

Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/20/2018 9:25:49 AM

	Portion Size	Carb (g)
Mon - 04/09/2018		
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	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
Peaches: canned, ex light syrup	1/2 CUP	13.31
Craisins, Strawberry	packet	28.0
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		103.61
% of Calories		77.4%
Nutrient Guideline		

Tue - 04/10/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
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
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Craisins, Strawberry	packet	28.0
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		111.53
% of Calories		79.9%
Nutrient Guideline		

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

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Portion Values - Detailed

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Generated on: 3/20/2018 9:25:49 AM

	Portion Size	Carb (g)
Wed - 04/11/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
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
Craisins, Strawberry	packet	28.0
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		99.00
% of Calories		78.4%
Nutrient Guideline		

Thu - 04/12/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
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
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Craisins, Strawberry	packet	28.0
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		114.70
% of Calories		81.7%
Nutrient Guideline		

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Generated on: 3/20/2018 9:25:49 AM

	Portion Size	Carb (g)
Fri - 04/13/2018		
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	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
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		99.07
% of Calories		75.2%
Nutrient Guideline		

Mon - 04/16/2018		
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	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
Peaches: canned,ex light syrup	1/2 CUP	13.31
Craisins, Strawberry	packet	28.0
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		103.61
% of Calories		77.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/17/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned,light syrup	1/2 CUP	13.57
Craisins, Strawberry	packet	28.0
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		111.53
% of Calories		79.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/18/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow 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
Craisins, Strawberry	packet	28.0
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		99.00
% of Calories		78.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/19/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
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
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Craisins, Strawberry	packet	28.0
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		114.70
% of Calories		81.7%
Nutrient Guideline		

Fri - 04/20/2018		
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	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
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		99.07
% of Calories		75.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/23/2018		
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	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
Peaches: canned, ex light syrup	1/2 CUP	13.31
Craisins, Strawberry	packet	28.0
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		103.61
% of Calories		77.4%
Nutrient Guideline		

Tue - 04/24/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
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
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Craisins, Strawberry	packet	28.0
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
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	Portion Size	Carb (g)
Wed - 04/25/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
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
Craisins, Strawberry	packet	28.0
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		99.00
% of Calories		78.4%
Nutrient Guideline		

Thu - 04/26/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
NUTRI-GRAIN BARS Blueberry	2 Each	59.76
NUTRI-GRAIN BARS Strawberry	2 EACH	59.76
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
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Craisins, Strawberry	packet	28.0
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		114.70
% of Calories		81.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/27/2018		
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	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
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		99.07
% of Calories		75.2%
Nutrient Guideline		

Mon - 04/30/2018		
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	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
Peaches: canned,ex light syrup	1/2 CUP	13.31
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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		103.61
% of Calories		77.4%
Nutrient Guideline		

Weighted Average		105.46
		78.5%

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
					Size	(g)			
Carbohydrate (g)	105.46	78.50%							

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