

Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 3/20/2018 9:22:35 AM

	Portion Size	Carb (g)
Mon - 04/09/2018		
Elementary Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		80.62
% of Calories		71.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/10/2018		
Elementary Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks BC/WG	serving	42.8
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		87.97
% of Calories		73.0%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Generated on: 3/20/2018 9:22:35 AM

	Portion Size	Carb (g)
Wed - 04/11/2018		
Elementary Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		89.48
% of Calories		73.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/12/2018		
Elementary Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks BC/WG	serving	42.8
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Pineapple Chunks: canned, lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		83.78
% of Calories		72.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/13/2018		
Elementary Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.31
% of Calories		68.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 04/16/2018		
Elementary Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		80.62
% of Calories		71.0%
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	Portion Size	Carb (g)
Tue - 04/17/2018		
Elementary Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks BC/WG	serving	42.8
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		87.97
% of Calories		73.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/18/2018		
Elementary Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		89.48
% of Calories		73.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/19/2018		
Elementary Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks BC/WG	serving	42.8
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		83.78
% of Calories		72.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 04/20/2018		
Elementary Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.31
% of Calories		68.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/23/2018		
Elementary Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		80.62
% of Calories		71.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/24/2018		
Elementary Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks BC/WG	serving	42.8
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		87.97
% of Calories		73.0%
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	Portion Size	Carb (g)
Wed - 04/25/2018		
Elementary Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		89.48
% of Calories		73.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/26/2018		
Elementary Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks BC/WG	serving	42.8
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Pineapple Chunks: canned, lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		83.78
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	Portion Size	Carb (g)
Fri - 04/27/2018		
Elementary Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.31
% of Calories		68.1%
Nutrient Guideline		

Mon - 04/30/2018		
Elementary Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		80.62
% of Calories		71.0%
Nutrient Guideline		

Weighted Average		83.44
		71.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	83.44	71.65%						

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