

# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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Generated on: 3/27/2017 8:42:43 AM

	Portion Size	Carb (g)
<b>Mon - 05/01/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #43	1	*N/A*
Hawaiian Haystacks	1/2 CUP	8.73
Chow Mein Noodles	1/8 cup	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Celery Fresh Chopped	1 TBsp	0.27
Green Peppers, chopped	1 Tbsp	0.43
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Cheese Burger Wheat 51%	1 EACH	33.1
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		118.84
% of Calories		61.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/02/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch	Total	
Menu #20	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Buffalo Chicken, BD-8	Slice	34.93
Lasagna	1 1/4 cup	41.08
Bread Sticks 51% 2 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
Peaches: canned, ex light syrup	1/2 CUP	13.31
Orange Fresh	1 EACH	11.28
Apples, Fresh	1 EACH	19.06
Green Beans: canned, ckd, 1/2 c	1/2 cup	0.17
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		116.80
% of Calories		62.8%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/03/2017		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #31	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Meaty Nachos- Beef	Serving	40.47
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Refried Beans Seasoned	1/2 CUP	18.02
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.97
Ranch Dressing: yogurt	1 FL OZ	3.31

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		112.72
% of Calories		55.9%
Nutrient Guideline		

Thu - 05/04/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch	Total	
Menu #29	1	*N/A*
Turkey Roast 3 oz	3 OZ	0.08
Potatoes Whipped	1/2 CUP	18.2
Gravy, Chicken, 1/2 c	1/2 CUP	8.27
Rolls 51%/ 2oz	1 EACH	30.79
Pulled Pork Sandwich	1 EACH	43.27
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--S/R/C	1 CUP	1.6
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Carrots: frzn, boiled, 1/2 c	1/2 CUP	6.49
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Onions, Fresh Sliced	SLICE	3.03
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		112.42
% of Calories		62.6%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/05/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #12	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Combo Primo Pizza 8 cut	1 slice	34.16
Popcorn Chicken, Adv. Pierre	10 Each	12.12
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Cucumber, Raw	1/4 CUP	1.18
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		111.57
% of Calories		60.2%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Mon - 05/08/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #3	1	0.0
Penne Pasta	3/4 CUP	27.0
Spaghetti Sauce, Meatless 1/2	1/2 Cup	12.8
Meatballs Cooked, 5 ea	5 each	6.85
Parm Cheese	2 tsp	0.0
Rolls 51%/ 2oz	1 EACH	30.79
Steak N Things, Philly Steak	Serving	35.68
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Craisins, Strawberry	packet	28.0
Bananas	1 EACH	30.0
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		124.83
% of Calories		61.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/09/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch		
Menu #37	Total	
Pizza, Cheese, Primo (8 cut)	1 slice	*N/A*
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Chicken Strips, Adv. Pierre	3 Each	12.12
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	30.42
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		122.97
% of Calories		63.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/10/2017		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch		
Menu #13	Total	
Creamy Cajun Chicken Pasta- Up	1	0.0
Rolls 51%/ 2oz	1.5 cups	33.66
Chicken Sandwich 51%	1 EACH	30.79
Potato Wedges, 1/2 c	1 EACH	46.79
Salad, Side--S/R/C	1/2 CUP	27.35
Tomato Grape	1 CUP	1.6
Cucumber, Raw	1/4 CUP	0.99
Peaches: canned,ex light syrup	1/4 CUP	1.18
Orange Fresh	1/2 CUP	13.31
Apples,Fresh	1 EACH	11.28
Bananas	1 EACH	19.06
Carrots:frzn, boiled, 1/2 c	1 EACH	30.0
Milk, Chocolate Fat Free	1/2 CUP	6.49
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Lettuce,Shred, 1/8 c	1 EACH	22.0
Tomatoes,Fresh,Sliced	1/8 CUP	0.32
Onions, Fresh Sliced	1 EACH	0.37
Mustard: individual PC	SLICE	3.03
Mayonnaise, PC Packet	1 EACH	0.35
Buffalo Sauce Mild	1 EACH	0.97
Barbecue Sauce BULL'S EYE	1 OZ	1.24
Ranch Dressing: yogurt	1 OZ	10.24
Weighted Daily Average	1 FL OZ	3.31
% of Calories		119.06
Nutrient Guideline		64.8%

