

Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)     | Carb<br>(g)     | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|------------------|-----------------|--------------|--------------|----------------------------|
| Thu - 05/01/2025                        |                 |              |                |                |              |              |              |               |               |               |               |                  |                 |              |              |                            |
| K-7 BREAKFAST MENU                      | 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: 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            | 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 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            | 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: 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            | 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<br>% of Calories |                 |              | 672            | 15             | 714          | 7.77         | *2.99        | *422.8        | *602          | *39.48        | *73<br>*43.7% | *23.78<br>*14.2% | 131.43<br>78.2% | 5.77<br>7.7% | 1.63<br>2.2% | 0.00<br>0.0%               |
| Nutrient Guideline                      |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |                  |                 |              | <10.00       |                            |

|                             |         |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|-----------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Fri - 05/02/2025            |         |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| K-7 BREAKFAST MENU          | 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: 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 |
| 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 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 | 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: 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 |
| 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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

# Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 4/24/2025 9:33:26 AM

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|-----------------|----------------|--------------|----------------------------|
| Weighted Daily Average<br>% of Calories |                 |              | 662            | 15             | 706          | 8.02         | *0.90        | *346.3        | *635          | *69.28        | *71<br>*42.8% | 22.16<br>13.4% | 121.72<br>73.5% | 10.80<br>14.7% | 4.63<br>6.3% | 0.00<br>0.0%               |
| Nutrient Guideline                      |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |                |                 |                | <10.00       |                            |

|                                         |          |   |         |    |     |      |       |        |       |        |               |                |                 |              |              |                |
|-----------------------------------------|----------|---|---------|----|-----|------|-------|--------|-------|--------|---------------|----------------|-----------------|--------------|--------------|----------------|
| Mon - 05/05/2025                        |          |   |         |    |     |      |       |        |       |        |               |                |                 |              |              |                |
| K-7 BREAKFAST MENU                      | 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: 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           |
| 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 | 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          |
| 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<br>% of Calories |          |   | 694     | 15 | 654 | 7.71 | *2.42 | *414.4 | *838  | *38.91 | *64<br>*37.1% | 23.52<br>13.6% | 137.48<br>79.3% | 7.44<br>9.7% | 2.13<br>2.8% | *0.00<br>*0.0% |
| Nutrient Guideline                      |          |   | 371-500 |    | 540 |      |       |        |       |        |               |                |                 |              | <10.00       |                |

|                             |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|-----------------------------|----------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Tue - 05/06/2025            |          |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| 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 | 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 |
| 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

<sup>1</sup> - 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

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 4/24/2025 9:33:26 AM

|                           | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(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            | 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                       |
| 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    |                 |              | 629            | 28             | 754          | 6.18         | *1.17        | *388.2        | *635          | *95.84        | *74           | 22.58        | 113.46      | 9.19         | 2.86         | 0.00                       |
| % of Calories             |                 |              |                |                |              |              |              |               |               |               | *46.9%        | 14.3%        | 72.1%       | 13.1%        | 4.1%         | 0.0%                       |
| Nutrient Guideline        |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                                |            |   |         |     |      |      |       |        |       |         |        |       |        |       |        |      |
|--------------------------------|------------|---|---------|-----|------|------|-------|--------|-------|---------|--------|-------|--------|-------|--------|------|
| Wed - 05/07/2025               |            |   |         |     |      |      |       |        |       |         |        |       |        |       |        |      |
| 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 | 100     | 0   | 230  | 2.00 | 0.72  | 40.0   | 5     | 1.2     | 1      | 3.0   | 19.0   | 1.0   | 0.00   | 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 |
| 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 |
| 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 |
| 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 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 | 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: 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 |
| 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         |            |   | 726     | 100 | 1078 | 8.02 | *1.08 | *360.3 | *668  | *102.10 | *71    | 26.66 | 127.23 | 12.05 | 3.51   | 0.00 |
| % of Calories                  |            |   |         |     |      |      |       |        |       |         | *39.2% | 14.7% | 70.1%  | 14.9% | 4.4%   | 0.0% |
| Nutrient Guideline             |            |   | 371-500 |     | 540  |      |       |        |       |         |        |       |        |       | <10.00 |      |

\*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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# Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 4/24/2025 9:33:26 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 <sup>1</sup> (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/08/2025               |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| 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         | 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 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         | 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: 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         | 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         |                 |           | 626         | 15          | 637       | *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             |                 |           | 371-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                                    |                |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|------------------------------------|----------------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Fri - 05/09/2025                   |                |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| K-7 BREAKFAST MENU STRAWBERRY-BOLI | Total 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 |
| 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 | 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 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 | 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: 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 |
| 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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# Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 4/24/2025 9:33:26 AM

