

# Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

Page 1

Generated on: 8/18/2017 12:23:11 PM

	Portion Size	Sodm (mg)
Fri - 09/01/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		488
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Tue - 09/05/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		540

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Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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Generated on: 8/18/2017 12:23:11 PM

	Portion Size	Sodm (mg)
Wed - 09/06/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 cup	120
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		546
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Thu - 09/07/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		622
% of Calories		
Nutrient Guideline		540

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Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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Generated on: 8/18/2017 12:23:11 PM

	Portion Size	Sodm (mg)
Fri - 09/08/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		526
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Mon - 09/11/2017		
BREAKFAST Elementary	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		481
% of Calories		
Nutrient Guideline		540

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 09/12/2017		
BREAKFAST Elementary	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		502
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Wed - 09/13/2017		
BREAKFAST Elementary	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		534
% of Calories		
Nutrient Guideline		540

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BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 09/14/2017		
BREAKFAST Elementary	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		532
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Fri - 09/15/2017		
BREAKFAST Elementary	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		473
% of Calories		
Nutrient Guideline		540

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Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 09/18/2017		
BREAKFAST Elementary	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		481
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Tue - 09/19/2017		
BREAKFAST Elementary	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		502
% of Calories		
Nutrient Guideline		540

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Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 09/20/2017		
BREAKFAST Elementary	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		534
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Thu - 09/21/2017		
BREAKFAST Elementary	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		532
% of Calories		
Nutrient Guideline		540

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Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 09/22/2017		
BREAKFAST Elementary	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		473
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Mon - 09/25/2017		
BREAKFAST Elementary	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		481
% of Calories		
Nutrient Guideline		540

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BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 09/26/2017		
BREAKFAST Elementary	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		502
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Wed - 09/27/2017		
BREAKFAST Elementary	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		534
% of Calories		
Nutrient Guideline		540

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 09/28/2017		
BREAKFAST Elementary	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		532
% of Calories		
Nutrient Guideline		540

Fri - 09/29/2017		
BREAKFAST Elementary	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		473
% of Calories		
Nutrient Guideline		540

Weighted Average		511
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	511		540					

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