

Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/01/2017																
K-7 BREAKFAST MENU	Total	1														
BREAKFAST TAC-GO	TACO	1	180	200	400	2.00	0.72	100.0	400	0.0	1	10.0	14.0	9.0	3.50	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			670	115	1076	4.01	2.69	1142.3	2637	129.17	*78	32.59	111.35	10.01	3.68	0.00
% of Calories											*46.5%	19.5%	66.5%	13.5%	4.9%	0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Thu - 02/02/2017																
K-7 BREAKFAST MENU	Total	1														
YOGURT STRAW PARFAIT	PARFAIT	1	189	0	99	2.17	0.68	310.1	16	23.0	*11	4.54	43.1	0.72	0.10	*0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	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
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			728	15	728	6.95	3.26	1298.7	2161	122.17	*67 *36.9%	32.09 17.6%	135.46 74.5%	8.22 10.2%	2.38 2.9%	*0.00 *0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Fri - 02/03/2017																
K-7 BREAKFAST MENU	Total	1														
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	1.08	20.0	125	0.0	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			725	33	832	4.56	2.87	1202.3	2113	129.17	*88 *48.5%	31.14 17.2%	118.29 65.3%	14.01 17.4%	6.18 7.7%	0.00 0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/06/2017																
K-7 BREAKFAST MENU	Total	1														
FRENCH TOAST STICKS:ELE	3 STICKS	1	330	0	540	2.00	0.00	0.0	35	0.0	7	8.0	47.0	12.0	2.00	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			750	15	923	4.56	2.33	1092.3	1993	129.17	*84	31.14	130.96	11.51	2.93	0.00
% of Calories											*44.7%	16.6%	69.8%	13.8%	3.5%	0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Tue - 02/07/2017																
K-7 BREAKFAST MENU	Total	1														
CANADIAN HAM&EGG MUFFIN	1 Each	1	334	233	1209	4.00	2.70	376.3	621	1.2	*1	21.14	28.36	15.21	7.62	*0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			727	132	1211	5.56	3.68	1280.4	2261	129.77	*76	37.71	113.47	13.12	5.74	*0.00
% of Calories											*41.6%	20.8%	62.4%	16.2%	7.1%	*0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Wed - 02/08/2017																
K-7 BREAKFAST MENU	Total	1														
TURKEY SAUSAGE BREAKFAS	BURRITO	1	225	78	554	3.42	1.73	61.0	134	1.48	*2	11.03	24.52	8.49	1.82	*0.00
T WRAP																
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			672	54	889	4.27	3.20	1122.8	2147	129.91	*78	32.66	111.55	9.76	2.84	*0.00
% of Calories											*46.5%	19.4%	66.4%	13.1%	3.8%	*0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/09/2017																
K-7 BREAKFAST MENU	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
POP TART: CHOICE OF	1 EA	1	180	0	185	3.00	1.80	100.1	501	0.0	*N/A*	2.0	37.54	2.5	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			717	15	728	6.87	3.46	1323.7	2318	110.37	*61	30.82	135.18	7.06	2.50	0.00
% of Calories											*34.2%	17.2%	75.4%	8.9%	3.1%	0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Fri - 02/10/2017																
K-7 BREAKFAST MENU	Total	1														
BREAD BANANA:slice	1 EACH	1	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			875	23	927	5.56	3.41	1282.3	2150	129.77	*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			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Mon - 02/13/2017																
K-7 BREAKFAST MENU	Total	1														
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	150	2.50	0.90	30.0	18	0.0	4	2.0	17.5	4.0	0.50	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			640	15	728	4.81	2.78	1107.3	1984	129.17	*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			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/14/2017																
K-7 BREAKFAST MENU	Total	1														
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	25	556	2.02	1.45	101.0	15	42.44	3	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			676	28	885	4.57	3.06	1142.8	1958	150.39	*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			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Wed - 02/15/2017																
K-7 BREAKFAST MENU	Total	1														
7" WG BREAD STICK PIZZA	BREAD S TICK	1	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	4.50	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			680	28	862	4.06	3.23	1167.3	2280	130.97	*79	32.64	113.79	10.01	4.18	0.00
% of Calories											*46.4%	19.2%	66.9%	13.3%	5.5%	0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Thu - 02/16/2017																
K-7 BREAKFAST MENU	Total	1														
YOGURT: UPSTATE FARMS	SERVING	1	90	0	75	0.00	0.00	300.0	0	0.6	*N/A*	3.0	19.0	0.0	0.00	0.00
ULTIMATE BREAKFAST ROUND	UBR	1	270	0	240	6.00	2.70	40.0	0	0.0	*N/A*	4.0	44.0	8.0	3.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			813	15	836	8.86	4.27	1313.7	2152	110.97	*62	33.32	145.41	11.87	3.83	0.00
% of Calories											*30.4%	16.4%	71.5%	13.1%	4.2%	0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/17/2017																
K-7 BREAKFAST MENU	Total	1														
DONUT:SPRINKLED	DONUT	1	250	20	250	2.00	1.08	20.0	125	0.0	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			725	33	832	4.56	2.87	1202.3	2113	129.17	*88 *48.5%	31.14 17.2%	118.29 65.3%	14.01 17.4%	6.18 7.7%	0.00 0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Tue - 02/21/2017																
K-7 BREAKFAST MENU	Total	1														
PANCAKES	BAG	1	235	0	150	3.00	0.72	40.0	75	0.0	15	4.0	41.5	7.0	0.53	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00

