

# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
Wed - 02/01/2017																
Secondary Breakfast 8-12	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
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
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
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 SEC BREAKFAST ME	Total	215														
DOUBLE CHOCOLATE OATME	BAR	215	150	15	115	3.00	1.08	0.0	0	0.0	*N/A*	2.0	24.0	5.0	1.00	0.00
AL BAR																
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	85	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	171	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	127	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	78	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	10	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			477	37	552	4.97	1.50	607.5	917	66.42	*28	17.84	69.79	13.78	5.28	0.00
% of Calories											*23.6%	15.0%	58.5%	26.0%	10.0%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Thu - 02/02/2017																
Secondary Breakfast 8-12	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
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
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.13	0.48	64.1	387	82.81	*N/A*	2.42	50.27	0.62	0.14	0.00
EC																
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

\*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

<sup>1</sup> - 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: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

Page 2

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
ALT SEC BREAKFAST ME	Total	157														
NUTRI GRAIN CEREAL BAR	BAR	157	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	63	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	138	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	94	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	53	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	10	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			481	21	578	4.77	2.36	824.6	1697	72.24	*30	18.13	74.31	12.65	4.94	*0.04
% of Calories											*24.6%	15.1%	61.8%	23.6%	9.2%	*0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Fri - 02/03/2017																
Secondary Breakfast 8-12	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
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 SEC BREAKFAST ME	Total	54														
CEREAL BAR: RICE KRISPY	BAR	54	290	0	250	6.00	0.72	0.0	0	0.0	*N/A*	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	17	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	48	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	45	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	8	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

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

Portion Values - Detailed

Page 3

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			618	21	694	7.52	1.07	625.3	911	69.13	*32 *20.6%	19.80 12.8%	99.48 64.4%	15.63 22.8%	5.58 8.1%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Mon - 02/06/2017																
Secondary Breakfast 8-12	Total	1														
FRENCH TOAST STICKS:SEC	4 STICKS	1	440	0	720	2.67	0.00	0.0	47	0.0	9	10.67	62.67	16.0	2.67	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 SEC BREAKFAST ME	Total	41														
CEREAL BAR: GENERAL MILLS	BAR	41	150	0	143	1.50	3.60	175.0	50	0.6	*N/A*	2.0	28.0	3.25	0.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	38	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	23	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	15	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	16	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	10	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			516	21	587	5.49	4.06	785.0	1064	75.93	*25 *19.0%	19.20 14.9%	82.64 64.1%	12.65 22.1%	4.46 7.8%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Tue - 02/07/2017																
Secondary Breakfast 8-12	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 Values - Detailed

Page 4

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
ALT SEC BREAKFAST ME	Total	41														
NUTRI GRAIN CEREAL BAR	BAR	41	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	11	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	41	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	11	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	20	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	10	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			459	27	567	4.12	2.24	841.0	1672	74.91	*30	18.43	68.80	12.67	5.26	*0.04
% of Calories											*26.2%	16.1%	59.9%	24.8%	10.3%	*0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Wed - 02/08/2017																
Secondary Breakfast 8-12	Total	1														
TURKEY SAUSAGE BREAKFAST WRAP	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
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 SEC BREAKFAST ME	Total	215														
DOUBLE CHOCOLATE OATMEAL BAR	BAR	215	150	15	115	3.00	1.08	0.0	0	0.0	*N/A*	2.0	24.0	5.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	85	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	171	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	127	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	78	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	10	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

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			477	36	550	4.97	1.51	607.1	911	66.42	*28 *23.6%	17.82 15.0%	69.73 58.5%	13.76 26.0%	5.27 9.9%	*0.00 *0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Thu - 02/09/2017																
Secondary Breakfast 8-12	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: S	1 CUP	1	195	0	2	8.13	0.48	64.1	387	82.81	*N/A*	2.42	50.27	0.62	0.14	0.00
EC																
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
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 SEC BREAKFAST ME	Total	157														
NUTRI GRAIN CEREAL BAR	BAR	157	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	63	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	138	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	94	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	53	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	10	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			482	21	579	4.77	2.37	825.2	1700	72.10	*30 *24.5%	18.13 15.1%	74.40 61.8%	12.66 23.6%	4.94 9.2%	0.04 0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 02/10/2017																
Secondary Breakfast 8-12	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
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 SEC BREAKFAST ME	Total	54														
CEREAL BAR: RICE KRISPY	BAR	54	290	0	250	6.00	0.72	0.0	0	0.0	*N/A*	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	17	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	48	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	45	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	8	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			620	21	690	7.54	1.08	623.9	906	69.13	*32 *20.8%	19.78 12.8%	100.12 64.6%	15.61 22.7%	5.49 8.0%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Mon - 02/13/2017																
Secondary Breakfast 8-12	Total	1														
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	0	300	5.00	1.80	60.0	35	0.0	7	4.0	35.0	8.0	1.00	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

