

Washington County School District

Dec 1, 2025 thru Dec 19, 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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 12/02/2025																	
SECONDARY BREAKFAST	Total	1															
BREAKFAST SANDWICH - M	SANDWI	1	219	129	630	2.00	*0.71	*20.0	*0	*0.0	1.00	0.00	15.86	21.49	7.45	1.74	0.00
cMUFFIN	CHES																
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	0.0	16.00	0.00	0.0	18.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET:	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
SEC																	
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	31	4	84	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.08	0.61	3.09	0.48	0.06
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME																	
BREAKFAST CEREAL-ALL	Total	1															
STRING CHEESE: 1oz M	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
TOAST	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
JELLY: VARIETY PACK	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
PEACH CUPS -DICED	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET:	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	0.0	16.00	0.00	0.0	18.0	0.0	0.00	0.00
SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			619	83	802	7.86	*0.90	*36.3	*1	*6.28	67.97	*7.67	*22.97	111.03	10.41	3.41	0.03
% of Calories											43.9%	*4.9%	*14.8%	71.7%	15.1%	5.0%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹				<10.00	

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Wed - 12/03/2025																	
SECONDARY BREAKFAST	Total	1															
OMELET, COLBY CHEESE	SERVING	1	110	165	230	0.00	*N/A*	*N/A*	*N/A*	0.0	0.00	*N/A*	8.0	1.0	8.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	0.0	16.00	0.00	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET:	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
SEC																	
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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

Dec 1, 2025 thru Dec 19, 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)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	0.0	16.00	0.00	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			629	99	745	7.86	*0.90	*60.3	*1	*6.88	71.42	*10.17	*21.50	116.37	9.64	4.05	0.00
% of Calories											45.4%	*6.5%	*13.7%	74.0%	13.8%	5.8%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹				<10.00	

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Thu - 12/04/2025																	
SECONDARY BREAKFAST	Total	1															
YOGURT VAN. PEACH PARF	PARFAIT	1	231	3	104	2.47	3.31	*30.4	*N/A*	*2.72	*19.34	*7.34	5.85	50.18	1.53	0.00	0.00
AIT	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
TOAST	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
JELLY: VARIETY PACK	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
BREAKFAST FRUIT BASKET: SEC	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
MILK																	
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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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)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average % of Calories			608	18	602	8.09	*2.55	*61.5	*1	*8.25	*64.64 *42.5%	*13.83 *9.1%	*19.42 *12.8%	121.07 79.7%	6.40 9.5%	2.30 3.4%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Fri - 12/05/2025																	
SECONDARY BREAKFAST	Total	1															
DONUT:SPRINKLED	DONUT	1	200	0	85	1.00	*N/A*	*N/A*	*N/A*	0.0	11.00	*N/A*	2.0	23.0	12.0	6.00	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	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	*N/A*	0.0	15.00	0.00	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	0.0	15.00	0.00	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			645	17	597	8.36	*0.90	*46.3	*1	*6.88	72.47 45.0%	*7.67 *4.8%	*17.50 *10.9%	121.98 75.7%	11.64 16.2%	5.30 7.4%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 12/08/2025																	
SECONDARY BREAKFAST	Total	1															
PANCAKE, BITES	SERVING	1	250	40	290	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13.01	*N/A*	4.0	37.02	12.01	1.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	50	0	0	1.00	0.00	0.0	0	0.0	12.00	0.00	0.0	14.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME																	
BREAKFAST CEREAL-ALL	Total	1															
STRING CHEESE: 1oz M	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
TOAST	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
JELLY: VARIETY PACK	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
APPLESAUCE,W/CINNAMON	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	50	0	0	1.00	0.00	0.0	0	0.0	12.00	0.00	0.0	14.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
MILK	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			605	37	620	7.86	*0.54	*26.3	*1	*6.28	*69.98	*7.67	*17.00	116.49	11.14	2.80	0.00
% of Calories											*46.3%	*5.1%	*11.2%	77.1%	16.6%	4.2%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹				<10.00	

