

# Weber School District Child Nutrition

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 03/02/2020			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	1000	35.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	2.6
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Ketchup	OZ	250	8.34
Weighted Daily Average			86.60
% of Calories			69.3%
Nutrient Guideline			

Tue - 03/03/2020			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Weighted Daily Average			104.87
% of Calories			74.6%
Nutrient Guideline			

Wed - 03/04/2020			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0.0
Muffin Blueberry	1 EACH	500	30.0
Muffin Chocolate Choc Chip	1 EACH	1000	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	250	8.34

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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			88.72 68.8%
Nutrient Guideline			

Thu - 03/05/2020			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0.0
Waffle, Maple	1	500	10.71
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	800	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Weighted Daily Average % of Calories			72.77 74.4%
Nutrient Guideline			

Fri - 03/06/2020			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	250	8.34
Weighted Daily Average % of Calories			84.68 68.5%
Nutrient Guideline			

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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 03/09/2020</b>			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmellow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	2.6
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			102.51
% of Calories			76.6%
Nutrient Guideline			

<b>Tue - 03/10/2020</b>			
Elementary Breakfast	Total	2000	
Menu #7	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmellow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average			72.68
% of Calories			67.5%
Nutrient Guideline			

<b>Wed - 03/11/2020</b>			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
Pop Tart, Chocolate Fudge	1	500	344.73
POPTART, STRAWBERRY	PACKAGE	500	18.96
POPTART, BROWN SUGAR CINN	PACKAGE	500	17.46
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmellow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	1000	8.34

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			165.82 79.3%
Nutrient Guideline			

Thu - 03/12/2020			
Elementary Breakfast	Total	2000	
Menu #9	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average % of Calories			83.12 69.4%
Nutrient Guideline			

Fri - 03/13/2020			
Elementary Breakfast	Total	2000	
Menu #10	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average % of Calories			87.97 66.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 03/16/2020</b>			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	1000	35.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	2.6
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Ketchup	OZ	250	8.34
Weighted Daily Average			86.60
% of Calories			69.3%
Nutrient Guideline			

<b>Tue - 03/17/2020</b>			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Weighted Daily Average			104.87
% of Calories			74.6%
Nutrient Guideline			

<b>Wed - 03/18/2020</b>			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0.0
Muffin Blueberry	1 EACH	500	30.0
Muffin Chocolate Choc Chip	1 EACH	1000	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	250	8.34

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			88.72 68.8%
Nutrient Guideline			

Thu - 03/19/2020			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0.0
Waffle, Maple	1	500	10.71
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1500	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	800	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	30.66
Weighted Daily Average % of Calories			72.77 74.4%
Nutrient Guideline			

Fri - 03/20/2020			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	250	8.34
Weighted Daily Average % of Calories			84.68 68.5%
Nutrient Guideline			

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Base Menu Spreadsheet

Elementary Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Mon - 03/23/2020			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0.0
French Toast Sticks BC/WG	serving	1000	42.8
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmellow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Applesauce, canned: Sweet	1/2 CUP	1500	2.6
Orange Fresh, 1/2	1/2 EACH	1000	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			102.51
% of Calories			76.6%
Nutrient Guideline			

Tue - 03/24/2020			
Elementary Breakfast	Total	2000	
Menu #7	1	0	0.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmellow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Mandarin Oranges	1/2 CUP	800	21.26
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average			72.68
% of Calories			67.5%
Nutrient Guideline			

Wed - 03/25/2020			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0.0
Pop Tart, Chocolate Fudge	1	500	344.73
POPTART, STRAWBERRY	PACKAGE	500	18.96
POPTART, BROWN SUGAR CINN	PACKAGE	500	17.46
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmellow Mateys	1 Each	250	48.0
SCRAMBLED EGGS	1/4 cup	500	0.63
Yogurt, strawberry	1 EACH	1500	20.0
Peaches: canned, ex light syrup	1/2 cup	1500	13.31
Banana, 1/2	1/2 each	1500	15.0
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Ketchup	1 OZ	1000	8.34

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			165.82 79.3%
Nutrient Guideline			

Thu - 03/26/2020			
Elementary Breakfast Menu #9	Total	2000	
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Muffin Blueberry	1 EACH	500	30.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
Yogurt, strawberry	1 EACH	1500	20.0
Sausage Link, 2	2 EACH	1500	1.14
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	13.22
Orange Fresh, 1/2	1/2 EACH	500	5.64
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
Weighted Daily Average % of Calories			83.12 69.4%
Nutrient Guideline			

Fri - 03/27/2020			
Elementary Breakfast Menu #10	Total	2000	
Pancake 'n Sausage	1 EACH	1000	17.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	45.76
Cereal, Marshmallow Mateys	1 Each	500	48.0
SCRAMBLED EGGS	1/4 cup	1500	0.63
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	800	13.57
Apples, Fresh 1/2 each	1/2 each	500	9.53
Milk, Chocolate Fat Free	HALF PINT	1000	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	500	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average % of Calories			87.97 66.9%
Nutrient Guideline			

Weighted Average			94.98 72.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	94.98	72.07%						

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