

Weber School District Child Nutrition

Apr 1, 2020 thru Apr 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/06/2020			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham and Cheese English Muffin	3.5 oz	50	26.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			142.36
% of Calories			76.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/07/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			139.26
% of Calories			74.9%
Nutrient Guideline			

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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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/08/2020			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham, Egg and Cheese Croissant	3.65 oz	50	33.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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	2.6
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			134.38
% of Calories			74.8%
Nutrient Guideline			

Thu - 04/09/2020			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	50	35.0
Breakfast Pizza	2.79 oz	50	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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

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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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			143.33 77.6%
Nutrient Guideline			

Fri - 04/10/2020			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
Bacon Egg & Cheese Croissant	3.5 oz	1	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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 % of Calories			144.30 77.3%
Nutrient Guideline			

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Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2020 thru Apr 30, 2020

High School Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/13/2020			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham and Cheese English Muffin	3.5 oz	50	26.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			142.36
% of Calories			76.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/14/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			139.26
% of Calories			74.9%
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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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/15/2020			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham, Egg and Cheese Croissant	3.65 oz	50	33.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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	2.6
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			134.38
% of Calories			74.8%
Nutrient Guideline			

Thu - 04/16/2020			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	50	35.0
Breakfast Pizza	2.79 oz	50	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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

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Weber School District Child Nutrition

Apr 1, 2020 thru Apr 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			143.33 77.6%
Nutrient Guideline			

Fri - 04/17/2020			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
Bacon Egg & Cheese Croissant	3.5 oz	1	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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 % of Calories			144.30 77.3%
Nutrient Guideline			

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Weber School District Child Nutrition

Apr 1, 2020 thru Apr 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/20/2020			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham and Cheese English Muffin	3.5 oz	50	26.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			142.36
% of Calories			76.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/21/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			139.26
% of Calories			74.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/22/2020			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham, Egg and Cheese Croissant	3.65 oz	50	33.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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	2.6
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			134.38
% of Calories			74.8%
Nutrient Guideline			

Thu - 04/23/2020			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	50	35.0
Breakfast Pizza	2.79 oz	50	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			143.33 77.6%
Nutrient Guideline			

Fri - 04/24/2020			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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 % of Calories			142.99 76.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Apr 1, 2020 thru Apr 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/27/2020			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham and Cheese English Muffin	3.5 oz	50	26.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			142.36
% of Calories			76.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/28/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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			139.26
% of Calories			74.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/29/2020			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham, Egg and Cheese Croissant	3.65 oz	50	33.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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	2.6
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			134.38
% of Calories			74.8%
Nutrient Guideline			

Thu - 04/30/2020			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	50	35.0
Breakfast Pizza	2.79 oz	50	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Pop Tart, Chocolate Fudge	1	50	344.73
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Marshmallow Mateys	1 Each	25	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	25	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

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Base Menu Spreadsheet

High School Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			143.33 77.6%
Nutrient Guideline			

Weighted Average			140.47 76.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	140.47	76.02%						

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