

Weber School District Child Nutrition

Aug 26, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 7/28/2020 1:20:02 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 08/26/2020			
High School Breakfast	Total	400	
Menu #3	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Ham&Cheese English Muffin	3.5 oz	50	26.0
BeneFIT Bar Banana Choc Chunk	Bar	50	48.0
BeneFIT Bar Cocoa Chip	Bar	50	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	50	47.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Craisins, Strawberry	packet	200	28.0
Applesauce Cup, Cinnamon	1/2 CUP	200	17.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk,1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP,PANCAKE	1 EACH	100	19.01
Weighted Daily Average			110.89
% of Calories			73.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 08/27/2020			
High School Breakfast	Total	400	
Menu #4	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	50	35.0
Ham, Egg and Cheese Croissant	3.65 oz	50	33.0
BeneFIT Bar Banana Choc Chunk	Bar	50	48.0
BeneFIT Bar Cocoa Chip	Bar	50	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	50	47.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
SCRAMBLED EGGS	1/4 cup	200	0.63
Yogurt, strawberry	1 EACH	200	20.0
Mandarin Oranges	1/2 CUP	200	21.26
Craisins, Strawberry	packet	200	28.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk,1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP,PANCAKE	1 EACH	100	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			115.51
% of Calories			74.8%
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.

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	Portion Size	Reimb Qty	Carb (g)
Fri - 08/28/2020			
High School Breakfast	Total	400	
Menu #5	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	100	42.8
Breakfast Calzone	1 Each	50	32.0
BeneFIT Bar Banana Choc Chunk	Bar	50	48.0
BeneFIT Bar Cocoa Chip	Bar	50	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	1	47.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	200	28.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk,1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP,PANCAKE	1 EACH	100	19.01
Weighted Daily Average			112.65
% of Calories			74.0%
Nutrient Guideline			

Mon - 08/31/2020			
High School Breakfast	Total	400	
Menu #1	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	50	42.8
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
BeneFIT Bar Banana Choc Chunk	Bar	50	48.0
BeneFIT Bar Cocoa Chip	Bar	50	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	50	47.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	50	27.0
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
Sausage Link, 2	2 EACH	225	1.14
Yogurt, strawberry	1 EACH	225	20.0
Peaches: canned,ex light syrup	1/2 CUP	200	13.31
Craisins, Strawberry	packet	250	28.0
Apples,Fresh	1 EACH	100	19.06
Bananas	1 EACH	100	30.0
Orange Fresh	1 EACH	60	11.28
Milk, Chocolate Fat Free	HALF PINT	150	20.0
Milk,1% Lowfat	HALF PINT	100	12.0
JUICE FRUITABLE	1 EACH	150	21.0
SYRUP,PANCAKE	1 EACH	100	19.01

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			113.41 73.0%
Nutrient Guideline			

Weighted Average			113.11 73.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	113.11	73.92%						

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