

Washington County School District

Aug 14, 2017 thru Aug 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 ¹ (g)
Mon - 08/14/2017								
SECONDARY BREAKFAST	Total	2295						
FRENCH TOAST STICKS:SEC	4 STICKS	2295	440	10.67	62.67	16.0	2.67	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						
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: ELE	1/2 CUP	38	92	1.18	23.62	0.29	0.07	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			697	18.61	117.33	16.58	3.13	0.00
% of Calories				10.7%	67.3%	21.4%	4.0%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 08/15/2017								
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

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

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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: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	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	74.05	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 - 08/16/2017								
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
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	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: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	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 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			276	9.48	54.43	1.27	0.67	0.00
% of Calories				13.7%	78.8%	4.1%	2.2%	0.0%
Nutrient Guideline			450-600				<10.00	

Thu - 08/17/2017								
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
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	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: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	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			290	14.57	41.82	6.90	3.96	0.00
% of Calories				20.1%	57.6%	21.4%	12.3%	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 - 08/18/2017								
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-ELE	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: ELE	1/2 CUP	17	92	1.18	23.62	0.29	0.07	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			436	17.16	69.31	9.97	4.23	0.00
% of Calories				15.8%	63.6%	20.6%	8.7%	0.0%
Nutrient Guideline			450-600				<10.00	

Mon - 08/21/2017								
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

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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: ELE	1/2 CUP	38	92	1.18	23.62	0.29	0.07	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			320	15.78	48.85	7.47	4.13	0.00
% of Calories				19.7%	61.1%	21.0%	11.6%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 08/22/2017								
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: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	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			335	16.45	45.74	9.36	4.53	0.00
% of Calories				19.6%	54.6%	25.1%	12.2%	0.0%
Nutrient Guideline			450-600				<10.00	

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Wed - 08/23/2017								
SECONDARY BREAKFAST	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 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: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	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			328	15.85	45.98	8.80	4.29	0.00
% of Calories				19.3%	56.0%	24.1%	11.8%	0.0%
Nutrient Guideline			450-600				<10.00	

Thu - 08/24/2017								
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

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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: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	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			290	14.55	41.76	6.86	3.94	*0.00
% of Calories				20.1%	57.7%	21.3%	12.3%	*0.0%
Nutrient Guideline			450-600				<10.00	

Fri - 08/25/2017								
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
TOAST	SLICE	1	103	3.0	14.0	4.11	0.66	0.00
ALT SEC BREAKFAST ME	Total	54						
BREAKFAST CEREAL-ELE	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: ELE	1/2 CUP	17	92	1.18	23.62	0.29	0.07	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			438	17.14	69.62	10.15	4.31	0.00
% of Calories				15.6%	63.6%	20.9%	8.9%	0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

Aug 14, 2017 thru Aug 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 ¹ (g)
Mon - 08/28/2017								
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: ELE	1/2 CUP	38	92	1.18	23.62	0.29	0.07	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			320	15.78	48.96	7.42	4.12	0.00
% of Calories				19.7%	61.2%	20.9%	11.6%	0.0%
Nutrient Guideline			450-600				<10.00	

Tue - 08/29/2017								
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

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Washington County School District

Aug 14, 2017 thru Aug 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 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: ELE	1/2 CUP	11	92	1.18	23.62	0.29	0.07	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			338	16.79	45.98	9.64	4.70	*0.00
% of Calories				19.9%	54.5%	25.7%	12.5%	*0.0%
Nutrient Guideline			450-600				<10.00	

Wed - 08/30/2017								
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
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: ELE	1/2 CUP	85	92	1.18	23.62	0.29	0.07	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			328	15.84	45.93	8.79	4.28	0.00
% of Calories				19.3%	56.0%	24.1%	11.7%	0.0%
Nutrient Guideline			450-600				<10.00	

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Washington County School District

Aug 14, 2017 thru Aug 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 ¹ (g)
Thu - 08/31/2017								
SECONDARY BREAKFAST	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: 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: ELE	1/2 CUP	63	92	1.18	23.62	0.29	0.07	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			289	14.53	41.70	6.85	3.95	0.00
% of Calories				20.1%	57.7%	21.3%	12.3%	0.0%
Nutrient Guideline			450-600				<10.00	

Weighted Average			366	15.61	56.53	8.40	3.79	*0.00
				17.0%	61.7%	20.6%	9.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	366		450 - 600	81%		84		Correction Required - Calories are Low
Protein (g)	15.61	17.04%						
Carbohydrate (g)	56.53	61.70%						
Total Fat (g)	8.40	20.64%						
Saturated Fat (g)	3.79	9.31%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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