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	Portion Size	Carb (g)
Thu - 05/11/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch		
Menu #9	Total	
Country Fried Steak JTM	1 EACH	11.4
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Rolls 51%/ 2oz	1 EACH	30.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Peas: frozen, warmed, 1/2 c	1/2 CUP	13.58
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Onions, Fresh Sliced	SLICE	3.03
Ketchup	1 OZ	8.34
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		122.58
% of Calories		61.4%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/12/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #17	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Four Meat, BD-8	Slice	36.06
Sweet & Sour Chicken	Serving	18.13
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Broccoli Normandy, Fresh HS	1/2 CUP	3.26
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		118.79
% of Calories		63.3%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Mon - 05/15/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #26	1	*N/A*
Chicken Strips, Adv. Pierre	3 Each	12.12
Potato Wedges, 1/2 c	1/2 CUP	27.35
Rolls 51%/ 2oz	1 EACH	30.79
Navajo Taco	1 EACH	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Lettuce,Shred, 1/4 c	1/4 CUP	0.63
Salad, Side--S/R/C	1 CUP	1.6
Beans, Black, 1/2 c	1/2 CUP	17.01
Tomato Grape	1/4 CUP	0.99
Pears: canned,light syrup	1/2 CUP	13.57
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Apples,Fresh	1 EACH	19.06
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Salsa, Commodity	1 FL OZ	2.24
Sour Cream	1 OZ	1.89
Weighted Daily Average		125.76
% of Calories		63.2%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/16/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch	Total	
Menu #42	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Buffalo Chicken, BD-8	Slice	34.93
Enchilada, Red Sauce	1 Each	31.8
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Fresh Fruit Salad	1/2 cup	24.49
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Peas: frozen, warmed, 1/2 c	1/2 CUP	13.58
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Sour Cream	1 OZ	1.89
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		113.74
% of Calories		58.7%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Wed - 05/17/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #38	1	*N/A*
Spaghetti Noodles Cooked	1 CUP	41.51
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	17.58
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Bread Sticks 51% 2 oz	1 EACH	30.79
Pulled Pork Sandwich	1 EACH	43.27
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--S/R/C	1 CUP	1.6
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Peaches: canned,ex light syrup	1/2 CUP	13.31
JUICE FRUITABLE	1 EACH	22.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
Onions, Fresh Sliced	SLICE	3.03
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		134.89
% of Calories		69.2%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/18/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch		
Menu #19	Total	
Roast Beef	3 OZ	0.0
Potatoes Whipped	1/2 CUP	18.2
Gravy, Brown, 1/2 c	1/2 CUP	10.0
Rolls 51%/ 2oz	1 EACH	30.79
Wrap Chicken Strip	1 EACH	37.13
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Carrots: frzn, boiled, 1/2 c	1/2 CUP	6.49
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1.01
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		115.13
% of Calories		58.5%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/19/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #27	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Combo Primo Pizza 8 cut	1 slice	34.16
Teriyaki Chicken	3 3/8 oz	7.79
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		123.52
% of Calories		68.6%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Mon - 05/22/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Menu #41	1	*N/A*
Chicken Parmesan	1 Each	56.77
Rolls 51%/ 2oz	1 EACH	30.79
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		136.09
% of Calories		64.6%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/23/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
High School Lunch	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Taco Crisp	2 each	18.11
Taco Soft Shell	1 EACH	27.71
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Cinnamon Bites-High School	1 Each	34.76
Lettuce, Shred, 1/4 c	1/4 CUP	0.63
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Refried Beans Seasoned	1/2 CUP	18.02
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Salsa	1 OZ	1.97
Sour Cream	1 OZ	1.89
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1.01
Weighted Daily Average		95.91
% of Calories		52.4%
Nutrient Guideline		

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Wed - 05/24/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
High School Lunch	Total	
Salad, Side--S/R/C	1 CUP	1.6
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Weighted Daily Average		92.00
% of Calories		70.9%
Nutrient Guideline		

<b>Thu - 05/25/2017</b>		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01

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

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# Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
High School Lunch	Total	
Salad, Side--S/R/C	1 CUP	1.6
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Weighted Daily Average		87.18
% of Calories		66.4%
Nutrient Guideline		

Fri - 05/26/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		87.01
% of Calories		68.5%
Nutrient Guideline		

Weighted Average		114.59
		62.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	114.59	62.61%						

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