

Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 7/28/2020 1:44:27 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/01/2020			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Pizza	2.79 oz	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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
Craisins, Strawberry	packet	250	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			94.08
% of Calories			63.7%
Nutrient Guideline			

Wed - 09/02/2020			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Ham&Cheese English Muffin	3.5 oz	300	26.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	300	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	17.0
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	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			85.11
% of Calories			66.6%
Nutrient Guideline			

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

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Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/03/2020			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Calzone	1 Each	200	32.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			91.43
% of Calories			66.8%
Nutrient Guideline			

Fri - 09/04/2020			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Ham, Egg and Cheese Croissant	3.65 oz	1	33.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			81.21
% of Calories			65.5%
Nutrient Guideline			

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/08/2020			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Pizza	2.79 oz	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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
Craisins, Strawberry	packet	250	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			94.08
% of Calories			63.7%
Nutrient Guideline			

Wed - 09/09/2020			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Ham&Cheese English Muffin	3.5 oz	300	26.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	300	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	17.0
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	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			85.11
% of Calories			66.6%
Nutrient Guideline			

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/10/2020			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Calzone	1 Each	200	32.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			91.43
% of Calories			66.8%
Nutrient Guideline			

Fri - 09/11/2020			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Ham, Egg and Cheese Croissant	3.65 oz	1	33.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			81.21
% of Calories			65.5%
Nutrient Guideline			

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Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/14/2020			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	150	35.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP,PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			71.98
% of Calories			60.3%
Nutrient Guideline			

Tue - 09/15/2020			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Pizza	2.79 oz	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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
Craisins, Strawberry	packet	250	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk,1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP,PANCAKE	1 EACH	500	19.01
Weighted Daily Average			94.08
% of Calories			63.7%
Nutrient Guideline			

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Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/16/2020			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Ham&Cheese English Muffin	3.5 oz	300	26.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	300	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	17.0
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	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			85.11
% of Calories			66.6%
Nutrient Guideline			

Thu - 09/17/2020			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Calzone	1 Each	200	32.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			91.43
% of Calories			66.8%
Nutrient Guideline			

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

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/18/2020			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Ham, Egg and Cheese Croissant	3.65 oz	1	33.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP,PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			81.21
% of Calories			65.5%
Nutrient Guideline			

Mon - 09/21/2020			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	150	35.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP,PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			71.98
% of Calories			60.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/22/2020			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Pizza	2.79 oz	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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
Craisins, Strawberry	packet	250	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			94.08
% of Calories			63.7%
Nutrient Guideline			

Wed - 09/23/2020			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Ham&Cheese English Muffin	3.5 oz	300	26.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	300	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	17.0
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	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			85.11
% of Calories			66.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/24/2020			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Calzone	1 Each	200	32.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			91.43
% of Calories			66.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/25/2020			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Ham, Egg and Cheese Croissant	3.65 oz	1	33.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			81.21
% of Calories			65.5%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/28/2020			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	150	35.0
Bacon Egg & Cheese Croissant	3.5 oz	50	32.94
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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	21.0
SYRUP,PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			71.98
% of Calories			60.3%
Nutrient Guideline			

Tue - 09/29/2020			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks BC/WG	3 ea. serving	300	42.8
Breakfast Pizza	2.79 oz	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
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
Craisins, Strawberry	packet	250	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk,1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP,PANCAKE	1 EACH	500	19.01
Weighted Daily Average			94.08
% of Calories			63.7%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/30/2020			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Ham&Cheese English Muffin	3.5 oz	300	26.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	300	27.0
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
Cereal, Cocoa Puffs	1 each	25	47.0
Cereal, Lucky Charms	1 each	25	46.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	17.0
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	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			85.11
% of Calories			66.6%
Nutrient Guideline			

Weighted Average			85.83
			64.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.83	64.87%						

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