDARY BREAKFAST	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
HASHBROWN PATTY: LAMB W ESTON	HASHBR OWN	1	110	0	225	1.00	0.36	0.0	2	1.2	1	1.0	13.5	5.5	0.75	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	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
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
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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			719	100	959	8.11	*1.08	*660.3	*1111	*102.08	*67 *37.5%	26.79 14.9%	123.87 68.9%	12.11 15.2%	3.51 4.4%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Feb 3, 2025 thru Feb 28, 2025

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)	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 - 02/13/2025																
SECONDARY BREAKFAST SMOOTHIE	Total	1														
	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
GRAHAM, TIGER BITES ORIGINAL	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	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
EC																
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			636	15	607	*6.27	*0.54	*711.3	*1095	*41.38	*78	23.16	126.22	6.30	2.13	0.00
% of Calories											*48.8%	14.6%	79.4%	8.9%	3.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 02/14/2025																
SECONDARY BREAKFAST	Total	1														
STRAWBERRY-BOLI	SERVINGS	1	240	0	270	0.00	*N/A*	*N/A*	*N/A*	*N/A*	14	5.0	41.0	5.0	2.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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
BREAKFAST FRUIT BASKET: S	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
EC																
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
MILK : CHOCOLATE MILK F/F	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

Feb 3, 2025 thru Feb 28, 2025

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)	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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			711	15	768	7.52	*0.90	*646.3	*1135	*70.48	*72 *40.7%	23.66 13.3%	136.42 76.8%	7.30 9.2%	2.88 3.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 02/19/2025																
SECONDARY BREAKFAST	Total	1														
SUNRISE STICK, BREAKFAST	1 EACH	1	169	22	299	2.03	*N/A*	*N/A*	*N/A*	*N/A*	1	9.36	16.84	7.44	3.92	0.00
HASHBROWN PATTY: LAMB W	HASHBR	1	110	0	225	1.00	0.36	0.0	2	1.2	1	1.0	13.5	5.5	0.75	0.00
ESTON	OWN															
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	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
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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

Feb 3, 2025 thru Feb 28, 2025

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)	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)
Weighted Daily Average % of Calories			760	26	1057	9.03	*1.08	*660.3	*1168	*103.30	*71 *37.4%	27.34 14.4%	136.15 71.6%	11.27 13.3%	3.97 4.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 02/20/2025																
SECONDARY BREAKFAST	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	80	0	75	0.00	0.00	300.0	0	0.6	12	3.0	15.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	240	5	210	6.00	0.62	29.6	9	0.0	17	5.0	43.0	6.0	2.00	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: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			691	18	662	8.52	*0.85	*846.1	*1099	*40.18	*78 *45.3%	23.66 13.7%	131.67 76.3%	7.30 9.5%	2.63 3.4%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Feb 3, 2025 thru Feb 28, 2025

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)	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 - 02/21/2025																
SECONDARY BREAKFAST CINNAMON ROLL W. W.W. BRI DGFOR	Total ROLL	1														
	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9	6.0	34.0	5.0	1.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME																
BREAKFAST CEREAL-ALL	Total 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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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			627	15	643	8.02	*0.54	*626.3	*1133	*69.88	*69	22.66	118.72	6.80	2.13	0.00
% of Calories											*44.3%	14.5%	75.7%	9.8%	3.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 02/24/2025																
SECONDARY BREAKFAST WAFFLE, BC	Total WAFFLE	1														
SYRUP	1 EA	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
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	*N/A*	0.0	4.0	0.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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

Feb 3, 2025 thru Feb 28, 2025

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)	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			730	18	732	10.05	*1.87	*727.6	*1170	*42.95	*65	22.60	148.19	6.55	1.66	*0.00
% of Calories											*35.7%	12.4%	81.2%	8.1%	2.0%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 02/25/2025																
SECONDARY BREAKFAST	Total	1														
BREAKFAST SANDWICH - McM	SANDWICHES	1	334	154	1030	1.00	*0.00	*150.0	*300	*0.0	2	20.86	23.49	16.45	6.74	0.00
UFFIN																
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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	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 F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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

Feb 3, 2025 thru Feb 28, 2025

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)	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)
Weighted Daily Average % of Calories			769	95	1087	7.02	*0.54	*756.3	*1315	*99.88	*81 *41.9%	30.09 15.7%	127.72 66.4%	14.53 17.0%	5.25 6.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 02/26/2025																
SECONDARY BREAKFAST	Total	1														
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0	8.0	1.0	8.0	3.50	0.00
HASHBROWN PATTY: LAMB W	HASHBR	1	110	0	225	1.00	0.36	0.0	2	1.2	1	1.0	13.5	5.5	0.75	0.00
ESTON	OWN															
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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: S	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
EC																
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
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
EC																
MILK : CHOCOLATE MILK F/F	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			731	98	1023	8.02	*1.08	*660.3	*1168	*103.30	*71 *38.7%	26.66 14.6%	128.23 70.2%	11.55 14.2%	3.76 4.6%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Feb 3, 2025 thru Feb 28, 2025

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)	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 - 02/27/2025																
SECONDARY BREAKFAST	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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 SEC BREAKFAST ME																
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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	6	0.00	*0.00	*55.0	*33	*30.0	14	0.0	15.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	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			701	15	687	7.76	*2.55	*866.5	*1301	*42.14	*67	23.92	138.67	5.57	1.63	0.00
% of Calories											*38.3%	13.6%	79.1%	7.1%	2.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 02/28/2025																
SECONDARY BREAKFAST	Total	1														
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	*N/A*	*N/A*	0	0.0	11	2.0	23.0	12.0	6.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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

	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 SEC BREAKFAST ME	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	100	0	230	2.00	0.72	40.0	5	1.2	1	3.0	19.0	1.0	0.00	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
BREAKFAST FRUIT BASKET: S EC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*60	*5.68	16	1.16	24.02	0.22	0.05	0.00
MILK : CHOCOLATE MILK F/F	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			672	15	676	8.02	*0.90	*646.3	*1135	*70.48	*71	22.16	122.72	10.80	4.63	0.00
% of Calories											*42.2%	13.2%	73.0%	14.5%	6.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			714	39	823	*8.21	*1.30	*708.3	*1186	*71.56	*73	*24.82	133.00	9.26	3.12	*0.00
											*91.7%	*13.9%	74.5%	11.7%	3.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	714		450 - 600	119%			114	Correction Required - Calories too High
Cholesterol (mg)	39							
Sodium 1 (mg)	823		640	129%			183	Correction Required - Sodium too High
Fiber (g)	8.21				Missing			
Iron (mg)	1.30				Missing			
Calcium (mg)	708.3				Missing			
Vitamin A (IU)	1186				Missing			
Sugars (g)	73	40.74%			Missing			
Vitamin C (mg)	71.56				Missing			
Protein (g)	24.82	13.90%			Missing			
Carbohydrate (g)	133.00	74.49%						
Total Fat (g)	9.26	11.67%						
Saturated Fat (g)	3.12	3.93%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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.

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.