

Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2020 thru Jan 31, 2020

Elementary Breakfast

Generated on: 11/11/2019 3:38:42 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/02/2020			
Elementary Breakfast	Total	2000	
Menu #9	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average			83.12
% of Calories			69.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/03/2020			
Elementary Breakfast	Total	2000	
Menu #10	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			87.97
% of Calories			66.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/06/2020			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	1000	35.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	17.78
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Ketchup	OZ	250	8.34

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Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			97.99
% of Calories			71.9%
Nutrient Guideline			

Tue - 01/07/2020			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Weighted Daily Average			104.87
% of Calories			74.6%
Nutrient Guideline			

Wed - 01/08/2020			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0.0
Muffin Blueberry	1 EACH	500	30.0
Muffin Chocolate Choc Chip	1 EACH	1000	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	250	8.34
Weighted Daily Average			88.72
% of Calories			68.8%
Nutrient Guideline			

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Jan 1, 2020 thru Jan 31, 2020

Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/09/2020			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0.0
Waffle, Maple	1	500	10.71
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	800	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Weighted Daily Average			72.77
% of Calories			74.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/13/2020			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	17.78
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			113.89
% of Calories			78.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/14/2020			
Elementary Breakfast	Total	2000	
Menu #7	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0

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Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			72.68
% of Calories			67.5%
Nutrient Guideline			

Wed - 01/15/2020			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
POPTART, BROWN SUGAR CINN	PACKAGE	500	17.46
POPTART, STRAWBERRY	PACKAGE	1000	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned,ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk,1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			84.38
% of Calories			78.5%
Nutrient Guideline			

Thu - 01/16/2020			
Elementary Breakfast	Total	2000	
Menu #9	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk,1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average			83.12
% of Calories			69.4%
Nutrient Guideline			

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Jan 1, 2020 thru Jan 31, 2020

Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/17/2020			
Elementary Breakfast	Total	2000	
Menu #10	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			87.97
% of Calories			66.9%
Nutrient Guideline			

Tue - 01/21/2020			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Weighted Daily Average			104.87
% of Calories			74.6%
Nutrient Guideline			

Wed - 01/22/2020			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0.0
Muffin Blueberry	1 EACH	500	30.0
Muffin Chocolate Choc Chip	1 EACH	1000	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	250	8.34

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Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			88.72 68.8%
Nutrient Guideline			

Thu - 01/23/2020			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0.0
Waffle, Maple	1	500	10.71
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	800	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Weighted Daily Average % of Calories			72.77 74.4%
Nutrient Guideline			

Fri - 01/24/2020			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	250	8.34
Weighted Daily Average % of Calories			84.68 68.5%
Nutrient Guideline			

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Jan 1, 2020 thru Jan 31, 2020

Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/27/2020			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	17.78
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			113.89
% of Calories			78.4%
Nutrient Guideline			

Tue - 01/28/2020			
Elementary Breakfast	Total	2000	
Menu #7	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average			72.68
% of Calories			67.5%
Nutrient Guideline			

Wed - 01/29/2020			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
POPART, BROWN SUGAR CINN	PACKAGE	500	17.46
POPART, STRAWBERRY	PACKAGE	1000	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	1000	8.34

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			84.38 78.5%
Nutrient Guideline			

Thu - 01/30/2020			
Elementary Breakfast Menu #9	Total	2000	
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average % of Calories			83.12 69.4%
Nutrient Guideline			

Fri - 01/31/2020			
Elementary Breakfast Menu #10	Total	2000	
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average % of Calories			87.97 66.9%
Nutrient Guideline			

Weighted Average			88.53 71.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.53	71.70%						

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