

Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017								
Secondary Breakfast 8-12	Total	1						
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	4.0	35.0	8.0	1.00	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	41						
CEREAL BAR: GENERAL MILLS	BAR	41	150	2.0	28.0	3.25	0.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	38	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			510	19.04	81.98	12.46	4.42	0.00
% of Calories				14.9%	64.3%	22.0%	7.8%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Tue - 04/04/2017								
Secondary Breakfast 8-12	Total	1						
PANCAKES	BAG	1	235	4.0	41.5	7.0	0.53	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41						
NUTRI GRAIN CEREAL BAR	BAR	41	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			457	18.02	69.22	12.48	5.09	0.04
% of Calories				15.8%	60.6%	24.6%	10.0%	0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Wed - 04/05/2017								
Secondary Breakfast 8-12	Total	1						
W.W. BACON & EGG SCRAMBLE	SLICE	1	190	10.0	20.0	8.0	2.00	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	215						
DOUBLE CHOCOLATE OATMEAL BAR	BAR	215	150	2.0	24.0	5.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			477	17.82	69.70	13.75	5.27	0.00
% of Calories				15.0%	58.5%	26.0%	10.0%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017								
Secondary Breakfast 8-12	Total	1						
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	4.76	47.7	0.67	0.10	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	157						
NUTRI GRAIN CEREAL BAR	BAR	157	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			481	18.13	74.28	12.65	4.94	0.04
% of Calories				15.1%	61.7%	23.7%	9.2%	0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Fri - 04/07/2017								
Secondary Breakfast 8-12	Total	1						
BREAD BANANA:slice	1 EACH	1	280	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	54						
CEREAL BAR: RICE KRISPY	BAR	54	290	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	17	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			621	19.89	100.12	15.72	5.55	0.00
% of Calories				12.8%	64.5%	22.8%	8.0%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Mon - 04/10/2017								
Secondary Breakfast 8-12	Total	2295						
FRENCH TOAST STICKS:SEC	4 STICKS	2295	440	10.67	62.67	16.0	2.67	0.00
SYRUP	1 EA	2250	11	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1600	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	685	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	41						
CEREAL BAR: GENERAL MILLS	BAR	41	150	2.0	28.0	3.25	0.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	38	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			700	18.67	117.92	16.67	3.14	0.00
% of Calories				10.7%	67.4%	21.4%	4.0%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017								
Secondary Breakfast 8-12	Total	2109						
MAX BREAKFAST BOAT: NEW	1 EACH	2109	200	8.0	25.0	7.0	2.50	0.00
KETCHUP : P/C	PC	1500	31	0.0	8.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1640	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	459	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME								
NUTRI GRAIN CEREAL BAR	BAR	41	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			470	16.04	80.31	7.64	2.87	0.00
% of Calories				13.7%	68.4%	14.6%	5.5%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Wed - 04/12/2017								
Secondary Breakfast 8-12	Total	2122						
BREAKFAST ROLLED TACO	BURRITO	2122	0	0.0	0.0	0.0	0.00	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	2000	9	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1000	31	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2122	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1680	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	432	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00

