

Washington County School District

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 3/24/2025 10:00:07 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 - 04/01/2025																
SECONDARY BREAKFAST	Total	1														
BREAKFAST PIZZA: SAUSAGE	SLICE	1	210	15	349	2.99	*N/A*	*N/A*	*N/A*	0.0	5	8.98	26.95	6.99	2.00	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
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	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			677	22	734	8.02	*0.54	*381.3	*665	*98.68	*82	24.15	128.45	7.79	2.63	0.00
% of Calories											*48.5%	14.3%	75.9%	10.4%	3.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 04/02/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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

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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)
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			750	26	1087	9.03	*1.08	*360.3	*668	*102.10	*71 *37.9%	27.34 14.6%	135.15 72.1%	11.27 13.5%	3.97 4.8%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 04/03/2025																
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: 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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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 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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			681	18	692	8.52	*0.85	*546.1	*599	*38.98	*78 *45.9%	23.66 13.9%	130.67 76.8%	7.30 9.7%	2.63 3.5%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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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)
Fri - 04/04/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	15	673	8.02	*0.54	*326.3	*633	*68.68	*69	22.66	117.72	6.80	2.13	0.00
% of Calories											*45.0%	14.7%	76.3%	9.9%	3.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 04/07/2025																
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	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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

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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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			720	18	762	10.05	*1.87	*427.6	*670	*41.75	*65	22.60	147.19	6.55	1.66	*0.00
% of Calories											*36.2%	12.6%	81.8%	8.2%	2.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 04/08/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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 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			759	95	1117	7.02	*0.54	*456.3	*815	*98.68	*81 *42.5%	30.09 15.9%	126.72 66.8%	14.53 17.2%	5.25 6.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 04/09/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			721	98	1053	8.02	*1.08	*360.3	*668	*102.10	*71 *39.2%	26.66 14.8%	127.23 70.6%	11.55 14.4%	3.76 4.7%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Apr 1, 2025 thru Apr 30, 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 - 04/10/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			691	15	717	7.76	*2.55	*566.5	*801	*40.94	*67	23.92	137.67	5.57	1.63	0.00
% of Calories											*38.9%	13.8%	79.7%	7.2%	2.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 04/11/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 3/24/2025 10:00:08 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 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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			662	15	706	8.02	*0.90	*346.3	*635	*69.28	*71 *42.8%	22.16 13.4%	121.72 73.5%	10.80 14.7%	4.63 6.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 04/14/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			741	15	739	9.55	*2.50	*417.6	*868	*41.75	*72 *38.9%	24.10 13.0%	149.49 80.7%	7.55 9.2%	2.16 2.6%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Apr 1, 2025 thru Apr 30, 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)
Tue - 04/15/2025																
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	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																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			766	28	1036	9.02	*1.62	*411.3	*769	*100.50	*86	24.66	144.73	9.80	2.88	0.00
% of Calories											*45.0%	12.9%	75.6%	11.5%	3.4%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Apr 1, 2025 thru Apr 30, 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)
Wed - 04/16/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			709	100	989	8.11	*1.08	*360.3	*611	*100.88	*67	26.79	122.87	12.11	3.51	0.00
% of Calories											*38.1%	15.1%	69.3%	15.4%	4.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 04/17/2025																
SECONDARY BREAKFAST	Total	1														
SMOOTHIE	SMOOTH IES	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 ORIGI NAL	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, STRAWBERRY	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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

Apr 1, 2025 thru Apr 30, 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
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, STRAWBERRY	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			626	15	552	*6.27	*0.54	*411.3	*595	*40.18	*78	23.16	125.22	6.30	2.13	0.00
% of Calories											*49.6%	14.8%	80.0%	9.1%	3.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 04/22/2025																
SECONDARY BREAKFAST	Total	1														
BREAKFAST PIZZA: SAUSAGE	SLICE	1	210	15	349	2.99	*N/A*	*N/A*	*N/A*	0.0	5	8.98	26.95	6.99	2.00	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
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	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			677	22	734	8.02	*0.54	*381.3	*665	*98.68	*82	24.15	128.45	7.79	2.63	0.00
% of Calories											*48.5%	14.3%	75.9%	10.4%	3.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Apr 1, 2025 thru Apr 30, 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)
Wed - 04/23/2025																
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	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			750	26	1087	9.03	*1.08	*360.3	*668	*102.10	*71	27.34	135.15	11.27	3.97	0.00
% of Calories											*37.9%	14.6%	72.1%	13.5%	4.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Apr 1, 2025 thru Apr 30, 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 - 04/24/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	1														
TOAST	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
JELLY: VARIETY PACK	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
BREAKFAST FRUIT BASKET: SEC	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	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	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 1% WHITE	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
	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	18	692	8.52	*0.85	*546.1	*599	*38.98	*78	23.66	130.67	7.30	2.63	0.00
% of Calories											*45.9%	13.9%	76.8%	9.7%	3.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 04/25/2025																
SECONDARY BREAKFAST	Total	1														
CINNAMON ROLL W. W.W. BRI	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
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: 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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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

Apr 1, 2025 thru Apr 30, 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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			617	15	673	8.02	*0.54	*326.3	*633	*68.68	*69 *45.0%	22.66 14.7%	117.72 76.3%	6.80 9.9%	2.13 3.1%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 04/28/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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

Apr 1, 2025 thru Apr 30, 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			720	18	762	10.05	*1.87	*427.6	*670	*41.75	*65 *36.2%	22.60 12.6%	147.19 81.8%	6.55 8.2%	1.66 2.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 04/29/2025																
SECONDARY BREAKFAST	Total	1														
BREAKFAST SANDWICH - McMUFFIN	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
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: 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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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: 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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			759	95	1117	7.02	*0.54	*456.3	*815	*98.68	*81 *42.5%	30.09 15.9%	126.72 66.8%	14.53 17.2%	5.25 6.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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Washington County School District

Apr 1, 2025 thru Apr 30, 2025

Base Menu Spreadsheet

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

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)
Wed - 04/30/2025																
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			721	98	1053	8.02	*1.08	*360.3	*668	*102.10	*71	26.66	127.23	11.55	3.76	0.00
% of Calories											*39.2%	14.8%	70.6%	14.4%	4.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			702	38	849	*8.30	*1.11	*411.5	*686	*74.78	*74	24.96	131.40	9.19	3.05	*0.00
											*94.6%	14.2%	74.9%	11.8%	3.9%	*0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	702		450 - 600	117%			102	Correction Required - Calories too High									
Cholesterol (mg)	38																
Sodium 1 (mg)	849		640	133%			209	Correction Required - Sodium too High									
Fiber (g)	8.30				Missing												
Iron (mg)	1.11				Missing												
Calcium (mg)	411.5				Missing												
Vitamin A (IU)	686				Missing												
Sugars (g)	74	42.03%			Missing												
Vitamin C (mg)	74.78				Missing												
Protein (g)	24.96	14.22%															
Carbohydrate (g)	131.40	74.86%															
Total Fat (g)	9.19	11.77%															
Saturated Fat (g)	3.05	3.91%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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