

Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2019 thru Apr 30, 2019

Junior High Breakfast

Generated on: 2/26/2019 3:20:16 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/08/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	200	35.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned, ex light syrup	1/2 CUP	300	13.31
Apples, Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	800	8.34
Weighted Daily Average			74.37
% of Calories			63.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/09/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	300	13.57
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			88.91
% of Calories			65.7%
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

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/10/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, WG, Bake Crafters, Map	1	100	28.1
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	400	8.34
Weighted Daily Average			80.96
% of Calories			68.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/11/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	600	1.14
Yogurt, strawberry	1 EACH	600	20.0
Mandarin Oranges	1/2 CUP	300	21.26
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			87.47
% of Calories			70.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/12/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP,PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	400	8.34
Weighted Daily Average			76.79
% of Calories			65.7%
Nutrient Guideline			

Mon - 04/15/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	200	35.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned,ex light syrup	1/2 CUP	300	13.31
Apples,Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP,PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	800	8.34
Weighted Daily Average			74.37
% of Calories			63.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/16/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	300	13.57
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			88.91
% of Calories			65.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 04/17/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, WG, Bake Crafters, Map	1	100	28.1
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	400	8.34
Weighted Daily Average			80.96
% of Calories			68.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/18/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	600	1.14
Yogurt, strawberry	1 EACH	600	20.0
Mandarin Oranges	1/2 CUP	300	21.26
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			87.47
% of Calories			70.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/22/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	200	35.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned, ex light syrup	1/2 CUP	300	13.31
Apples, Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	800	8.34
Weighted Daily Average			74.37
% of Calories			63.0%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/23/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	300	13.57
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			88.91
% of Calories			65.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 04/24/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, WG, Bake Crafters, Map	1	100	28.1
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	400	8.34
Weighted Daily Average			80.96
% of Calories			68.9%
Nutrient Guideline			

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/25/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	600	1.14
Yogurt, strawberry	1 EACH	600	20.0
Mandarin Oranges	1/2 CUP	300	21.26
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			87.47
% of Calories			70.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/26/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	400	8.34
Weighted Daily Average			76.79
% of Calories			65.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/29/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	200	35.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
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SCRAMBLED EGGS	1/4 cup	1000	0.63
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Peaches: canned, ex light syrup	1/2 CUP	300	13.31
Apples, Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	800	8.34
Weighted Daily Average			74.37
% of Calories			63.0%
Nutrient Guideline			

Tue - 04/30/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	300	13.57
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			88.91
% of Calories			65.7%
Nutrient Guideline			

Weighted Average			82.00
			66.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.00	66.57%						

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