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|-----------------|--------------|--------------|----------------------------|
| Weighted Daily Average<br>% of Calories |                 |              | 632            | 15             | 683          | 6.52         | *0.54        | *326.3        | *633          | *68.68        | *72<br>*45.5% | 22.16<br>14.0% | 121.22<br>76.7% | 6.80<br>9.7% | 2.88<br>4.1% | 0.00<br>0.0%               |
| Nutrient Guideline                      |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |                |                 |              | <10.00       |                            |

|                                         |          |   |         |    |     |      |       |        |       |        |               |                |                 |               |              |                |
|-----------------------------------------|----------|---|---------|----|-----|------|-------|--------|-------|--------|---------------|----------------|-----------------|---------------|--------------|----------------|
| Mon - 05/12/2025                        |          |   |         |    |     |      |       |        |       |        |               |                |                 |               |              |                |
| K-7 BREAKFAST MENU                      | Total    | 1 |         |    |     |      |       |        |       |        |               |                |                 |               |              |                |
| FRENCH TOAST STICKS                     | 2 sticks | 1 | 240     | 10 | 260 | 2.00 | 0.72  | 40.0   | 50    | 0.0    | 10            | 6.0            | 38.0            | 7.0           | 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 | 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 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 | 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          |
| 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<br>% of Calories |          |   | 684     | 20 | 724 | 7.71 | *1.43 | *414.4 | *663  | *38.31 | *61<br>*35.6% | 22.52<br>13.2% | 133.98<br>78.4% | 7.94<br>10.5% | 2.13<br>2.8% | *0.00<br>*0.0% |
| Nutrient Guideline                      |          |   | 371-500 |    | 540 |      |       |        |       |        |               |                |                 |               | <10.00       |                |

|                             |         |   |     |    |     |      |       |       |       |       |    |      |       |      |      |      |
|-----------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|----|------|-------|------|------|------|
| Tue - 05/13/2025            |         |   |     |    |     |      |       |       |       |       |    |      |       |      |      |      |
| K-7 BREAKFAST MENU          | 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 |
| 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 | 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 |

\*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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# Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 4/24/2025 9:33:26 AM

|                           | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(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            | 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                       |
| 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    |                 |              | 629            | 22             | 733          | 6.17         | *0.45        | *378.2        | *635          | *95.84        | *74           | 23.57        | 116.44      | 7.69         | 2.61         | 0.00                       |
| % of Calories             |                 |              |                |                |              |              |              |               |               |               | *47.3%        | 15.0%        | 74.0%       | 11.0%        | 3.7%         | 0.0%                       |
| Nutrient Guideline        |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                             |          |   |         |    |     |      |       |        |       |         |        |       |        |       |        |      |
|-----------------------------|----------|---|---------|----|-----|------|-------|--------|-------|---------|--------|-------|--------|-------|--------|------|
| Wed - 05/14/2025            |          |   |         |    |     |      |       |        |       |         |        |       |        |       |        |      |
| K-7 BREAKFAST MENU          | 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      |   |         |    |     |      |       |        |       |         |        |       |        |       |        |      |
| 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 |
| 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 |
| 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 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 | 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: 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 |
| 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      |          |   | 682     | 26 | 972 | 8.03 | *0.72 | *340.3 | *665  | *101.50 | *71    | 25.84 | 120.95 | 10.77 | 3.97   | 0.00 |
| % of Calories               |          |   |         |    |     |      |       |        |       |         | *41.4% | 15.2% | 71.0%  | 14.2% | 5.2%   | 0.0% |
| Nutrient Guideline          |          |   | 371-500 |    | 540 |      |       |        |       |         |        |       |        |       | <10.00 |      |

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

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# Washington County School District

May 1, 2025 thru May 22, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 4/24/2025 9:33:26 AM

|                             | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|--------------|-------------|--------------|--------------|----------------------------|
| Thu - 05/15/2025            |                 |              |                |                |              |              |              |               |               |               |               |              |             |              |              |                            |
| K-7 BREAKFAST MENU          | 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                       |
| 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            | 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 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            | 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: 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            | 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      |                 |              | 662            | 18             | 692          | 8.52         | *0.85        | *546.1        | *599          | *38.98        | *78           | 23.66        | 125.97      | 7.30         | 2.63         | 0.00                       |
| % of Calories               |                 |              |                |                |              |              |              |               |               |               | *47.2%        | 14.3%        | 76.1%       | 9.9%         | 3.6%         | 0.0%                       |
| Nutrient Guideline          |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |              |             |              | <10.00       |                            |

|                             |         |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
|-----------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|------|
| Fri - 05/16/2025            |         |   |     |    |     |      |       |       |       |       |       |      |       |      |      |      |
| K-7 BREAKFAST MENU          | 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: 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 |
| 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 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 | 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: 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 |
| 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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

