

Washington County School District

Sep 1, 2017 thru Sep 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 - 09/01/2017								
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								
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	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	

Tue - 09/05/2017								
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

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)	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	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 - 09/06/2017								
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
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	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	56.40	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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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 - 09/07/2017								
SECONDARY BREAKFAST	Total	1						
MIXED BERRY SMOOTHIE: SEC TOAST	SERVING:10oz SLICE	1	259	7.56	54.58	1.31	0.79	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			331	15.06	52.46	7.00	3.98	0.00
% of Calories				18.2%	63.4%	19.0%	10.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Fri - 09/08/2017								
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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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	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	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 - 09/11/2017								
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	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			413	16.90	72.97	7.77	4.20	0.00
% of Calories				16.4%	70.6%	16.9%	9.1%	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 - 09/12/2017								
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	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	

Wed - 09/13/2017								
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

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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	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	56.43	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 - 09/14/2017								
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
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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			331	15.04	52.37	7.01	3.99	0.00
% of Calories				18.2%	63.3%	19.1%	10.8%	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)
Fri - 09/15/2017								
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	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 - 09/18/2017								
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

Sep 1, 2017 thru Sep 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	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	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			413	16.90	73.07	7.72	4.19	0.00
% of Calories				16.4%	70.7%	16.8%	9.1%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 09/19/2017								
SECONDARY BREAKFAST	Total	1						
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERV ING	1	143	13.51	2.61	8.53	2.84	0.00
HASHBROWN PATTIES: FRO78 -1	1 EACH	1	130	1.0	17.0	8.0	1.00	0.00
PEAR 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
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	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

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Washington County School District

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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)
Weighted Daily Average % of Calories			366	17.03 18.6%	53.08 58.1%	9.85 24.3%	4.64 11.4%	0.00 0.0%
Nutrient Guideline			450-600				<10.00	

Wed - 09/20/2017								
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
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	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 % of Calories			369	16.32 17.7%	56.39 61.2%	8.93 21.8%	4.31 10.5%	0.00 0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

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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 - 09/21/2017								
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
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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			331	15.04	52.42	6.99	3.97	0.00
% of Calories				18.2%	63.4%	19.0%	10.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Fri - 09/22/2017								
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

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Washington County School District

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Base Menu Spreadsheet

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

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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	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	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	

Mon - 09/25/2017								
SECONDARY BREAKFAST	Total	2295						
FRENCH TOAST STICKS-WG	2 sticks	2295	240	6.0	38.0	7.0	1.00	0.00
SYRUP	1 EA	2250	11	0.0	4.34	0.0	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						
RUDEL- 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	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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			502	14.05	93.53	7.74	1.50	0.00
% of Calories				11.2%	74.5%	13.9%	2.7%	0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

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Base Menu Spreadsheet

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

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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 - 09/26/2017								
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
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
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	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 - 09/27/2017								
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

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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	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			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 - 09/28/2017								
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
JELLY: VARIETY PACK	PC	1	37	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			331	15.04	52.36	7.01	3.98	0.00
% of Calories				18.2%	63.3%	19.1%	10.8%	0.0%
Nutrient Guideline			450-600				<10.00	

**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

Sep 1, 2017 thru Sep 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 - 09/29/2017								
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
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	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	

Weighted Average			396	16.05	64.82	8.35	3.88	*0.00
				16.2%	65.4%	19.0%	8.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	396		450 - 600	88%		54		Correction Required - Calories are Low
Protein (g)	16.05	16.20%						
Carbohydrate (g)	64.82	65.43%						
Total Fat (g)	8.35	18.96%						
Saturated Fat (g)	3.88	8.81%	<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
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