

# Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/30/2017 9:47:59 AM

	Portion Size	Carb (g)
Wed - 11/01/2017		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	23.65
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
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		100.76
% of Calories		70.3%
Nutrient Guideline		

Thu - 11/02/2017		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, PANCAKE	1 EACH	19.01
Weighted Daily Average		109.43
% of Calories		79.8%
Nutrient Guideline		

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/03/2017		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
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
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		96.33
% of Calories		67.8%
Nutrient Guideline		

Mon - 11/06/2017		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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		100.88
% of Calories		69.7%
Nutrient Guideline		

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/07/2017		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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
Weighted Daily Average		104.48
% of Calories		78.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/08/2017		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	23.65
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
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		100.76
% of Calories		70.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/09/2017		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP,PANCAKE	1 EACH	19.01
Weighted Daily Average		109.43
% of Calories		79.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/10/2017		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
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
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		96.33
% of Calories		67.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/13/2017		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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		100.88
% of Calories		69.7%
Nutrient Guideline		

Tue - 11/14/2017		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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
Weighted Daily Average		104.48
% of Calories		78.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/15/2017		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	23.65
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
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		100.76
% of Calories		70.3%
Nutrient Guideline		

Thu - 11/16/2017		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, PANCAKE	1 EACH	19.01
Weighted Daily Average		109.43
% of Calories		79.8%
Nutrient Guideline		

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/17/2017		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
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
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		96.33
% of Calories		67.8%
Nutrient Guideline		

Mon - 11/20/2017		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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		100.88
% of Calories		69.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/21/2017		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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
Weighted Daily Average		104.48
% of Calories		78.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/27/2017		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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		100.88
% of Calories		69.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/28/2017		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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
Weighted Daily Average		104.48
% of Calories		78.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/29/2017		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
SCRAMBLED EGGS	1/4 CUP	2.57
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	23.65
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
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		100.76
% of Calories		70.3%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/30/2017		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, PANCAKE	1 EACH	19.01
Weighted Daily Average		109.43
% of Calories		79.8%
Nutrient Guideline		

Weighted Average		102.69
		73.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	102.69	73.40%						

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.