May 1, 2025 thru May 22, 2025

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

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|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|----------------|-----------------|--------------|--------------|----------------------------|
| Weighted Daily Average<br>% of Calories |                 |              | 617            | 15             | 673          | 8.02         | *0.54        | *326.3        | *633          | *68.68        | *69<br>*45.0% | 22.66<br>14.7% | 117.72<br>76.3% | 6.80<br>9.9% | 2.13<br>3.1% | 0.00<br>0.0%               |
| Nutrient Guideline                      |                 |              | 371-500        |                | 540          |              |              |               |               |               |               |                |                 |              | <10.00       |                            |

|                                         |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
|-----------------------------------------|--------|---|---------|---|-----|------|------|-----|---|------|-----------|--------------|--------------|--------------|--------------|--------------|
| Mon - 05/19/2025                        |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| K-7 BREAKFAST MENU                      | Total  | 1 |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| Cooks Choice Entree                     | 1 each | 1 | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          | 0.00         | 0.00         |
| Weighted Daily Average<br>% of Calories |        |   | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                      |        |   | 371-500 |   | 540 |      |      |     |   |      |           |              |              |              | <10.00       |              |

|                                         |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
|-----------------------------------------|--------|---|---------|---|-----|------|------|-----|---|------|-----------|--------------|--------------|--------------|--------------|--------------|
| Tue - 05/20/2025                        |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| K-7 BREAKFAST MENU                      | Total  | 1 |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| Cooks Choice Entree                     | 1 each | 1 | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          | 0.00         | 0.00         |
| Weighted Daily Average<br>% of Calories |        |   | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                      |        |   | 371-500 |   | 540 |      |      |     |   |      |           |              |              |              | <10.00       |              |

|                                         |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
|-----------------------------------------|--------|---|---------|---|-----|------|------|-----|---|------|-----------|--------------|--------------|--------------|--------------|--------------|
| Wed - 05/21/2025                        |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| K-7 BREAKFAST MENU                      | Total  | 1 |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| Cooks Choice Entree                     | 1 each | 1 | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          | 0.00         | 0.00         |
| Weighted Daily Average<br>% of Calories |        |   | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                      |        |   | 371-500 |   | 540 |      |      |     |   |      |           |              |              |              | <10.00       |              |

|                                         |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
|-----------------------------------------|--------|---|---------|---|-----|------|------|-----|---|------|-----------|--------------|--------------|--------------|--------------|--------------|
| Thu - 05/22/2025                        |        |   |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| K-7 BREAKFAST MENU                      | Total  | 1 |         |   |     |      |      |     |   |      |           |              |              |              |              |              |
| Cooks Choice Entree                     | 1 each | 1 | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.0  | 0         | 0.0          | 0.0          | 0.0          | 0.00         | 0.00         |
| Weighted Daily Average<br>% of Calories |        |   | 0       | 0 | 0   | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% | 0.00<br>0.0% |
| Nutrient Guideline                      |        |   | 371-500 |   | 540 |      |      |     |   |      |           |              |              |              | <10.00       |              |

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2025 thru May 22, 2025

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

Generated on: 4/24/2025 9:33:26 AM

|                  | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(IU) | Vit-C<br>(mg) | Sugars<br>(g) | Protn<br>(g)     | Carb<br>(g)     | T-Fat<br>(g)  | S-Fat<br>(g) | Tr-Fat <sup>1</sup><br>(g) |
|------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|------------------|-----------------|---------------|--------------|----------------------------|
| Weighted Average |                 |              | 660            | 25             | 752          | *7.41        | *1.13        | *389.6        | *650          | *66.48        | *71<br>*97.4% | *23.52<br>*14.3% | 124.40<br>75.5% | 8.24<br>11.2% | 2.77<br>3.8% | *0.00<br>*0.0%             |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)                 |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-----------------------------------------|
| Calories                   | 660      |           | 371 - 500     | 132%        |           |           | 160     | Correction Required - Calories too High |
| Cholesterol (mg)           | 25       |           |               |             |           |           |         |                                         |
| Sodium 1 (mg)              | 752      |           | 540           | 139%        |           |           | 212     | Correction Required - Sodium too High   |
| Fiber (g)                  | 7.41     |           |               |             | Missing   |           |         |                                         |
| Iron (mg)                  | 1.13     |           |               |             | Missing   |           |         |                                         |
| Calcium (mg)               | 389.6    |           |               |             | Missing   |           |         |                                         |
| Vitamin A (IU)             | 650      |           |               |             | Missing   |           |         |                                         |
| Sugars (g)                 | 71       | 43.28%    |               |             | Missing   |           |         |                                         |
| Vitamin C (mg)             | 66.48    |           |               |             | Missing   |           |         |                                         |
| Protein (g)                | 23.52    | 14.27%    |               |             | Missing   |           |         |                                         |
| Carbohydrate (g)           | 124.40   | 75.45%    |               |             |           |           |         |                                         |
| Total Fat (g)              | 8.24     | 11.24%    |               |             |           |           |         |                                         |
| Saturated Fat (g)          | 2.77     | 3.78%     | <10.00%       |             |           |           |         |                                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             | Missing   |           |         |                                         |

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