

Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 - 03/01/2017																
Secondary Breakfast 8-12	Total	2122														
BREAKFAST ROLLED TACO	BURRITO	2122	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	2000	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	1000	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2122	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	1680	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	432	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
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			290	9	506	2.07	0.14	418.9	1120	113.23	*45	9.66	56.63	1.73	0.76	0.00
% of Calories											*62.1%	13.3%	78.1%	5.4%	2.4%	0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Thu - 03/02/2017																
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
SUNBERRY BLAST BREAKFAS	UBR	1	240	5	210	6.50	1.32	21.5	195	0.09	*N/A*	5.0	44.0	5.0	1.00	0.00
T ROUND																
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
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 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	2.36	824.7	1698	72.10	*30	18.15	74.38	12.67	4.94	0.04
% of Calories											*24.5%	15.1%	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 - 03/03/2017																
Secondary Breakfast 8-12	Total	1														
CINNAMON ROLL: BREAKFAST Bridge	ROLL	1	182	0	250	3.00	1.44	40.2	0	0.0	*0	6.01	31.39	3.5	0.50	*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

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

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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)
Weighted Daily Average % of Calories			615	21	691	7.52	1.07	625.0	906	69.11	*31 *20.4%	19.82 12.9%	99.11 64.5%	15.42 22.6%	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 - 03/06/2017																
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
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
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
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			510	21	577	5.55	4.11	786.4	1064	75.93	*24 *19.2%	19.04 14.9%	81.98 64.3%	12.46 22.0%	4.42 7.8%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Tue - 03/07/2017																
Secondary Breakfast 8-12	Total	1														
PANCAKE SAUSAGE SANDWI	SANDWIC	1	225	20	410	2.00	0.72	40.0	15	0.0	3	7.0	14.0	3.5	0.50	0.00
CH:FR082																
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	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 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	548	4.07	2.19	833.0	1658	74.88	*30	18.09	68.46	12.40	5.09	0.04
% of Calories											*26.4%	15.8%	60.0%	24.4%	10.0%	0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Wed - 03/08/2017																
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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Weighted Daily Average % of Calories			477	37	552	4.97	1.50	607.5	917	66.42	*28 *23.6%	17.84 15.0%	69.79 58.5%	13.78 26.0%	5.28 10.0%	0.00 0.0%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Thu - 03/09/2017																
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 EC	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
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			481	21	578	4.77	2.36	824.6	1697	72.24	*30 *24.6%	18.13 15.1%	74.31 61.8%	12.65 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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 - 03/10/2017																
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																
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	

Mon - 03/20/2017																
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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 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 - 03/21/2017																
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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 - 03/22/2017																
Secondary Breakfast 8-12	Total	1														
BREAKFAST CRISPITOS	CRISPITO	1	223	81	567	1.01	1.09	60.8	101	0.0	1	7.09	17.21	14.18	3.04	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
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	36	551	4.96	1.51	607.3	912	66.42	*28	17.82	69.76	13.80	5.28	0.00
% of Calories											*23.6%	14.9%	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 - 03/23/2017																
Secondary Breakfast 8-12	Total	1														
MIXED BERRY SMOOTHIE: SEC	SERVING	1	259	5	117	5.60	0.00	354.1	395	1.65	*33	7.56	54.58	1.31	0.79	0.00
JUICE : VARIETY SUNCUP	:10oz															
BREAKFAST FRUIT BASKET: S	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
EC	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
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
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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 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	578	4.79	2.36	824.9	1699	72.10	*30	18.15	74.32	12.65	4.94	0.04
% of Calories											*24.7%	15.1%	61.7%	23.6%	9.2%	0.1%
Nutrient Guideline			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Fri - 03/24/2017																
Secondary Breakfast 8-12	Total	1														
CINNAMON ROLL: BREAKFAST Bridge	ROLL	1	182	0	250	3.00	1.44	40.2	0	0.0	*0	6.01	31.39	3.5	0.50	*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

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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Weighted Daily Average % of Calories			615	21	691	7.52	1.07	625.0	906	69.11	*31 *20.4%	19.82 12.9%	99.11 64.5%	15.42 22.6%	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 - 03/27/2017																
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	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 - 03/28/2017																
Secondary Breakfast 8-12	Total	1														
BLUEBERRY BREAKFAST ON A STICK	1 EACH	1	220	25	450	1.00	1.44	40.0	75	0.0	*5	8.0	24.0	11.0	3.00	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
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
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																
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																
% of Calories			460	22	555	4.07	2.22	833.9	1663	74.91	*30	18.19	69.36	12.67	5.16	0.04
											*26.2%	15.8%	60.3%	24.8%	10.1%	0.1%
Nutrient Guideline																
			625				3.40	300.00	1125	14.00		12.36		<=30.0	<10.00	

Wed - 03/29/2017																
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

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Washington County School District

Mar 1, 2017 thru Mar 31, 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 ¹ (g)
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	

Thu - 03/30/2017																
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: 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
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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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 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 - 03/31/2017																
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

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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
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	

Weighted Average			501	23	591	5.28	2.07	716.7	1248	73.94	*30 *53.7%	18.15 14.5%	78.54 62.7%	12.83 23.0%	4.85 8.7%	*0.01 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	501		625	80%		124		Correction Required - Calories are Low
Cholesterol (mg)	23							
Sodium (mg)	591						591	Correction Required - Iron is Low
Fiber (g)	5.28					1.33		
Iron (mg)	2.07		3.40	61%				
Calcium (mg)	716.7		300.00	239%				
Vitamin A (IU)	1248		1125	111%				
Sugars (g)	30	23.87%			Missing			
Vitamin C (mg)	73.94		14.00	528%				
Protein (g)	18.15	14.48%	12.36	147%				
Carbohydrate (g)	78.54	62.67%						
Total Fat (g)	12.83	23.04%	<=30.00%					
Saturated Fat (g)	4.85	8.70%	<10.00%					
Trans Fat ¹ (g)	0.01	0.03%			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

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