

Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)
Tue - 01/06/2026																	
K-7 BREAKFAST MENU	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			517	24	600	6.18	*1.39	*75.5	*201	*4.86	53.77	*8.66	*19.26	92.83	8.58	3.29	0.00
% of Calories											41.6%	*6.7%	*14.9%	71.8%	14.9%	5.7%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Wed - 01/07/2026																	
K-7 BREAKFAST MENU	Total	1															
BISCUITS & GRAVY	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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

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

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)
Weighted Daily Average % of Calories			518	27	689	5.69	*0.51	*29.5	*1	*4.86	*52.77 *40.8%	*9.17 *7.1%	*19.27 *14.9%	90.85 70.2%	9.58 16.7%	4.79 8.3%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Thu - 01/08/2026																	
K-7 BREAKFAST MENU	Total	1															
YOGURT: UPSTATE FARMS	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: 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	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 % of Calories			581	19	578	8.52	*0.83	*90.7	*1	*5.67	65.87 45.3%	*7.67 *5.3%	*18.89 *13.0%	110.17 75.8%	8.11 12.6%	3.29 5.1%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Fri - 01/09/2026																	
K-7 BREAKFAST MENU	Total	1															
CINNAMON ROLL W. W.W. B RIDGFOR	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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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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 BREAKFAST K-7	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 % of Calories			547	29	564	5.69	*0.14	*7.7	*1	*4.26	*61.32 *44.8%	*9.17 *6.7%	*19.94 *14.6%	93.08 68.0%	11.87 19.5%	5.46 9.0%	*0.00 *0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Mon - 01/12/2026																	
K-7 BREAKFAST MENU	Total	1															
WAFFLE, BC	WAFFLE	1	80	5	105	1.00	0.72	20.0	*N/A*	*N/A*	2.00	*N/A*	2.0	12.0	3.0	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 % of Calories			503	29	628	5.69	*0.85	*35.6	*1	*4.86	*52.27 *41.6%	*7.67 *6.1%	*19.27 *15.3%	88.85 70.7%	9.58 17.2%	4.04 7.2%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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

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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 - 01/13/2026																		
K-7 BREAKFAST MENU	Total	1																
BREAKFAST SANDWICH - M cMUFFIN	SANDWICHES	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	
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	
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 BREAKFAST K-7																		
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			543	83	793	6.19	*0.85	*35.6	*1	*4.86	51.77	*7.67	*22.75	91.40	10.35	3.40	0.03	
% of Calories											38.2%	*5.7%	*16.8%	67.4%	17.2%	5.6%	0.0%	
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00		

