

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/01/2018		
High School Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		104.86
% of Calories		75.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/02/2018		
High School Breakfast	Total	
Menu #5	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		109.29
% of Calories		78.2%
Nutrient Guideline		

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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/05/2018		
High School Breakfast	Total	
Menu #1	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		105.04
% of Calories		75.0%
Nutrient Guideline		

Tue - 11/06/2018		
High School Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		101.07
% of Calories		73.1%
Nutrient Guideline		

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/07/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmellow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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		106.17
% of Calories		77.5%
Nutrient Guideline		

Thu - 11/08/2018		
High School Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmellow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		104.86
% of Calories		75.0%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Fri - 11/09/2018		
High School Breakfast	Total	
Menu #5	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		109.29
% of Calories		78.2%
Nutrient Guideline		

Mon - 11/12/2018		
High School Breakfast	Total	
Menu #1	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		105.04
% of Calories		75.0%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Tue - 11/13/2018		
High School Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		101.07
% of Calories		73.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/14/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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		106.17
% of Calories		77.5%
Nutrient Guideline		

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/15/2018		
High School Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Sausage,Pork,Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		104.86
% of Calories		75.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/16/2018		
High School Breakfast	Total	
Menu #5	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		109.29
% of Calories		78.2%
Nutrient Guideline		

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/19/2018		
High School Breakfast	Total	
Menu #1	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		105.04
% of Calories		75.0%
Nutrient Guideline		

Tue - 11/20/2018		
High School Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		101.07
% of Calories		73.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/26/2018		
High School Breakfast	Total	
Menu #1	1	0.0
Pancake 'n Sausage	1 EACH	17.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		105.04
% of Calories		75.0%
Nutrient Guideline		

Tue - 11/27/2018		
High School Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		101.07
% of Calories		73.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/28/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
Applesauce, canned: Sweet	1/2 CUP	17.78
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
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		106.17
% of Calories		77.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/29/2018		
High School Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		104.86
% of Calories		75.0%
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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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 10/26/2018 3:35:56 PM

	Portion Size	Carb (g)
Fri - 11/30/2018		
High School Breakfast	Total	
Menu #5	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Cereal, Marshmallow Mateys	1 Each	48.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		109.29
% of Calories		78.2%
Nutrient Guideline		

Weighted Average	105.24
	75.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	105.24	75.68%						

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