

Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/01/2020			
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, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Applesauce Cup, Cinnamon	1/2 CUP	800	17.0
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			69.82
% of Calories			66.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/02/2020			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
BeneFIT Bar Banana Choc Chunk	71 grams	500	48.0
BeneFIT Bar Cocoa Chip	Bar	500	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	500	47.0
Cereal, Cocoa Puffs	1 each	250	47.0
Cereal, Lucky Charms	1 each	250	46.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Apples,Fresh 1/2 each	1/2 each	1500	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
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			102.02
% of Calories			75.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/03/2020			
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, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Peaches: canned,ex light syrup	1/2 CUP	1500	13.31
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

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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			83.00
% of Calories			68.3%
Nutrient Guideline			

Fri - 09/04/2020			
Elementary Breakfast	Total	2000	
Menu #10	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
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			87.78
% of Calories			66.8%
Nutrient Guideline			

Tue - 09/08/2020			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce Cup, Strawberry	1/2 CUP	800	14.0
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	1000	30.66
Weighted Daily Average			100.81
% of Calories			73.9%
Nutrient Guideline			

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Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/09/2020			
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, Cocoa Puffs	1 each	250	47.0
Cereal, Lucky Charms	1 each	250	46.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Pears: canned,light syrup	1/2 CUP	1500	13.57
Apples,Fresh 1/2 each	1/2 each	1500	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
Ketchup	1 OZ	250	8.34
Weighted Daily Average			84.71
% of Calories			67.4%
Nutrient Guideline			

Thu - 09/10/2020			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0.0
Waffle, Maple	1	500	10.71
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned,ex light syrup	1/2 CUP	800	13.31
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			72.62
% of Calories			73.5%
Nutrient Guideline			

Fri - 09/11/2020			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	800	13.22
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			84.36
% of Calories			68.7%
Nutrient Guideline			

Mon - 09/14/2020			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	1500	21.26
Banana, 1/2	1/2 each	1000	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
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			121.00
% of Calories			79.7%
Nutrient Guideline			

Tue - 09/15/2020			
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, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Applesauce Cup, Cinnamon	1/2 CUP	800	17.0
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			69.82
% of Calories			66.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/16/2020			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
BeneFIT Bar Banana Choc Chunk	71 grams	500	48.0
BeneFIT Bar Cocoa Chip	Bar	500	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	500	47.0
Cereal, Cocoa Puffs	1 each	250	47.0
Cereal, Lucky Charms	1 each	250	46.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Apples,Fresh 1/2 each	1/2 each	1500	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
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			102.02
% of Calories			75.1%
Nutrient Guideline			

Thu - 09/17/2020			
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, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Peaches: canned,ex light syrup	1/2 CUP	1500	13.31
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			83.00
% of Calories			68.3%
Nutrient Guideline			

Fri - 09/18/2020			
Elementary Breakfast	Total	2000	
Menu #10	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			87.78
% of Calories			66.8%
Nutrient Guideline			

Mon - 09/21/2020			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	1000	35.0
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	1500	21.26
Banana, 1/2	1/2 each	1000	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
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Ketchup	OZ	250	8.34
Weighted Daily Average			105.09
% of Calories			73.5%
Nutrient Guideline			

Tue - 09/22/2020			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce Cup, Strawberry	1/2 CUP	800	14.0
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	1000	30.66
Weighted Daily Average			100.81
% of Calories			73.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/23/2020			
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, Cocoa Puffs	1 each	250	47.0
Cereal, Lucky Charms	1 each	250	46.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Pears: canned,light syrup	1/2 CUP	1500	13.57
Apples,Fresh 1/2 each	1/2 each	1500	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
Ketchup	1 OZ	250	8.34
Weighted Daily Average			84.71
% of Calories			67.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/24/2020			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0.0
Waffle, Maple	1	500	10.71
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned,ex light syrup	1/2 CUP	800	13.31
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			72.62
% of Calories			73.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/25/2020			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	800	13.22
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			84.36
% of Calories			68.7%
Nutrient Guideline			

Mon - 09/28/2020			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	1500	21.26
Banana, 1/2	1/2 each	1000	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
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			121.00
% of Calories			79.7%
Nutrient Guideline			

Tue - 09/29/2020			
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, Cocoa Puffs	1 each	500	47.0
Cereal, Lucky Charms	1 each	500	46.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Applesauce Cup, Cinnamon	1/2 CUP	800	17.0
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			69.82
% of Calories			66.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/30/2020			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
BeneFIT Bar Banana Choc Chunk	71 grams	500	48.0
BeneFIT Bar Cocoa Chip	Bar	500	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	500	47.0
Cereal, Cocoa Puffs	1 each	250	47.0
Cereal, Lucky Charms	1 each	250	46.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Apples,Fresh 1/2 each	1/2 each	1500	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
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			102.02
% of Calories			75.1%
Nutrient Guideline			

Weighted Average			89.96
			71.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.96	71.55%						

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