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Wed - 01/14/2026																		
K-7 BREAKFAST MENU	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	
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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	
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	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			542	99	745	6.19	*0.85	*45.6	*1	*5.46	55.22	*10.17	*20.27	95.74	9.58	4.04	0.00
% of Calories											40.7%	*7.5%	*15.0%	70.6%	15.9%	6.7%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Thu - 01/15/2026																	
K-7 BREAKFAST MENU	Total	1															
YOGURT STRAW PARFAIT	PARFAIT	1	216	3	106	2.50	*3.74	*34.8	*N/A*	*0.0	23.50	*7.34	6.32	43.85	1.93	0.00	0.00
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			526	18	488	6.44	*2.36	*43.0	*1	*4.86	63.03	*11.33	*17.93	102.28	6.05	2.29	0.00
% of Calories											47.9%	*8.6%	*13.6%	77.8%	10.4%	3.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)
Fri - 01/16/2026																	
K-7 BREAKFAST MENU	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			490	27	463	4.69	*0.13	*5.6	*1	*4.26	53.27	*5.17	*17.77	78.35	13.58	7.04	0.00
% of Calories											43.5%	*4.2%	*14.5%	63.9%	24.9%	12.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Tue - 01/20/2026																	
K-7 BREAKFAST MENU	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)
Weighted Daily Average % of Calories			519	29	632	6.70	*1.40	*35.7	*1	*4.86	*53.29 *41.1%	*9.69 *7.5%	*18.31 *14.1%	90.94 70.1%	10.13 17.6%	3.55 6.2%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Wed - 01/21/2026																	
K-7 BREAKFAST MENU	Total	1															
BURRITO		1	369	200	741	1.26	*0.54	*0.0	*N/A*	*0.0	1.88	*0.00	17.88	22.32	22.33	9.25	0.00
BURRITO: ELEM		1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	0.00
BURRITO: SUNCUP		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
BURRITO: VARIETY SUNCUP		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
BURRITO: SALSA PICANTE		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
BURRITO: MILK		1															
ALT BREAKFAST K-7	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
BURRITO: BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	0.00
BURRITO: 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
BURRITO: 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			604	117	886	5.82	*0.76	*25.6	*1	*4.86	52.66 34.8%	*7.67 *5.1%	*23.71 *15.7%	92.40 61.1%	16.25 24.2%	6.91 10.3%	0.00 0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Thu - 01/22/2026																	
K-7 BREAKFAST MENU	Total	1															
SMOOTHIE	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
BURRITO: BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	0.00
BURRITO: 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
BURRITO: 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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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			543	17	519	5.94	*0.85	*105.6	*1	*6.36	65.27	*7.67	*18.27	108.85	7.08	2.79	0.00
% of Calories											48.1%	*5.7%	*13.5%	80.2%	11.7%	4.6%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Fri - 01/23/2026																	
K-7 BREAKFAST MENU	Total	1															
BAGELS, MINI	MINI BAGELS	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			508	32	513	5.43	*0.13	*5.6	*1	*4.26	53.77	*5.17	*19.77	87.84	10.58	5.04	0.00
% of Calories											42.4%	*4.1%	*15.6%	69.2%	18.8%	8.9%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)
Mon - 01/26/2026																	
K-7 BREAKFAST MENU	Total	1															
FRENCH TOAST STICKS	2 sticks	1	240	10	260	2.00	0.72	40.0	*N/A*	0.0	10.00	*N/A*	6.0	38.0	7.0	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
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7																	
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			583	32	706	6.19	*0.85	*45.6	*1	*4.86	*56.27	*7.67	*21.27	101.85	11.58	4.54	0.00
% of Calories											*38.6%	*5.3%	*14.6%	69.9%	17.9%	7.0%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Tue - 01/27/2026																	
K-7 BREAKFAST MENU	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7																	
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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)
Weighted Daily Average			517	24	600	6.18	*1.39	*75.5	*201	*4.86	53.77	*8.66	*19.26	92.83	8.58	3.29	0.00
% of Calories											41.6%	*6.7%	*14.9%	71.8%	14.9%	5.7%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Wed - 01/28/2026																	
K-7 BREAKFAST MENU	Total	1															
BISCUITS & GRAVY	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			518	27	689	5.69	*0.51	*29.5	*1	*4.86	*52.77	*9.17	*19.27	90.85	9.58	4.79	0.00
% of Calories											*40.8%	*7.1%	*14.9%	70.2%	16.7%	8.3%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹					<10.00

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Thu - 01/29/2026																	
K-7 BREAKFAST MENU	Total	1															
YOGURT: UPSTATE FARMS	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	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
E CHIP																	
BREAKFAST FRUIT BASKET:	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
ELE																	
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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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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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)
ALT BREAKFAST K-7	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	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			581	19	578	8.52	*0.83	*90.7	*1	*5.67	65.87	*7.67	*18.89	110.17	8.11	3.29	0.00
% of Calories											45.3%	*5.3%	*13.0%	75.8%	12.6%	5.1%	0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Fri - 01/30/2026																	
K-7 BREAKFAST MENU	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																	
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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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 BREAKFAST K-7	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
BREAKFAST FRUIT BASKET	1/2 CUP	1	88	0	2	3.01	*0.13	*5.6	*1	*4.26	15.35	*0.00	0.94	22.39	0.16	0.04	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			547	29	564	5.69	*0.14	*7.7	*1	*4.26	*61.32	*9.17	*19.94	93.08	11.87	5.46	*0.00
% of Calories											*44.8%	*6.7%	*14.6%	68.0%	19.5%	9.0%	*0.0%
Nutrient Guideline			375-500		540							<10.00 ¹				<10.00	

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Weighted Average			538	38	624	6.19	*0.82	*43.9	*23	*4.94	*56.91	*8.29	*19.67	95.13	10.06	4.29	*0.00
											*95.2%	*13.9%	*14.6%	70.7%	16.8%	7.2%	*0.0%

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

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)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	538		375 - 500	108%			38	Correction Required - Calories too High
Cholesterol (mg)	38							
Sodium 1 (mg)	624		540	116%			84	Correction Required - Sodium too High
Fiber (g)	6.19							
Iron (mg)	0.82				Missing			
Calcium (mg)	43.9				Missing			
Vitamin A (RAE)	23				Missing			
Total Sugars (g)	56.91	42.30%			Missing			
Added Sugars (g)	8.29	6.16%	<10.00% ¹	83%	Missing			
Vitamin C (mg)	4.94				Missing			
Protein (g)	19.67	14.62%			Missing			
Carbohydrate (g)	95.13	70.71%						
Total Fat (g)	10.06	16.82%						
Saturated Fat (g)	4.29	7.18%	<10.00%					
Trans Fat (g)	0.00	0.00%			Missing			

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