

Washington County School District

Nov 1, 2017 thru Nov 30, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/01/2017								
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	215						
NUTRI GRAIN CEREAL BAR	BAR	1	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			369	16.33	56.40	8.93	4.31	0.00
% of Calories				17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600				<10.00	

Thu - 11/02/2017								
SECONDARY BREAKFAST	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: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	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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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 SEC BREAKFAST ME	Total	157						
MINNI CINNI- PILSBURY	1 EACH	1	240	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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
Weighted Daily Average			331	15.04	52.36	6.99	3.97	0.00
% of Calories				18.2%	63.3%	19.0%	10.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Fri - 11/03/2017								
SECONDARY BREAKFAST	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
ALT SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	107	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			474	17.61	78.49	10.34	4.31	0.00
% of Calories				14.9%	66.3%	19.7%	8.2%	0.0%
Nutrient Guideline			450-600				<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 - 11/06/2017								
SECONDARY BREAKFAST	Total	2295						
FRENCH TOAST STICKS-NEW 2017 SYRUP	2 sticks 1 EA	2295 2250	240 11	6.0 0.0	38.0 4.34	7.0 0.0	1.00 0.00	0.00 0.00
CINNAMON APPLESAUCE CUPS	1 EACH	2000	90	0.0	22.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1600	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	685	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 SEC BREAKFAST ME	Total	41						
FRUDEL- APPLE OR CHERRY	1 EACH	1	210	5.0	36.5	6.0	1.00	0.00
STRING CHEESE: 1oz M	1 EACH	41	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			502	14.05	93.52	7.74	1.50	0.00
% of Calories				11.2%	74.5%	13.9%	2.7%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 11/07/2017								
SECONDARY BREAKFAST	Total	2109						
MAX BREAKFAST BOAT: NEW	1 EACH	2109	200	8.0	25.0	7.0	2.50	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2100	66	0.0	16.3	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
MILK : CHOCOLATE MILK	CARTON	1640	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	459	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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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41						
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			446	16.01	74.19	7.58	2.86	0.00
% of Calories				14.4%	66.5%	15.3%	5.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Wed - 11/08/2017								
SECONDARY BREAKFAST	Total	2122						
BREAKFAST ROLLED TACO	BURRITO	2122	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	2000	9	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1000	31	0.0	8.34	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	2122	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1680	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	432	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 SEC BREAKFAST ME	Total	215						
NUTRI GRAIN CEREAL BAR	BAR	1	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	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)
Weighted Daily Average			280	9.52	55.40	1.28	0.67	0.00
% of Calories				13.6%	79.1%	4.1%	2.2%	0.0%
Nutrient Guideline			450-600				<10.00	

Thu - 11/09/2017								
SECONDARY BREAKFAST	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
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157						
MINNI CINNI- PILSBURY	1 EACH	1	240	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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
Weighted Daily Average			331	15.04	52.30	7.01	3.98	0.00
% of Calories				18.2%	63.3%	19.1%	10.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Fri - 11/10/2017								
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	107	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			468	17.54	77.55	10.07	4.25	0.00
% of Calories				15.0%	66.3%	19.4%	8.2%	0.0%
Nutrient Guideline			450-600				<10.00	

Mon - 11/13/2017								
SECONDARY BREAKFAST	Total	1						
WAFFLE WG- KRUSTEAZ-SEC	WAFFLES	1	220	4.0	35.0	8.0	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 SEC BREAKFAST ME	Total	41						
FRUDEL- APPLE OR CHERRY	1 EACH	1	210	5.0	36.5	6.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			413	16.90	72.74	7.77	4.20	0.00
% of Calories				16.4%	70.5%	16.9%	9.2%	0.0%
Nutrient Guideline			450-600				<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)
Tue - 11/14/2017								
SECONDARY BREAKFAST	Total	1						
PANCAKE SAUSAGE SANDWICH:FR082	SANDWICH	1	225	7.0	14.0	3.5	0.50	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 SEC BREAKFAST ME	Total	41						
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			362	16.78	52.72	9.45	4.55	0.00
% of Calories				18.5%	58.2%	23.5%	11.3%	0.0%
Nutrient Guideline			450-600				<10.00	

Wed - 11/15/2017								
SECONDARY BREAKFAST	Total	1						
PEPPERONI & CHEESE 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

