

Washington County School District

Jan 4, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/04/2018								
K-7 BREAKFAST MENU	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
POP TART: CHOICE OF	1 EA	1	180	2.0	37.54	2.5	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			717	30.82	135.18	7.06	2.50	0.00
% of Calories				17.2%	75.4%	8.9%	3.1%	0.0%
Nutrient Guideline			400-500				<10.00	

Fri - 01/05/2018								
K-7 BREAKFAST MENU	Total	1						
BREAD BANANA:slice	1 EACH	1	280	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			875	35.14	142.79	18.52	5.68	0.00
% of Calories				16.1%	65.3%	19.0%	5.8%	0.0%
Nutrient Guideline			400-500				<10.00	

Mon - 01/08/2018								
K-7 BREAKFAST MENU	Total	1						
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	30.14	126.46	9.01	2.43	0.00
% of Calories				17.1%	71.7%	11.5%	3.1%	0.0%
Nutrient Guideline			400-500				<10.00	

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/09/2018								
K-7 BREAKFAST MENU	Total	1						
PORK SAUSAGE BISCUIT SANDWICH	1 EACH	1	232	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			676	32.20	111.92	10.57	4.21	0.00
% of Calories				19.0%	66.2%	14.1%	5.6%	0.0%
Nutrient Guideline			400-500				<10.00	

Wed - 01/10/2018								
K-7 BREAKFAST MENU	Total	1						
BREAKFAST CRISPITOS	CRISPITOS	1	223	7.09	17.21	14.18	3.04	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			676	31.13	108.78	12.60	3.45	0.00
% of Calories				18.4%	64.4%	16.8%	4.6%	0.0%
Nutrient Guideline			400-500				<10.00	

Thu - 01/11/2018								
K-7 BREAKFAST MENU	Total	1						
MIXED BERRY SMOOTHIE: ELE	SERVING:8oz	1	188	5.49	39.63	0.95	0.57	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			746	32.57	138.42	8.34	2.61	0.00
% of Calories				17.5%	74.2%	10.1%	3.2%	0.0%
Nutrient Guideline			400-500				<10.00	

Fri - 01/12/2018								
K-7 BREAKFAST MENU	Total	1						
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	5.99	34.94	4.99	1.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	33.14	116.76	11.01	4.18	0.00
% of Calories				18.8%	66.3%	14.1%	5.3%	0.0%
Nutrient Guideline			400-500				<10.00	

Tue - 01/16/2018								
K-7 BREAKFAST MENU	Total	1						
BREAKFAST ON A STICK	1 EACH	1	205	6.0	19.5	11.0	3.00	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			668	30.14	111.21	11.01	3.43	0.00
% of Calories				18.1%	66.6%	14.8%	4.6%	0.0%
Nutrient Guideline			400-500				<10.00	

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Wed - 01/17/2018								
K-7 BREAKFAST MENU	Total	1						
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	11.46	23.3	10.02	3.06	*0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			683	33.32	111.83	10.52	3.46	*0.00
% of Calories				19.5%	65.5%	13.9%	4.6%	*0.0%
Nutrient Guideline			400-500				<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/18/2018								
K-7 BREAKFAST MENU	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
UBR- CINNAMON	UBR	1	270	4.0	44.0	8.0	3.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			762	31.82	138.41	9.81	3.50	0.00
% of Calories				16.7%	72.7%	11.6%	4.1%	0.0%
Nutrient Guideline			400-500				<10.00	

Fri - 01/19/2018								
	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
K-7 BREAKFAST MENU	Total	1						
DONUT:SPRINKLED	DONUT	1	250	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			725	31.14	118.29	14.01	6.18	0.00
% of Calories				17.2%	65.3%	17.4%	7.7%	0.0%
Nutrient Guideline			400-500				<10.00	

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Washington County School District

Jan 4, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/22/2018								
K-7 BREAKFAST MENU	Total	1						
PANCAKES	BAG	1	220	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			695	29.14	127.21	8.51	2.18	0.00
% of Calories				16.8%	73.2%	11.0%	2.8%	0.0%
Nutrient Guideline			400-500				<10.00	

Tue - 01/23/2018								
K-7 BREAKFAST MENU	Total	1						
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERV ING	1	143	13.51	2.61	8.53	2.84	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	2.0	27.0	11.0	1.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00

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Washington County School District

Jan 4, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			809	36.40	125.26	17.34	4.43	0.00
% of Calories				18.0%	62.0%	19.3%	4.9%	0.0%
Nutrient Guideline			400-500				<10.00	

Wed - 01/24/2018								
K-7 BREAKFAST MENU	Total	1						
BREAKFAST TAC-GO	TACO	1	180	10.0	14.0	9.0	3.50	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			654	32.59	107.18	10.01	3.68	0.00
% of Calories				19.9%	65.5%	13.8%	5.1%	0.0%
Nutrient Guideline			400-500				<10.00	

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Washington County School District

Jan 4, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/25/2018								
K-7 BREAKFAST MENU	Total	1						
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	4.76	47.7	0.67	0.10	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			755	32.20	142.45	8.20	2.38	0.00
% of Calories				17.1%	75.5%	9.8%	2.8%	0.0%
Nutrient Guideline			400-500				<10.00	

Fri - 01/26/2018								
K-7 BREAKFAST MENU	Total	1						
BREAD BANANA:slice	1 EACH	1	280	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Jan 4, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			875	35.14	142.79	18.52	5.68	0.00
% of Calories				16.1%	65.3%	19.0%	5.8%	0.0%
Nutrient Guideline			400-500				<10.00	

Mon - 01/29/2018								
K-7 BREAKFAST MENU	Total	1						
FRENCH TOAST STICKS-NEW 2017	2 sticks	1	240	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			705	30.14	126.46	9.01	2.43	0.00
% of Calories				17.1%	71.7%	11.5%	3.1%	0.0%
Nutrient Guideline			400-500				<10.00	

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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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/30/2018								
K-7 BREAKFAST MENU	Total	1						
MAX BREAKFAST BOAT: NEW	1 EACH	1	200	8.0	25.0	7.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			660	31.14	111.79	9.01	3.18	0.00
% of Calories				18.9%	67.8%	12.3%	4.3%	0.0%
Nutrient Guideline			400-500				<10.00	

Wed - 01/31/2018								
K-7 BREAKFAST MENU	Total	2142						
BREAKFAST ROLLED TACO	BURRITO	2142	0	0.0	0.0	0.0	0.00	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1675	9	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	242	31	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1100	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1154	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	978	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00

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Jan 4, 2018 thru Jan 31, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ALL	BOWL	1	107	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			221	8.71	41.98	1.14	0.69	0.00
% of Calories				15.8%	76.0%	4.7%	2.8%	0.0%
Nutrient Guideline			400-500				<10.00	

Weighted Average			701	30.90	120.27	10.75	3.49	*0.00
				17.6%	68.7%	13.8%	4.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	701		400 - 500	140%			201	Correction Required - Calories too High
Protein (g)	30.90	17.64%						
Carbohydrate (g)	120.27	68.67%						
Total Fat (g)	10.75	13.81%						
Saturated Fat (g)	3.49	4.48%	<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
 * - 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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.