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
ALT SEC BREAKFAST ME	Total	41														
CEREAL BAR: GENERAL MILLS	BAR	41	150	0	143	1.50	3.60	175.0	50	0.6	*N/A*	2.0	28.0	3.25	0.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	38	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	23	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	15	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	16	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	10	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			510	21	577	5.55	4.11	786.4	1064	75.93	*24	19.04	81.98	12.46	4.42	0.00
% of Calories											*19.2%	14.9%	64.3%	22.0%	7.8%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Tue - 02/14/2017																
Secondary Breakfast 8-12	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 SEC BREAKFAST ME	Total	41														
NUTRI GRAIN CEREAL BAR	BAR	41	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	11	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	41	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	11	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	20	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	10	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			457	22	552	4.07	2.21	834.4	1658	75.89	*30	18.17	68.73	12.55	5.18	0.04
% of Calories											*26.4%	15.9%	60.2%	24.7%	10.2%	0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
<b>Wed - 02/15/2017</b>																
Secondary Breakfast 8-12	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
ALT SEC BREAKFAST ME	Total	215														
DOUBLE CHOCOLATE OATME	BAR	215	150	15	115	3.00	1.08	0.0	0	0.0	*N/A*	2.0	24.0	5.0	1.00	0.00
AL BAR																
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	85	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	171	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	127	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	78	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	10	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			477	36	549	4.96	1.51	607.5	913	66.43	*28	17.82	69.75	13.76	5.28	0.00
% of Calories											*23.6%	15.0%	58.5%	26.0%	10.0%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

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Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 02/16/2017																
Secondary Breakfast 8-12	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
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
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	0	2	8.13	0.48	64.1	387	82.81	*N/A*	2.42	50.27	0.62	0.14	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
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 SEC BREAKFAST ME	Total	157														
NUTRI GRAIN CEREAL BAR	BAR	157	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	63	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	138	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	94	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	53	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	10	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			482	21	579	4.79	2.37	824.8	1696	72.10	*30	18.15	74.44	12.69	4.96	0.04
% of Calories											*24.5%	15.0%	61.7%	23.7%	9.2%	0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Fri - 02/17/2017																
Secondary Breakfast 8-12	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
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

\*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: Secondary Breakfast 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

Page 10

Generated on: 1/17/2017 2:07:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT SEC BREAKFAST ME	Total	54														
CEREAL BAR: RICE KRISPY	BAR	54	290	0	250	6.00	0.72	0.0	0	0.0	*N/A*	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	17	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	48	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	45	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	8	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			618	21	694	7.52	1.07	625.3	911	69.13	*32	19.80	99.48	15.63	5.58	0.00
% of Calories											*20.6%	12.8%	64.4%	22.8%	8.1%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Tue - 02/21/2017																
Secondary Breakfast 8-12	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
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
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 SEC BREAKFAST ME	Total	41														
NUTRI GRAIN CEREAL BAR	BAR	41	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	11	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	41	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	11	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	20	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	10	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			457	21	544	4.09	2.19	833.0	1659	74.88	*30	18.02	69.22	12.48	5.09	0.04
% of Calories											*26.6%	15.8%	60.6%	24.6%	10.0%	0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
<b>Wed - 02/22/2017</b>																
Secondary Breakfast 8-12	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 SEC BREAKFAST ME	Total	215														
DOUBLE CHOCOLATE OATME	BAR	215	150	15	115	3.00	1.08	0.0	0	0.0	*N/A*	2.0	24.0	5.0	1.00	0.00
AL BAR																
STRING CHEESE: 1oz M	1 EA	209	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	85	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	171	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	127	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	78	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	10	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			477	36	549	4.96	1.51	607.5	911	66.42	*28	17.82	69.70	13.75	5.27	0.00
% of Calories											*23.6%	15.0%	58.5%	26.0%	10.0%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

