

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Thu - 11/01/2018		
Elementary Breakfast	Total	
Menu #4	1	0.0
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
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
Ketchup	1 OZ	8.34
Weighted Daily Average		93.15
% of Calories		74.7%
Nutrient Guideline		

Fri - 11/02/2018		
Elementary Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
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
Ketchup	1 OZ	8.34
Weighted Daily Average		84.94
% of Calories		68.7%
Nutrient Guideline		

Mon - 11/05/2018		
Elementary Breakfast	Total	
Menu #6	1	0.0
French Toast Sticks BC/WG	serving	42.8
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

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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 2

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Weighted Daily Average		109.98
% of Calories		78.0%
Nutrient Guideline		

Tue - 11/06/2018		
Elementary Breakfast	Total	
Menu #7	1	0.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
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
Ketchup	1 OZ	8.34
Weighted Daily Average		74.04
% of Calories		71.5%
Nutrient Guideline		

Wed - 11/07/2018		
Elementary Breakfast	Total	
Menu #8	1	0.0
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
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
Weighted Daily Average		87.61
% of Calories		73.8%
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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 3

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Thu - 11/08/2018		
Elementary Breakfast	Total	
Menu #9	1	0.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
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
Weighted Daily Average		78.23
% of Calories		71.5%
Nutrient Guideline		

Fri - 11/09/2018		
Elementary Breakfast	Total	
Menu #10	1	0.0
Pancake 'n Sausage	1 EACH	17.0
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		84.05
% of Calories		66.0%
Nutrient Guideline		

Mon - 11/12/2018		
Elementary Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
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
Ketchup	OZ	8.34

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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 4

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Weighted Daily Average		98.24
% of Calories		72.1%
Nutrient Guideline		

Tue - 11/13/2018		
Elementary Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
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		101.73
% of Calories		76.3%
Nutrient Guideline		

Wed - 11/14/2018		
Elementary Breakfast	Total	
Menu #3	1	0.0
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
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
Ketchup	1 OZ	8.34
Weighted Daily Average		88.97
% of Calories		69.0%
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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 5

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Thu - 11/15/2018		
Elementary Breakfast	Total	
Menu #4	1	0.0
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
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
Ketchup	1 OZ	8.34
Weighted Daily Average		93.15
% of Calories		74.7%
Nutrient Guideline		

Fri - 11/16/2018		
Elementary Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
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
Ketchup	1 OZ	8.34
Weighted Daily Average		84.94
% of Calories		68.7%
Nutrient Guideline		

Mon - 11/19/2018		
Elementary Breakfast	Total	
Menu #6	1	0.0
French Toast Sticks BC/WG	serving	42.8
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

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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 6

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Weighted Daily Average		109.98
% of Calories		78.0%
Nutrient Guideline		

Tue - 11/20/2018		
Elementary Breakfast	Total	
Menu #7	1	0.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
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
Ketchup	1 OZ	8.34
Weighted Daily Average		74.04
% of Calories		71.5%
Nutrient Guideline		

Mon - 11/26/2018		
Elementary Breakfast	Total	
Menu #6	1	0.0
French Toast Sticks BC/WG	serving	42.8
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
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		109.98
% of Calories		78.0%
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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 7

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Tue - 11/27/2018		
Elementary Breakfast	Total	
Menu #7	1	0.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
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
Ketchup	1 OZ	8.34
Weighted Daily Average		74.04
% of Calories		71.5%
Nutrient Guideline		

Wed - 11/28/2018		
Elementary Breakfast	Total	
Menu #8	1	0.0
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
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
Weighted Daily Average		87.61
% of Calories		73.8%
Nutrient Guideline		

Thu - 11/29/2018		
Elementary Breakfast	Total	
Menu #9	1	0.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
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

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.

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.

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 8

Generated on: 10/26/2018 3:24:33 PM

	Portion Size	Carb (g)
Weighted Daily Average		78.23
% of Calories		71.5%
Nutrient Guideline		

Fri - 11/30/2018		
Elementary Breakfast	Total	
Menu #10	1	0.0
Pancake 'n Sausage	1 EACH	17.0
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		84.05
% of Calories		66.0%
Nutrient Guideline		

Weighted Average		89.31
		72.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.31	72.52%						

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.

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.