

Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)	
Mon - 03/02/2026																		
SECONDARY BREAKFAST	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 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	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			450-600		640							<10.00 ¹					<10.00	

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Tue - 03/03/2026																		
SECONDARY BREAKFAST	Total	1																
BREAKFAST QUESADILLA - SEC.	QUESA	1	277	232	428	3.00	*1.08	*0.0	*0	*0.0	*0.51	*0.00	17.64	23.53	14.11	5.30	0.00	
SALSA PICANTE	DILLA	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	1 OZ	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	SERVING	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	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	
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	

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: 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	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			581	138	741	*6.69	*1.06	*46.5	*16	*8.72	*52.00	*7.67	*24.14	94.91	13.65	5.88	*0.00
% of Calories											*35.8%	*5.3%	*16.6%	65.3%	21.1%	9.1%	*0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Wed - 03/04/2026																	
SECONDARY BREAKFAST	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
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
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			528	127	705	*6.27	*0.55	*28.3	*3	*8.59	*52.22	*7.67	*20.34	90.16	10.61	3.92	0.00
% of Calories											*39.6%	*5.8%	*15.4%	68.3%	18.1%	6.7%	0.0%
Nutrient Guideline			450-600		640							<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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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																		
SECONDARY BREAKFAST	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 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	
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			450-600		640							<10.00 ¹				<10.00		

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Fri - 03/06/2026																		
SECONDARY BREAKFAST	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	
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	
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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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)
Weighted Daily Average			488	82	596	*5.51	*0.54	*28.1	*8	*8.89	*51.93	*7.67	*19.22	86.78	8.02	3.68	*0.00
% of Calories											*42.5%	*6.3%	*15.7%	71.1%	14.8%	6.8%	*0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Tue - 03/17/2026																	
SECONDARY BREAKFAST	Total	1															
BREAKFAST SANDWICH - M	SANDWICHES	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																	
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 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	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			450-600		640							<10.00 ¹					<10.00

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Wed - 03/18/2026																	
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
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
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

Mar 2, 2026 thru Mar 31, 2026

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	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			450-600		640							<10.00 ¹					<10.00

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Thu - 03/19/2026																	
SECONDARY BREAKFAST	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
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	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			450-600		640							<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: 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)	
Fri - 03/20/2026																		
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	
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 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	
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			450-600		640							<10.00 ¹					<10.00	

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Mon - 03/23/2026																		
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	
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 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	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: 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)
Weighted Daily Average % of Calories			592	47	721	*6.19	*0.51	*26.5	*3	*8.59	*57.78 *39.1%	*7.67 *5.2%	*20.32 *13.7%	102.27 69.2%	14.10 21.4%	4.54 6.9%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Tue - 03/24/2026																	
SECONDARY BREAKFAST PANCAKE CORNDOGS SYRUP	Total 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
BREAKFAST FRUIT BASKET JUICE : VARIETY SUNCUP	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
MILK	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
	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 BREAKFAST CEREAL-ALL STRING CHEESE: 1oz M TOAST	Total 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
JELLY: VARIETY PACK	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 JUICE : VARIETY SUNCUP	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
MILK	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
	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
	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			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			450-600		640							<10.00 ¹					<10.00

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Wed - 03/25/2026																	
SECONDARY BREAKFAST BURRITO	Total	1	387	190	752	4.24	*1.08	*0.0	*0	*0.0	1.62	*0.00	20.72	31.69	20.74	7.04	0.00
BREAKFAST FRUIT BASKET JUICE : VARIETY SUNCUP	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
SALSA PICANTE	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	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
	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: 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 BURRITO: SEC.	BURRITO	1	387	190	752	4.24	*1.08	*0.0	*0	*0.0	1.62	*0.00	20.72	31.69	20.74	7.04	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
Weighted Daily Average			653	197	1076	*7.25	*1.23	*6.5	*3	*7.99	*47.60	*4.67	29.70	89.00	21.75	7.58	0.00
% of Calories											*29.1%	*2.9%	18.2%	54.5%	30.0%	10.4%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹				<10.00	

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Thu - 03/26/2026																		
SECONDARY BREAKFAST SMOOTHIE	Total SMOOT HIES	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	
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	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			450-600		640							<10.00 ¹				<10.00		

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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

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)
Fri - 03/27/2026																	
SECONDARY BREAKFAST BAGELS, MINI	Total MINI BA GELS	1															
	MINI BA GELS	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 SEC BREAKFAST ME	Total BOWL	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 % of Calories			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
											*42.1%	*4.0%	*15.5%	69.4%	18.6%	8.9%	0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Mon - 03/30/2026																	
SECONDARY BREAKFAST FRENCH TOAST STICKS:SEC SYRUP	Total 3 STICKS	3															
	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
STRING CHEESE: 1oz M	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 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
JUICE : VARIETY SUNCUP	1/2 CUP	3	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
MILK	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
	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	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: 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			399	17	390	*4.85	*0.60	*31.5	*3	*8.29	*43.94 *44.0%	*3.83 *3.8%	*11.90 *11.9%	75.40 75.5%	6.76 15.2%	2.41 5.4%	0.00 0.0%
Nutrient Guideline			450-600		640							<10.00 ¹					<10.00

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Tue - 03/31/2026																	
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	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 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	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			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			450-600		640							<10.00 ¹					<10.00

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Weighted Average			539	62	636	*6.23	*0.79	*35.1	*18	*9.09	*55.21 *92.2%	*8.48 *14.2%	*19.99 *14.8%	94.49 70.2%	10.57 17.7%	4.24 7.1%	*0.00 *0.0%
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Washington County School District

Mar 2, 2026 thru Mar 31, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	539		450 - 600	100%														
Cholesterol (mg)	62																	
Sodium 1 (mg)	636		640	99%														
Fiber (g)	6.23																	
Iron (mg)	0.79																	
Calcium (mg)	35.1																	
Vitamin A (RAE)	18																	
Total Sugars (g)	55.21	40.99%																
Added Sugars (g)	8.48	6.30%	<10.00% ¹	85%														
Vitamin C (mg)	9.09																	
Protein (g)	19.99	14.85%																
Carbohydrate (g)	94.49	70.17%																
Total Fat (g)	10.57	17.66%																
Saturated Fat (g)	4.24	7.08%	<10.00%															
Trans Fat (g)	0.00	0.00%																

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