

Washington County School District

Mar 2, 2026 thru Mar 31, 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 - 03/02/2026																	
K-7 BREAKFAST MENU	Total	1															
BANANA BREAD SQUARES	SERVING	1	138	20	84	2.22	0.81	*34.1	*28	*1.18	*11.68	*9.62	3.19	25.36	3.4	1.81	*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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			530	37	578	*6.30	*0.92	*43.6	*17	*9.18	*57.11	*12.48	*19.92	94.43	9.79	4.95	*0.00
% of Calories											*43.1%	*9.4%	*15.0%	71.2%	16.6%	8.4%	*0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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Tue - 03/03/2026																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST QUESADILLA - ELEM.	1/2 QUE SADILLA	1	138	116	214	1.50	*0.54	*0.0	*0	*0.0	*0.25	*0.00	8.82	11.76	7.06	2.65	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
SOUR CREAM	SERVING	1	39	10	24	0.00	0.02	40.0	26	0.26	0.06	0.00	0.99	2.01	3.01	1.87	*N/A*
BREAKFAST FRUIT BASKET	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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

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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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			512	80	634	*5.94	*0.79	*46.5	*16	*8.72	*51.87	*7.67	*19.73	89.03	10.12	4.55	*0.00
% of Calories											*40.5%	*6.0%	*15.4%	69.5%	17.8%	8.0%	*0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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Wed - 03/04/2026																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST NACHOS	SERVING	1	208	220	379	2.18	*0.06	*3.5	*0	*0.0	*1.00	*0.00	11.04	16.04	11.03	3.27	0.00
BREAKFAST FRUIT BASKET	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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
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
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	0.0	10.12	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			548	127	872	*6.27	*0.55	*28.3	*3	*8.59	*56.27	*11.72	*20.34	95.22	10.61	3.92	0.00
% of Calories											*41.1%	*8.6%	*14.8%	69.5%	17.4%	6.4%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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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)
Thu - 03/05/2026																	
K-7 BREAKFAST MENU	Total	1															
BANANA SPLIT BREAKFAST -SEC.	SERVING	1	360	3	131	6.81	*0.47	*20.5	*2	*14.23	44.54	17.43	7.23	77.66	3.84	0.58	0.00
BREAKFAST FRUIT BASKET	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			602	18	501	*8.59	*0.75	*36.7	*4	*15.70	*73.55	*16.38	*18.44	120.08	7.01	2.58	0.00
% of Calories											*48.9%	*10.9%	*12.3%	79.8%	10.5%	3.9%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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Fri - 03/06/2026																	
K-7 BREAKFAST MENU	Total	1															
CHEESY POTATO EGG BAKE	SERVING	1	134	130	322	0.65	*0.04	*3.3	*9	*0.61	*1.31	*0.00	8.8	11.04	5.85	2.77	*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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	0.0	10.12	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)	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			576	82	879	*6.51	*0.90	*48.1	*8	*9.49	*59.48	*14.22	*20.72	105.84	8.52	3.68	*0.00
% of Calories											*41.3%	*9.9%	*14.4%	73.5%	13.3%	5.7%	*0.0%
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00

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Tue - 03/17/2026																	
K-7 BREAKFAST MENU	Total	1															
BREAKFAST SANDWICH - M	SANDWI	1	254	137	850	2.00	*0.71	*20.0	*0	*0.0	2.00	0.00	18.86	22.49	9.7	2.99	0.00
cMUFFIN	CHES																
BREAKFAST FRUIT BASKET	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			564	87	903	*6.19	*0.87	*36.5	*3	*8.59	*52.27	*7.67	*24.29	92.80	11.49	4.02	0.03
% of Calories											*37.1%	*5.4%	*17.2%	65.8%	18.3%	6.4%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00

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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)	
Wed - 03/18/2026																		
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			546	99	745	*6.19	*0.87	*46.5	*3	*9.19	*55.22	*10.17	*20.32	96.64	9.59	4.04	0.00	
% of Calories											*40.4%	*7.4%	*14.9%	70.8%	15.8%	6.7%	0.0%	
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00	

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Thu - 03/19/2026																		
K-7 BREAKFAST MENU	Total	1																
YOGURT VAN. PEACH PARF	PARFAIT	1	237	3	123	2.94	*0.41	*3.4	*N/A*	*2.72	*18.11	*11.74	5.68	49.68	2.6	0.37	0.00	
AIT																		
BREAKFAST FRUIT BASKET	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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

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Washington County School District