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

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			683	15	723	5.06	2.69	1112.3	1988	129.17	*83 *48.5%	29.14 17.1%	122.21 71.6%	9.01 11.9%	2.19 2.9%	0.00 0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Wed - 02/22/2017																
K-7 BREAKFAST MENU	Total	1														
W.W. BACON & EGG SCRAMBLE	SLICE	1	190	45	300	2.00	1.80	150.0	100	0.0	4	10.0	20.0	8.0	2.00	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			655	38	762	3.56	3.23	1167.3	2130	129.17	*79 *48.4%	32.14 19.6%	109.29 66.7%	9.51 13.1%	2.93 4.0%	0.00 0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/23/2017																
K-7 BREAKFAST MENU	Total	1														
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	0	104	2.57	0.82	307.2	402	3.32	*N/A*	4.76	47.7	0.67	0.10	0.00
CHOCOLATE CHIP CRISPS	BAG	1	150	0	135	2.00	0.72	0.0	45	0.0	9	3.0	25.01	5.0	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7																
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			760	15	718	7.65	3.33	1277.3	2291	111.73	*66	32.20	143.26	8.65	2.55	0.00
% of Calories											*34.7%	17.0%	75.4%	10.2%	3.0%	0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Fri - 02/24/2017																
K-7 BREAKFAST MENU	Total	1														
BREAD BANANA:slice	1 EACH	1	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	0	220	2.00	1.08	100.0	100	1.2	25	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			875	23	927	5.56	3.41	1282.3	2150	129.77	*100 *45.9%	35.14 16.1%	142.79 65.3%	18.52 19.0%	5.68 5.8%	0.00 0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

Mon - 02/27/2017																
K-7 BREAKFAST MENU	Total	1														
FRENCH TOAST STICKS:ELE	3 STICKS	1	330	0	540	2.00	0.00	0.0	35	0.0	7	8.0	47.0	12.0	2.00	0.00
SYRUP	1 EA	1	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average % of Calories			750	15	923	4.56	2.33	1092.3	1993	129.17	*84 *44.7%	31.14 16.6%	130.96 69.8%	11.51 13.8%	2.93 3.5%	0.00 0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/28/2017																
K-7 BREAKFAST MENU	Total	1														
MAX BREAKFAST BOAT: NEW	1 EACH	1	200	50	330	2.00	1.44	100.0	300	0.0	4	8.0	25.0	7.0	2.50	0.00
PEACHES:, DICED (USDA)	1/2 CUP	1	51	0	5	1.50	0.31	6.9	440	4.16	12	0.73	13.37	0.03	0.00	*N/A*
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1														
BREAKFAST CEREAL-ELE	BOWL	1	107	0	159	2.12	3.94	144.6	442	5.15	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			650	40	769	4.31	3.20	1145.8	2285	101.25	*76	31.51	110.48	9.03	3.18	*0.00
% of Calories											*46.9%	19.4%	67.9%	12.5%	4.4%	*0.0%
Nutrient Guideline			455-250		270		1.36	112.50	438	5.78		3.93		<=15.0	<10.00	
Weighted Average			725	35	857	5.26	3.12	1197.7	2163	125.82	*79	32.21	124.40	11.18	3.79	*0.00
											*98.5%	17.8%	68.6%	13.9%	4.7%	*0.0%

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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Calories	725		455 - 250		290%				475	Correction Required - Calories too High							
Cholesterol (mg)	35																
Sodium (mg)	857		270						587	Correction Required - Sodium too High							
Fiber (g)	5.26																
Iron (mg)	3.12		1.36		229%												
Calcium (mg)	1197.7		112.50		1065%												
Vitamin A (IU)	2163		438		494%												
Sugars (g)	79	43.80%				Missing											
Vitamin C (mg)	125.82		5.78		2176%												
Protein (g)	32.21	17.78%	3.93		821%												
Carbohydrate (g)	124.40	68.65%															
Total Fat (g)	11.18	13.88%	<=15.00%														
Saturated Fat (g)	3.79	4.70%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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

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