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Tue - 12/09/2025																	
SECONDARY BREAKFAST	Total	1															
PANCAKE CORNDOGS	SERVING	1	192	25	313	3.03	1.82	20.2	*N/A*	0.0	4.04	4.04	7.07	17.17	10.1	2.52	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	0.0	16.00	0.00	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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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)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	0.0	16.00	0.00	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			663	29	756	9.37	*1.81	*56.4	*1	*6.88	*72.99	*12.19	*20.04	124.57	10.69	3.56	0.00
% of Calories											*44.0%	*7.4%	*12.1%	75.2%	14.5%	4.8%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Wed - 12/10/2025																	
SECONDARY BREAKFAST	Total	1															
BREAKFAST BURRITO: SEC.	BURRITO	1	407	200	721	4.24	*1.08	*0.0	*N/A*	*0.0	1.62	*0.00	19.71	30.68	23.78	8.56	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	0.0	16.00	0.00	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	0.0	16.00	0.00	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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

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Washington County School District

Dec 1, 2025 thru Dec 19, 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)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average % of Calories			778	117	990	9.98	*1.44	*60.3	*1	*6.88	72.23 37.1%	*10.17 *5.2%	*27.35 *14.1%	131.21 67.5%	17.53 20.3%	6.58 7.6%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Thu - 12/11/2025																	
SECONDARY BREAKFAST SMOOTHIE	Total	1															
	SMOOTHIES	1	130	0	68	0.50	*N/A*	*60.0	*N/A*	*3.0	20.00	0.00	5.0	36.0	0.0	0.00	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP MILK	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP MILK	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			550	17	519	6.61	*0.90	*106.3	*1	*7.78	65.47 47.7%	*7.67 *5.6%	*18.50 *13.5%	110.48 80.4%	7.14 11.7%	2.80 4.6%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Washington County School District

Dec 1, 2025 thru Dec 19, 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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
Fri - 12/12/2025																		
SECONDARY BREAKFAST BAGELS, MINI	Total MINI BA GELS	1																
		1	235	10	185	2.50	*N/A*	*N/A*	*N/A*	*N/A*	11.99	*N/A*	6.0	41.97	6.0	2.00	0.00	
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	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	*N/A*	0.0	15.00	0.00	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00	
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00	
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
ALT SEC BREAKFAST ME	Total BOWL	1																
BREAKFAST CEREAL-ALL	1 EA	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00	
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00	
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00	
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00	
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	0.0	15.00	0.00	0.0	19.0	0.0	0.00	0.00	
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	
Weighted Daily Average			679	22	647	9.11	*0.90	*46.3	*1	*6.88	75.97	*10.17	*19.50	135.97	8.64	3.30	0.00	
% of Calories											44.7%	*6.0%	*11.5%	80.0%	11.4%	4.4%	0.0%	
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00	

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Mon - 12/15/2025																		
SECONDARY BREAKFAST	Total 3 STICKS	3																
FRENCH TOAST STICKS:SEC	3 STICKS	1	360	15	390	3.00	1.08	60.0	*N/A*	0.0	15.00	*N/A*	9.0	57.0	10.5	1.50	0.00	
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	4.0	0.0	0.00	0.00	
APPLESAUCE,W/CINNAMON	1 CUP	3	50	0	0	1.00	0.00	0.0	0	0.0	12.00	0.00	0.0	14.0	0.0	0.00	0.00	
BREAKFAST FRUIT BASKET: SEC	1 CUP	3	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00	
JUICE : VARIETY SUNCUP	BOX	3	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00	
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
APPLESAUCE,W/CINNAMON	1 CUP	1	50	0	0	1.00	0.00	0.0	0	0.0	12.00	0.00	0.0	14.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			432	12	339	6.52	*0.63	*31.3	*1	*5.98	*56.13	*3.83	*10.33	89.88	5.30	1.55	0.00
% of Calories											*51.9%	*3.5%	*9.6%	83.1%	11.0%	3.2%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Tue - 12/16/2025																	
SECONDARY BREAKFAST	Total	1															
BREAKFAST PIZZA: SAUSAG	SLICE	1	200	15	329	2.00	1.80	99.8	399	0.0	4.99	2.00	8.98	24.96	6.99	2.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	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	*N/A*	0.0	16.00	0.00	0.0	18.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	1.00	0.00	0.0	*N/A*	0.0	16.00	0.00	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			594	24	610	7.86	*1.44	*76.2	*201	*6.28	69.97	*8.66	*19.49	112.46	8.63	3.30	0.00
% of Calories											47.1%	*5.8%	*13.1%	75.7%	13.1%	5.0%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Washington County School District

