

Washington County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/21/2018 8:24:02 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/01/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
UBR- CINNAMON	UBR	1	270	0	*N/A*	4.0	44.0	8.0	3.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			762	15	*67	31.82	138.41	9.81	3.50	0.00
% of Calories					*35.3%	16.7%	72.7%	11.6%	4.1%	0.0%
Nutrient Guideline			375-500						<10.00	

Fri - 03/02/2018										
K-7 BREAKFAST MENU	Total	1								
DONUT:SPRINKLED	DONUT	1	250	20	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			725	33	*88	31.14	118.29	14.01	6.18	0.00
% of Calories					*48.5%	17.2%	65.3%	17.4%	7.7%	0.0%
Nutrient Guideline			375-500						<10.00	

Mon - 03/05/2018										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	13	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			695	15	*87	29.14	127.21	8.51	2.18	0.00
% of Calories					*49.9%	16.8%	73.2%	11.0%	2.8%	0.0%
Nutrient Guideline			375-500						<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/06/2018										
K-7 BREAKFAST MENU	Total	1								
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SER VING	1	143	263	*0	13.51	2.61	8.53	2.84	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	1	2.0	27.0	11.0	1.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			809	147	*80	36.40	125.26	17.34	4.43	0.00
% of Calories					*39.8%	18.0%	62.0%	19.3%	4.9%	0.0%
Nutrient Guideline			375-500						<10.00	

Wed - 03/07/2018										
K-7 BREAKFAST MENU	Total	1								
BREAKFAST TAC-GO	TACO	1	180	200	1	10.0	14.0	9.0	3.50	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			654	115	*78	32.59	107.18	10.01	3.68	0.00
% of Calories					*47.6%	19.9%	65.5%	13.8%	5.1%	0.0%
Nutrient Guideline			375-500						<10.00	

Thu - 03/08/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT VAN. PEACH PARFAIT	PARFAIT	1	206	0	*N/A*	4.76	47.7	0.67	0.10	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			755	15	*68	32.20	142.45	8.20	2.38	0.00
% of Calories					*35.9%	17.1%	75.5%	9.8%	2.8%	0.0%
Nutrient Guideline			375-500						<10.00	

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Fri - 03/09/2018										
K-7 BREAKFAST MENU	Total	1								
BREAD BANANA:slice	1 EACH	1	280	0	25	5.0	44.0	10.0	2.00	0.00
BREAD ZUCCHINI: slice	1 EACH	1	270	0	25	5.0	43.0	10.0	2.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			875	23	*100	35.14	142.79	18.52	5.68	0.00
% of Calories					*45.9%	16.1%	65.3%	19.0%	5.8%	0.0%
Nutrient Guideline			375-500						<10.00	

Mon - 03/19/2018										
K-7 BREAKFAST MENU	Total	1								
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	0	4	2.0	17.5	4.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			640	15	*82	28.14	116.21	7.51	2.18	0.00
% of Calories					*51.3%	17.6%	72.6%	10.6%	3.1%	0.0%
Nutrient Guideline			375-500						<10.00	

Tue - 03/20/2018										
K-7 BREAKFAST MENU	Total	1								
PANCAKE SAUSAGE SANDWICH:FR082	SANDWICH	1	225	20	3	7.0	14.0	3.5	0.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			678	25	*77	30.64	108.46	7.26	2.18	0.00
% of Calories					*45.3%	18.1%	64.0%	9.6%	2.9%	0.0%
Nutrient Guideline			375-500						<10.00	

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Washington County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/21/2018										
K-7 BREAKFAST MENU	Total	1								
PEPPERONI & CHEESE BREADSTICK	BREADSTICK	1	276	29	*N/A*	12.59	32.04	10.59	5.29	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			698	29	*77	33.44	115.31	10.81	4.58	0.00
% of Calories					*44.3%	19.2%	66.1%	13.9%	5.9%	0.0%
Nutrient Guideline			375-500						<10.00	

Thu - 03/22/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT STRAW PARFAIT	PARFAIT	1	189	0	*11	4.54	43.1	0.72	0.10	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00

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Washington County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			746	15	*73	32.09	140.16	8.22	2.38	0.00
% of Calories					*39.2%	17.2%	75.1%	9.9%	2.9%	0.0%
Nutrient Guideline			375-500						<10.00	

Fri - 03/23/2018										
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	20	25	2.0	38.0	11.0	5.00	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEAR CUPS-DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			725	33	*88	31.14	118.29	14.01	6.18	0.00
% of Calories					*48.5%	17.2%	65.3%	17.4%	7.7%	0.0%
Nutrient Guideline			375-500						<10.00	

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Washington County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/26/2018										
K-7 BREAKFAST MENU	Total	1								
PANCAKES	BAG	1	220	0	13	4.0	39.5	6.0	0.50	0.00
SYRUP	1 EA	1	11	0	*N/A*	0.0	4.34	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			695	15	*87	29.14	127.21	8.51	2.18	0.00
% of Calories					*49.9%	16.8%	73.2%	11.0%	2.8%	0.0%
Nutrient Guideline			375-500						<10.00	

Tue - 03/27/2018										
K-7 BREAKFAST MENU	Total	1								
CANADIAN BACON & EGG MUFFIN	1 Each	1	334	233	*4	21.14	28.36	15.21	7.62	0.32
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
PEACH CUPS -DICED	1 CUP	1	70	0	14	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			727	132	*77	37.71	113.47	13.12	5.74	0.16
% of Calories					*42.5%	20.8%	62.4%	16.2%	7.1%	0.2%
Nutrient Guideline			375-500						<10.00	

Wed - 03/28/2018										
K-7 BREAKFAST MENU	Total	1								
W.W. BACON & EGG SCRAMBLE	SLICE	1	190	45	4	10.0	20.0	8.0	2.00	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7	Total	1								
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			655	38	*79	32.14	109.29	9.51	2.93	0.00
% of Calories					*48.4%	19.6%	66.7%	13.1%	4.0%	0.0%
Nutrient Guideline			375-500						<10.00	

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/29/2018										
K-7 BREAKFAST MENU	Total	1								
YOGURT: UPSTATE FARMS	SERVING	1	90	0	*N/A*	3.0	19.0	0.0	0.00	0.00
POP TART: CHOICE OF	1 EA	1	180	0	*N/A*	2.0	37.54	2.5	1.00	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT BREAKFAST K-7										
BREAKFAST CEREAL-ALL	BOWL	1	107	0	8	1.29	22.58	1.92	0.21	0.00
TOAST	SLICE	1	103	0	*1	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: ELE	1/2 CUP	1	92	0	*6	1.18	23.62	0.29	0.07	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	15	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			717	15	*67	30.82	135.18	7.06	2.50	0.00
% of Calories					*37.5%	17.2%	75.4%	8.9%	3.1%	0.0%
Nutrient Guideline			375-500						<10.00	

Weighted Average			722	42	*80	32.11	124.07	10.78	3.68	0.01
					*99.4%	17.8%	68.7%	13.4%	4.6%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	722		375 - 500	144%			222	Correction Required - Calories too High
Cholesterol (mg)	42				Missing			
Sugars (g)	80	44.17%						
Protein (g)	32.11	17.78%						
Carbohydrate (g)	124.07	68.71%						
Total Fat (g)	10.78	13.43%						
Saturated Fat (g)	3.68	4.59%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%						

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