Mar 2, 2026 thru Mar 31, 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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			540	18	497	*6.66	*0.72	*28.2	*3	*9.95	*60.33	*13.53	*17.66	106.09	6.39	2.47	0.00
% of Calories											*44.7%	*10.0%	*13.1%	78.6%	10.7%	4.1%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00

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Fri - 03/20/2026																	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			494	27	463	*4.69	*0.15	*6.5	*3	*7.99	*53.27	*5.17	*17.82	79.26	13.59	7.04	0.00
% of Calories											*43.1%	*4.2%	*14.4%	64.2%	24.8%	12.8%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00

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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

Mar 2, 2026 thru Mar 31, 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 - 03/23/2026																		
K-7 BREAKFAST MENU	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	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			592	47	721	*6.19	*0.51	*26.5	*3	*8.59	*57.78	*7.67	*20.32	102.27	14.10	4.54	0.00	
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00	

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Tue - 03/24/2026																		
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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

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Washington County School District

Mar 2, 2026 thru Mar 31, 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			522	29	632	*6.70	*1.42	*36.6	*3	*8.59	*53.29 *40.8%	*9.69 *7.4%	*18.36 *14.1%	91.84 70.3%	10.14 17.5%	3.55 6.1%	0.00 0.0%
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00

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Wed - 03/25/2026																		
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	
BREAKFAST BURRITO: ELEM	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	
BREAKFAST FRUIT BASKET	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	
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	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			608	117	886	*5.82	*0.78	*26.5	*3	*8.59	*52.66 *34.6%	*7.67 *5.0%	*23.76 *15.6%	93.30 61.4%	16.26 24.1%	6.91 10.2%	0.00 0.0%	
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00	

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Thu - 03/26/2026																		
K-7 BREAKFAST MENU	Total	1																
SMOOTHIE	SMOOTHIES	1	130	0	68	0.50	*0.00	*0.0	*0	*0.0	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	1/2 CUP	1	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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

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Washington County School District

Mar 2, 2026 thru Mar 31, 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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			546	17	519	*5.94	*0.87	*76.5	*3	*8.59	*65.27	*7.67	*18.32	109.76	7.09	2.79	0.00
% of Calories											*47.8%	*5.6%	*13.4%	80.3%	11.7%	4.6%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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Fri - 03/27/2026																	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			511	32	513	*5.43	*0.15	*6.5	*3	*7.99	*53.77	*5.17	*19.82	88.74	10.59	5.04	0.00
% of Calories											*42.1%	*4.0%	*15.5%	69.4%	18.6%	8.9%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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

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Washington County School District

Mar 2, 2026 thru Mar 31, 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 - 03/30/2026																	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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			586	32	706	*6.19	*0.87	*46.5	*3	*8.59	*56.27	*7.67	*21.32	102.76	11.59	4.54	0.00
% of Calories											*38.4%	*5.2%	*14.5%	70.1%	17.8%	7.0%	0.0%
Nutrient Guideline			400-500		540							<10.00 ¹				<10.00	

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Tue - 03/31/2026																	
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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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	92	0	2	*3.01	*0.15	*6.5	*3	*7.99	*15.35	0.00	0.98	23.29	0.17	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

Mar 2, 2026 thru Mar 31, 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)	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			521	24	600	*6.18	*1.41	*76.4	*203	*8.59	*53.77 *41.3%	*8.66 *6.6%	*19.31 *14.8%	93.73 71.9%	8.59 14.8%	3.29 5.7%	0.00 0.0%
Nutrient Guideline			400-500		540							<10.00 ¹					<10.00

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Weighted Average			550	54	666	*6.24	*0.78	*38.5	*18	*9.18	*57.01 *93.3%	*9.57 *15.7%	*20.03 *14.6%	97.61 71.0%	10.34 16.9%	4.24 6.9%	*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	550		400 - 500	110%			50	Correction Required - Calories too High
Cholesterol (mg)	54							
Sodium 1 (mg)	666		540	123%			126	Correction Required - Sodium too High
Fiber (g)	6.24				Missing			
Iron (mg)	0.78				Missing			
Calcium (mg)	38.5				Missing			
Vitamin A (RAE)	18				Missing			
Total Sugars (g)	57.01	41.46%			Missing			
Added Sugars (g)	9.57	6.96%	<10.00% ¹	96%	Missing	0		Correction Required - Added Sugars should be < 10.00% of Calories
Vitamin C (mg)	9.18				Missing			
Protein (g)	20.03	14.57%			Missing			
Carbohydrate (g)	97.61	70.99%						
Total Fat (g)	10.34	16.92%						
Saturated Fat (g)	4.24	6.95%	<10.00%					
Trans Fat (g)	0.00	0.00%			Missing			

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