

# Washington County School District

Oct 1, 2017 thru Oct 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/02/2017								
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	

Tue - 10/03/2017								
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (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	16.78	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 - 10/04/2017								
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
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	

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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 <sup>1</sup> (g)
Thu - 10/05/2017								
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	

Fri - 10/06/2017								
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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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 - 10/09/2017								
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
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	

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Tue - 10/10/2017								
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								
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	

Wed - 10/11/2017								
SECONDARY BREAKFAST	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

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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	16.32	56.42	8.92	4.31	0.00
% of Calories				17.7%	61.2%	21.8%	10.5%	0.0%
Nutrient Guideline			450-600				<10.00	

Mon - 10/16/2017								
SECONDARY BREAKFAST	Total	1						
FRENCH TOAST STICKS-WG	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	

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Tue - 10/17/2017								
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
KETCHUP : P/C	PC	1	31	0.0	8.34	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			363	16.85	53.08	9.60	4.64	0.00
% of Calories				18.6%	58.5%	23.8%	11.5%	0.0%
Nutrient Guideline			450-600				<10.00	

Wed - 10/18/2017								
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

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# Washington County School District

Oct 1, 2017 thru Oct 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (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	16.31	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	

Thu - 10/19/2017								
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	

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# Washington County School District

Oct 1, 2017 thru Oct 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 10/20/2017</b>								
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
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	

<b>Mon - 10/23/2017</b>								
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

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# Washington County School District

Oct 1, 2017 thru Oct 31, 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 <sup>1</sup> (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	72.74	7.77	4.20	0.00
% of Calories				16.4%	70.5%	16.9%	9.2%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 10/24/2017								
SECONDARY BREAKFAST	Total	1						
BREAKFAST ON A STICK	1 EACH	1	205	6.0	19.5	11.0	3.00	0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT 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	16.75	52.85	9.62	4.61	0.00
% of Calories				18.5%	58.4%	23.9%	11.5%	0.0%
Nutrient Guideline			450-600				<10.00	

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# Washington County School District

Oct 1, 2017 thru Oct 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/25/2017								
SECONDARY BREAKFAST	Total	1						
T. SAUSAGE BREAKFAST WRAP	BURRITO	1	236	11.46	23.3	10.02	3.06	*0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
ALT 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	56.44	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 - 10/26/2017								
SECONDARY BREAKFAST	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
UBR- CINNAMON	UBR	1	270	4.0	44.0	8.0	3.00	0.00
BREAKFAST FRUIT BASKET: 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

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# Washington County School District

Oct 1, 2017 thru Oct 31, 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 <sup>1</sup> (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	52.31	7.01	3.99	0.00
% of Calories				18.2%	63.3%	19.1%	10.9%	0.0%
Nutrient Guideline			450-600				<10.00	

Fri - 10/27/2017								
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	

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# Washington County School District

Oct 1, 2017 thru Oct 31, 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 <sup>1</sup> (g)
Mon - 10/30/2017								
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
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 - 10/31/2017								
SECONDARY BREAKFAST	Total	1						
SCRAMBLED EGGS W/HAM:SEC	3/4 cup	1	191	17.97	3.47	11.35	3.78	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	2.0	27.0	11.0	1.50	0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

*\*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

Oct 1, 2017 thru Oct 31, 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 <sup>1</sup> (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			369	17.16	53.34	9.99	4.68	0.00
% of Calories				18.6%	57.8%	24.4%	11.4%	0.0%
Nutrient Guideline			450-600				<10.00	

Weighted Average			388	16.61	62.22	8.71	4.31	*0.00
				17.1%	64.2%	20.2%	10.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	388		450 - 600	86%		62		Correction Required - Calories are Low
Protein (g)	16.61	17.13%						
Carbohydrate (g)	62.22	64.19%						
Total Fat (g)	8.71	20.22%						
Saturated Fat (g)	4.31	10.01%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (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  
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