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Washington County School District

Nov 1, 2017 thru Nov 30, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	215						
NUTRI GRAIN CEREAL BAR	BAR	1	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			369	16.34	56.47	8.93	4.32	0.00
% of Calories				17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600				<10.00	

Thu - 11/16/2017								
SECONDARY BREAKFAST	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
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157						
MINNI CINNI- PILSBURY	1 EACH	1	240	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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
Weighted Daily Average			331	15.04	52.33	6.99	3.97	*0.00
% of Calories				18.2%	63.3%	19.0%	10.8%	*0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

Nov 1, 2017 thru Nov 30, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/17/2017								
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ALL	BOWL	54	107	1.29	22.58	1.92	0.21	0.00
STRING CHEESE: 1oz M	1 EA	54	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	17	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	48	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	45	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	8	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			468	17.47	77.60	10.18	4.32	0.00
% of Calories				14.9%	66.3%	19.6%	8.3%	0.0%
Nutrient Guideline			450-600				<10.00	

Mon - 11/20/2017								
SECONDARY BREAKFAST	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

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Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41						
FRUDEL- APPLE OR CHERRY	1 EACH	1	210	5.0	36.5	6.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			413	16.90	72.85	7.72	4.19	0.00
% of Calories				16.4%	70.6%	16.8%	9.1%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 11/21/2017								
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	41						
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			365	17.11	52.96	9.73	4.72	*0.00
% of Calories				18.8%	58.1%	24.0%	11.6%	*0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: SECONDARY BREAKFAST 8-12/ALT SEC BREAKFAST MENU

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017								
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	41						
FRUDEL- APPLE OR CHERRY	1 EACH	1	210	5.0	36.5	6.0	1.00	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	38	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	23	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	15	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	16	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
Weighted Daily Average			413	16.95	72.81	7.74	4.20	0.00
% of Calories				16.4%	70.5%	16.9%	9.2%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 11/28/2017								
SECONDARY BREAKFAST	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

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Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC BREAKFAST ME	Total	41						
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	176	2.1	29.0	5.6	0.75	0.00
STRING CHEESE: 1oz M	1 EA	41	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	20	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	11	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	41	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	11	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	20	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			362	16.85	52.89	9.60	4.64	0.00
% of Calories				18.6%	58.4%	23.9%	11.5%	0.0%
Nutrient Guideline			450-600				<10.00	

Wed - 11/29/2017								
SECONDARY BREAKFAST	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 SEC BREAKFAST ME	Total	215						
NUTRI GRAIN CEREAL BAR	BAR	1	129	1.73	24.09	3.25	0.59	0.04
STRING CHEESE: 1oz M	1 EA	209	80	6.0	0.0	6.0	3.50	0.00
TOAST	SLICE	100	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	85	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	171	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	127	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	78	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			369	16.31	56.41	8.95	4.31	0.00
% of Calories				17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

Nov 1, 2017 thru Nov 30, 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/30/2017								
SECONDARY BREAKFAST	Total	1						
MIXED BERRY SMOOTHIE: SEC	SERVING:10oz	1	259	7.56	54.58	1.31	0.79	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	1	195	2.42	50.27	0.62	0.14	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 SEC BREAKFAST ME	Total	157						
MINNI CINNI- PILSBURY	1 EACH	1	240	5.0	39.0	7.0	1.50	0.00
STRING CHEESE: 1oz M	1 EA	153	80	6.0	0.0	6.0	3.50	0.00
BREAKFAST FRUIT BASKET: SEC	1 CUP	63	195	2.42	50.27	0.62	0.14	0.00
JUICE : VARIETY SUNCUP	BOX	138	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	94	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	53	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
Weighted Daily Average			331	15.06	52.40	7.00	3.98	0.00
% of Calories				18.2%	63.3%	19.0%	10.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Weighted Average			389	15.94	63.81	8.11	3.86	*0.00
				16.4%	65.6%	18.7%	8.9%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	389		450 - 600	86%		61		Correction Required - Calories are Low
Protein (g)	15.94	16.38%						
Carbohydrate (g)	63.81	65.58%						
Total Fat (g)	8.11	18.74%						
Saturated Fat (g)	3.86	8.92%	<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.