Dec 1, 2025 thru Dec 19, 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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
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Wed - 12/17/2025																	
SECONDARY BREAKFAST BISCUITS & GRAVY	Total SERVING	1	120	0	307	1.00	*0.04	*7.7	*N/A*	*0.0	*3.00	3.00	2.0	20.0	3.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	0.0	16.00	0.00	1.0	19.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME																	
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
MIXED FRUIT CUP	SERVING	1	80	0	0	1.00	0.00	14.0	*N/A*	0.0	16.00	0.00	1.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			605	27	688	7.36	*0.56	*44.2	*1	*6.28	*68.97 *45.6%	*9.17 *6.1%	*20.50 *13.6%	111.48 73.8%	9.64 14.3%	4.80 7.1%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Thu - 12/18/2025																	
SECONDARY BREAKFAST YOGURT: UPSTATE FARMS	Total SERVING	1	80	0	75	0.00	0.00	100.0	*N/A*	0.2	12.00	*N/A*	3.0	15.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLAT E CHIP	1 EACH	1	240	5	210	6.00	0.62	29.6	*N/A*	0.0	17.00	*N/A*	5.0	43.0	6.0	2.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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

Dec 1, 2025 thru Dec 19, 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 (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			585	19	577	8.86	*0.85	*91.1	*1	*6.38	65.97	*7.67	*19.00	110.98	8.14	3.30	0.00
% of Calories											45.1%	*5.2%	*13.0%	75.9%	12.5%	5.1%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Fri - 12/19/2025																	
SECONDARY BREAKFAST	Total	1															
CINNAMON ROLL W. W.W. B	ROLL	1	315	5	287	3.00	*0.01	*4.2	*0	*0.0	*27.10	*8.00	6.34	52.46	8.58	2.84	*0.00
RIDGFOR																	
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	0.0	15.00	0.00	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	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC BREAKFAST ME	Total	1															
BREAKFAST CEREAL-ALL	BOWL	1	104	0	112	2.34	*N/A*	*N/A*	*N/A*	*N/A*	5.35	*1.00	*1.67	22.42	1.17	0.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	20	200	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	7.0	1.0	6.0	3.50	0.00
TOAST	SLICE	1	100	0	230	2.00	0.72	40.0	*N/A*	1.2	1.00	*N/A*	3.0	19.0	1.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	35	0	0	0.00	0.00	0.0	*N/A*	0.0	6.00	5.00	0.0	9.0	0.0	0.00	0.00
PEAR CUPS- CUP -DICED	1 CUP	1	70	0	5	1.00	0.00	0.0	*N/A*	0.0	15.00	0.00	0.0	19.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	60	0	8	0.00	*0.00	*N/A*	*N/A*	*N/A*	13.75	0.00	0.0	15.25	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	95	0	1	3.69	*0.18	*6.3	*1	*5.68	15.54	0.00	1.16	24.02	0.22	0.05	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			652	19	584	8.36	*0.55	*28.4	*2	*6.28	*80.02	*11.67	*18.17	127.21	9.43	3.72	*0.00
% of Calories											*49.1%	*7.2%	*11.2%	78.1%	13.0%	5.1%	*0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Washington County School District

Dec 1, 2025 thru Dec 19, 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)	Calc (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)	
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Weighted Average			617	39	648	8.15	*1.06	*55.1	*16	*6.73	*69.59 *101.4	*9.16 *13.3%	*19.38 *12.6%	117.23 76.0%	9.60 14.0%	3.63 5.3%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		450 - 600	103%			17	Correction Required - Calories too High
Cholesterol (mg)	39							
Sodium 1 (mg)	648		640	101%			8	Correction Required - Sodium too High
Fiber (g)	8.15							
Iron (mg)	1.06				Missing			
Calcium (mg)	55.1				Missing			
Vitamin A (RAE)	16				Missing			
Total Sugars (g)	69.59	45.08%			Missing			
Added Sugars (g)	9.16	5.93%	<10.00% ¹	92%	Missing			
Vitamin C (mg)	6.73				Missing			
Protein (g)	19.38	12.55%			Missing			
Carbohydrate (g)	117.23	75.95%						
Total Fat (g)	9.60	13.99%						
Saturated Fat (g)	3.63	5.29%	<10.00%					
Trans Fat (g)	0.00	0.00%			Missing			

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