<b>Thu - 02/23/2017</b>																
Secondary Breakfast 8-12	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
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
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
BREAKFAST FRUIT BASKET: S	1 CUP	1	195	0	2	8.13	0.48	64.1	387	82.81	*N/A*	2.42	50.27	0.62	0.14	0.00
EC																
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

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT SEC BREAKFAST ME	Total	157														
NUTRI GRAIN CEREAL BAR	BAR	157	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	153	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	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	63	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	138	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	94	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	53	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	10	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			481	21	578	4.77	2.36	824.6	1699	72.11	*30	18.13	74.34	12.65	4.94	0.04
% of Calories											*24.6%	15.1%	61.8%	23.6%	9.2%	0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Fri - 02/24/2017																
Secondary Breakfast 8-12	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
ALT SEC BREAKFAST ME	Total	54														
CEREAL BAR: RICE KRISPY	BAR	54	290	0	250	6.00	0.72	0.0	0	0.0	*N/A*	4.0	53.0	7.5	1.50	0.00
STRING CHEESE: 1oz M	1 EA	54	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	17	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	48	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	45	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	8	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

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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			621	21	694	7.54	1.08	627.5	909	69.13	*32 *20.8%	19.89 12.8%	100.12 64.5%	15.72 22.8%	5.55 8.0%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Mon - 02/27/2017																
Secondary Breakfast 8-12	Total	2295														
FRENCH TOAST STICKS:SEC SYRUP	4 STICKS	2295	440	0	720	2.67	0.00	0.0	47	0.0	9	10.67	62.67	16.0	2.67	0.00
CINNAMON APPLESAUCE CUPS	1 EA	2250	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	1 EACH	2000	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	BOX	2100	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1600	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	685	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC BREAKFAST ME	CARTON	10	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CEREAL BAR: GENERAL MILLS	Total	41														
STRING CHEESE: 1oz M	BAR	41	150	0	143	1.50	3.60	175.0	50	0.6	*N/A*	2.0	28.0	3.25	0.00	0.00
TOAST	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: ELE	SLICE	20	103	0	161	1.00	0.72	40.0	169	1.2	*1	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	1/2 CUP	38	92	0	1	3.80	0.23	31.4	188	40.9	*N/A*	1.18	23.62	0.29	0.07	0.00
MILK : CHOCOLATE MILK	BOX	23	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
MILK 1% WHITE	CARTON	15	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	16	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
JELLY: VARIETY PACK	CARTON	10	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
	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			700	7	975	4.43	0.07	398.3	704	108.16	*55 *31.5%	18.67 10.7%	117.92 67.4%	16.67 21.4%	3.14 4.0%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Tue - 02/28/2017																
Secondary Breakfast 8-12	Total	2109														
MAX BREAKFAST BOAT: NEW	1 EACH	2109	200	50	330	2.00	1.44	100.0	300	0.0	4	8.0	25.0	7.0	2.50	0.00
KETCHUP : P/C	PC	1500	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	2000	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	2100	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	1640	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	459	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	10	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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# Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 1/17/2017 2:07:41 PM

	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 <sup>1</sup> (g)
ALT SEC BREAKFAST ME	Total	41														
NUTRI GRAIN CEREAL BAR	BAR	41	129	0	115	2.56	1.81	200.0	750	0.0	*N/A*	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	41	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	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	11	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	41	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	11	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	20	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	10	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			470	55	791	3.90	1.45	505.8	1391	117.26	*48	16.04	80.31	7.64	2.87	0.00
% of Calories											*41.2%	13.7%	68.4%	14.6%	5.5%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Weighted Average			520	26	625	5.30	1.90	695.5	1226	75.46	*32	18.46	81.33	13.44	4.92	*0.01
											*54.9%	14.2%	62.6%	23.3%	8.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	520		625	83%		105		Correction Required - Calories are Low
Cholesterol (mg)	26							
Sodium (mg)	625						625	
Fiber (g)	5.30							
Iron (mg)	1.90		3.40	56%		1.50		Correction Required - Iron is Low
Calcium (mg)	695.5		300.00	232%				
Vitamin A (IU)	1226		1125	109%				
Sugars (g)	32	24.39%			Missing			
Vitamin C (mg)	75.46		14.00	539%				
Protein (g)	18.46	14.20%	12.36	149%				
Carbohydrate (g)	81.33	62.56%						
Total Fat (g)	13.44	23.27%	<=30.00%					
Saturated Fat (g)	4.92	8.52%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.01	0.02%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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