

# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/03/2018										
K-7 BREAKFAST MENU	Total	1								
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	3	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			676	28	*77	32.20	111.92	10.57	4.21	0.00
% of Calories					*45.5%	19.0%	66.2%	14.1%	5.6%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 04/04/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST CRISPITOS	CRISPITOS	1	223	81	1	7.09	17.21	14.18	3.04	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			676	56	*78	31.13	108.78	12.60	3.45	0.00
% of Calories					*46.1%	18.4%	64.4%	16.8%	4.6%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 04/05/2018										
K-7 BREAKFAST MENU	Total	1								
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	188	4	*24	5.49	39.63	0.95	0.57	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			746	17	*80	32.57	138.42	8.34	2.61	0.00
% of Calories					*42.7%	17.5%	74.2%	10.1%	3.2%	0.0%
Nutrient Guideline			350-500						<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  
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/06/2018										
K-7 BREAKFAST MENU	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	8	5.99	34.94	4.99	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	23	*79	33.14	116.76	11.01	4.18	0.00
% of Calories					*45.0%	18.8%	66.3%	14.1%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 04/09/2018										
K-7 BREAKFAST MENU	Total	1								
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	4	2.0	17.5	4.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Portion Values - Detailed

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			640	15	*82	28.14	116.21	7.51	2.18	0.00
% of Calories					*51.3%	17.6%	72.6%	10.6%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Tue - 04/10/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST ON A STICK	1 EACH	1	205	20	8	6.0	19.5	11.0	3.00	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			668	25	*79	30.14	111.21	11.01	3.43	0.00
% of Calories					*47.4%	18.1%	66.6%	14.8%	4.6%	0.0%
Nutrient Guideline			350-500						<10.00	

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Wed - 04/11/2018										
K-7 BREAKFAST MENU	Total	1								
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	83	*1	11.46	23.3	10.02	3.06	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			683	56	*78	33.32	111.83	10.52	3.46	0.00
% of Calories					*45.7%	19.5%	65.5%	13.9%	4.6%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 04/12/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- CINNAMON	UBR	1	270	0	*N/A*	4.0	44.0	8.0	3.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			762	15	*67	31.82	138.41	9.81	3.50	0.00
% of Calories					*35.3%	16.7%	72.7%	11.6%	4.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Fri - 04/13/2018										
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
K-7 BREAKFAST MENU	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			725	33	*88	31.14	118.29	14.01	6.18	0.00
% of Calories					*48.5%	17.2%	65.3%	17.4%	7.7%	0.0%
Nutrient Guideline			350-500						<10.00	

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# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/16/2018										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	13	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			695	15	*87	29.14	127.21	8.51	2.18	0.00
% of Calories					*49.9%	16.8%	73.2%	11.0%	2.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Tue - 04/17/2018										
K-7 BREAKFAST MENU	Total	1								
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	143	263	*0	13.51	2.61	8.53	2.84	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	1	2.0	27.0	11.0	1.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00

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# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			809	147	*80	36.40	125.26	17.34	4.43	0.00
% of Calories					*39.8%	18.0%	62.0%	19.3%	4.9%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 04/18/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	1	10.0	14.0	9.0	3.50	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			654	115	*78	32.59	107.18	10.01	3.68	0.00
% of Calories					*47.6%	19.9%	65.5%	13.8%	5.1%	0.0%
Nutrient Guideline			350-500						<10.00	

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# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/19/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	0	*N/A*	4.76	47.7	0.67	0.10	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			755	15	*68	32.20	142.45	8.20	2.38	0.00
% of Calories					*35.9%	17.1%	75.5%	9.8%	2.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Fri - 04/20/2018										
K-7 BREAKFAST MENU	Total	1								
BREAD BANANA:slice	1 EACH	1	280	0	25	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	0	25	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			875	23	*100	35.14	142.79	18.52	5.68	0.00
% of Calories					*45.9%	16.1%	65.3%	19.0%	5.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 04/23/2018										
K-7 BREAKFAST MENU	Total	1								
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	10	10	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	20	*85	30.14	126.46	9.01	2.43	0.00
% of Calories					*48.4%	17.1%	71.7%	11.5%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

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Apr 2, 2018 thru Apr 30, 2018

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/24/2018										
K-7 BREAKFAST MENU	Total	1								
MAX BREAKFAST BOAT: NEW	1 EACH	1	200	50	4	8.0	25.0	7.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			660	40	*77	31.14	111.79	9.01	3.18	0.00
% of Calories					*46.9%	18.9%	67.8%	12.3%	4.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Wed - 04/25/2018										
K-7 BREAKFAST MENU	Total	2142								
BREAKFAST ROLLED TACO	BURRITO	2142	0	0	0	0.0	0.0	0.0	0.00	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0	16	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1675	9	0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	242	31	0	8	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1100	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1154	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	978	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	12	9.0	12.0	0.0	0.00	0.00

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Portion Values - Detailed

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			221	7	*39	8.71	41.98	1.14	0.69	0.00
% of Calories					*70.3%	15.8%	76.0%	4.7%	2.8%	0.0%
Nutrient Guideline			350-500						<10.00	

Thu - 04/26/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5	17	5.0	43.0	7.0	2.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			757	18	*76	32.32	137.91	9.31	3.00	0.00
% of Calories					*40.0%	17.1%	72.9%	11.1%	3.6%	0.0%
Nutrient Guideline			350-500						<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  
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# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018										
K-7 BREAKFAST MENU	Total	1								
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	8	5.99	34.94	4.99	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	23	*79	33.14	116.76	11.01	4.18	0.00
% of Calories					*45.0%	18.8%	66.3%	14.1%	5.3%	0.0%
Nutrient Guideline			350-500						<10.00	

Mon - 04/30/2018										
K-7 BREAKFAST MENU	Total	1								
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	4	2.0	17.5	4.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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

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

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# Washington County School District

Apr 2, 2018 thru Apr 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			640	15	*82	28.14	116.21	7.51	2.18	0.00
% of Calories					*51.3%	17.6%	72.6%	10.6%	3.1%	0.0%
Nutrient Guideline			350-500						<10.00	

Weighted Average			688	35	*78	30.63	118.39	10.25	3.36	0.00
					*102.0	17.8%	68.8%	13.4%	4.4%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	688		350 - 500	138%			188	Correction Required - Calories too High
Cholesterol (mg)	35				Missing			
Sugars (g)	78	45.35%						
Protein (g)	30.63	17.81%						
Carbohydrate (g)	118.39	68.85%						
Total Fat (g)	10.25	13.41%						
Saturated Fat (g)	3.36	4.40%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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

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