

Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/14/2017								
K-7 BREAKFAST MENU	Total	1						
FRENCH TOAST STICKS:ELE	3 STICKS	1	330	8.0	47.0	12.0	2.00	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-ELE	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0.44	28.02	0.25	0.02	*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			757	31.36	133.97	11.64	2.94	*0.00
% of Calories				16.6%	70.7%	13.8%	3.5%	*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)
Tue - 08/15/2017								
K-7 BREAKFAST MENU	Total	1						
MAX BREAKFAST BOAT: NEW	1 EACH	1	200	8.0	25.0	7.0	2.50	0.00
PEACHES:, DICED (USDA)	1/2 CUP	1	51	0.73	13.37	0.03	0.00	*N/A*
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-ELE	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

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

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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)
Weighted Daily Average			650	31.51	110.48	9.03	3.18	*0.00
% of Calories				19.4%	67.9%	12.5%	4.4%	*0.0%
Nutrient Guideline			400-500				<10.00	

Wed - 08/16/2017								
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
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ELE	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	

Thu - 08/17/2017								
K-7 BREAKFAST MENU	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
UBR- OATMEAL CHOCOLATE CHIP	1 EACH	1	260	5.0	43.0	7.0	2.00	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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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-ELE	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			757	32.32	137.91	9.31	3.00	0.00
% of Calories				17.1%	72.9%	11.1%	3.6%	0.0%
Nutrient Guideline			400-500				<10.00	

Fri - 08/18/2017								
	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						
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
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ELE	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	

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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)
Mon - 08/21/2017								
K-7 BREAKFAST MENU	Total	1						
WAFFLE WG- KRUSTEAZ-ELE	WAFFLE	1	110	2.0	17.5	4.0	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-ELE	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0.44	28.02	0.25	0.02	*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			647	28.36	119.22	7.64	2.19	*0.00
% of Calories				17.5%	73.7%	10.6%	3.0%	*0.0%
Nutrient Guideline			400-500				<10.00	

Tue - 08/22/2017								
K-7 BREAKFAST MENU	Total	1						
PANCAKE SAUSAGE SANDWICH:FR082	SANDWICH	1	225	7.0	14.0	3.5	0.50	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
SYRUP	1 EA	1	11	0.0	4.34	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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	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-ELE	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			678	30.64	108.46	7.26	2.18	0.00
% of Calories				18.1%	64.0%	9.6%	2.9%	0.0%
Nutrient Guideline			400-500				<10.00	

Wed - 08/23/2017								
K-7 BREAKFAST MENU	Total	1						
STUFFED BREADSTICK	BREADSTICK	1	276	12.59	32.04	10.59	5.29	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
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ELE	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			698	33.44	115.31	10.81	4.58	0.00
% of Calories				19.2%	66.1%	13.9%	5.9%	0.0%
Nutrient Guideline			400-500				<10.00	

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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 - 08/24/2017								
K-7 BREAKFAST MENU	Total	1						
YOGURT STRAW PARFAIT	PARFAIT	1	189	4.54	43.1	0.72	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-ELE	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	32.09	140.16	8.22	2.38	*0.00
% of Calories				17.2%	75.1%	9.9%	2.9%	*0.0%
Nutrient Guideline			400-500				<10.00	

Fri - 08/25/2017								
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

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Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT BREAKFAST K-7	Total	1						
BREAKFAST CEREAL-ELE	BOWL	1	107	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	

Mon - 08/28/2017								
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-ELE	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0.44	28.02	0.25	0.02	*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			702	29.36	130.22	8.64	2.19	*0.00
% of Calories				16.7%	74.2%	11.1%	2.8%	*0.0%
Nutrient Guideline			400-500				<10.00	

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Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/29/2017								
K-7 BREAKFAST MENU	Total	1						
CANADIAN BACON & EGG MUFFIN	1 Each	1	334	21.14	28.36	15.21	7.62	*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-ELE	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			727	37.71	113.47	13.12	5.74	*0.00
% of Calories				20.8%	62.4%	16.2%	7.1%	*0.0%
Nutrient Guideline			400-500				<10.00	

Wed - 08/30/2017								
K-7 BREAKFAST MENU	Total	1						
W.W. BACON & EGG SCRAMBLE	SLICE	1	190	10.0	20.0	8.0	2.00	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
ALT BREAKFAST K-7								
BREAKFAST CEREAL-ELE	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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Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			655	32.14	109.29	9.51	2.93	0.00
% of Calories				19.6%	66.7%	13.1%	4.0%	0.0%
Nutrient Guideline			400-500				<10.00	

Thu - 08/31/2017								
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	Total	1						
BREAKFAST CEREAL-ELE	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	

Weighted Average			670	30.20	116.48	9.17	3.21	*0.00
				18.0%	69.5%	12.3%	4.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	670		400 - 500	134%			170	Correction Required - Calories too High
Protein (g)	30.20	18.02%						
Carbohydrate (g)	116.48	69.49%						
Total Fat (g)	9.17	12.31%						
Saturated Fat (g)	3.21	4.30%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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