

Weber School District Child Nutrition

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/11/2019 3:00:28 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 12/02/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned, ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			107.23
% of Calories			76.2%
Nutrient Guideline			

Tue - 12/03/2019			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			100.04
% of Calories			74.0%
Nutrient Guideline			

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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 11/11/2019 3:00:28 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/04/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce, canned: Sweet	1/2 CUP	200	17.78
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			105.96
% of Calories			76.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/05/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	100	35.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	200	0.63
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			108.34
% of Calories			78.1%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/06/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Pineapple Chunks: canned, lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			106.99
% of Calories			76.9%
Nutrient Guideline			

Mon - 12/09/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned, ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			107.23
% of Calories			76.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/10/2019			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			100.04
% of Calories			74.0%
Nutrient Guideline			

Wed - 12/11/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce, canned: Sweet	1/2 CUP	200	17.78
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			105.96
% of Calories			76.2%
Nutrient Guideline			

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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/12/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	100	35.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	200	0.63
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			108.34
% of Calories			78.1%
Nutrient Guideline			

Fri - 12/13/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Pineapple Chunks: canned, lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			106.99
% of Calories			76.9%
Nutrient Guideline			

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/16/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned, ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			107.23
% of Calories			76.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/17/2019			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	100	17.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			100.04
% of Calories			74.0%
Nutrient Guideline			

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Portion Values - Detailed

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Generated on: 11/11/2019 3:00:28 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/18/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce, canned: Sweet	1/2 CUP	200	17.78
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			105.96
% of Calories			76.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/19/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	100	35.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
SCRAMBLED EGGS	1/4 cup	200	0.63
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples, Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			108.34
% of Calories			78.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/20/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	50	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	200	28.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk, 1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP, PANCAKE	1 EACH	100	19.01
Weighted Daily Average			106.99
% of Calories			76.9%
Nutrient Guideline			

Weighted Average			105.71
			76.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	105.71	76.30%						

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