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ALT SEC BREAKFAST ME	Total	215						
DOUBLE CHOCOLATE OATMEAL BAR	BAR	215	150	2.0	24.0	5.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			290	9.66	56.63	1.73	0.76	0.00
% of Calories				13.3%	78.1%	5.4%	2.4%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Thu - 04/13/2017								
Secondary Breakfast 8-12	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
SUNBERRY BLAST BREAKFAST ROUND	UBR	1	240	5.0	44.0	5.0	1.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
ALT SEC BREAKFAST ME	Total	157						
NUTRI GRAIN CEREAL BAR	BAR	157	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			482	18.15	74.38	12.67	4.94	0.04
% of Calories				15.1%	61.7%	23.7%	9.2%	0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/18/2017								
Secondary Breakfast 8-12	Total	1						
PANCAKE SAUSAGE SANDWICH:FR082	SANDWICH	1	225	7.0	14.0	3.5	0.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	41						
NUTRI GRAIN CEREAL BAR	BAR	41	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			457	18.09	68.46	12.40	5.09	0.04
% of Calories				15.8%	60.0%	24.4%	10.0%	0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Wed - 04/19/2017								
Secondary Breakfast 8-12	Total	1						
BREAKFAST TAC-GO	TACO	1	180	10.0	14.0	9.0	3.50	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	215						
DOUBLE CHOCOLATE OATMEAL BAR	BAR	215	150	2.0	24.0	5.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			477	17.84	69.79	13.78	5.28	0.00
% of Calories				15.0%	58.5%	26.0%	10.0%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Thu - 04/20/2017								
Secondary Breakfast 8-12	Total	1						
YOGURT STRAW PARFAIT	PARFAIT	1	189	4.54	43.1	0.72	0.10	*0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	157						
NUTRI GRAIN CEREAL BAR	BAR	157	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			481	18.13	74.31	12.65	4.94	*0.04
% of Calories				15.1%	61.8%	23.6%	9.2%	*0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/21/2017								
Secondary Breakfast 8-12	Total	1						
DONUT:SPRINKLED	DONUT	1	250	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
ALT SEC BREAKFAST ME	Total	54						
CEREAL BAR: RICE KRISPY	BAR	54	290	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	17	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			618	19.80	99.48	15.63	5.58	0.00
% of Calories				12.8%	64.4%	22.8%	8.1%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Mon - 04/24/2017								
Secondary Breakfast 8-12	Total	1						
FRENCH TOAST STICKS:SEC	4 STICKS	1	440	10.67	62.67	16.0	2.67	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41						
CEREAL BAR: GENERAL MILLS	BAR	41	150	2.0	28.0	3.25	0.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	38	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			516	19.20	82.64	12.65	4.46	0.00
% of Calories				14.9%	64.1%	22.1%	7.8%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Tue - 04/25/2017								
Secondary Breakfast 8-12	Total	1						
CANADIAN HAM&EGG MUFFIN	1 Each	1	334	21.14	28.36	15.21	7.62	*0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	41						
NUTRI GRAIN CEREAL BAR	BAR	41	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			459	18.43	68.80	12.67	5.26	*0.04
% of Calories				16.1%	59.9%	24.8%	10.3%	*0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017								
Secondary Breakfast 8-12	Total	1						
TURKEY SAUSAGE BREAKFAST WRAP	BURRITO	1	225	11.03	24.52	8.49	1.82	*0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	215						
DOUBLE CHOCOLATE OATMEAL BAR	BAR	215	150	2.0	24.0	5.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			477	17.82	69.73	13.76	5.27	*0.00
% of Calories				15.0%	58.5%	26.0%	9.9%	*0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Thu - 04/27/2017								
Secondary Breakfast 8-12	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
POP TART: CHOICE OF	1 EA	1	180	2.0	37.54	2.5	1.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	157						
NUTRI GRAIN CEREAL BAR	BAR	157	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			482	18.13	74.40	12.66	4.94	0.04
% of Calories				15.1%	61.8%	23.6%	9.2%	0.1%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

Fri - 04/28/2017								
Secondary Breakfast 8-12	Total	1						
BREAD BANANA:slice	1 EACH	1	280	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	5.0	43.0	10.0	2.00	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC BREAKFAST ME	Total	54						
CEREAL BAR: RICE KRISPY	BAR	54	290	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	17	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			620	19.78	100.12	15.61	5.49	0.00
% of Calories				12.8%	64.6%	22.7%	8.0%	0.0%
Nutrient Guideline			625	12.36		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			504	17.93 14.2%	79.57 63.1%	12.64 22.6%	4.63 8.3%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	504		625	81%		121		Correction Required - Calories are Low
Protein (g)	17.93	14.22%	12.36	145%				
Carbohydrate (g)	79.57	63.13%						
Total Fat (g)	12.64	22.57%	<=30.00%					
Saturated Fat (g)	4.63	8.26%	<10.00%					
Trans Fat ¹ (g)	0.01	0.03%			Missing			

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