

Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 7/28/2020 1:49:07 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/01/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Breakfast Pizza	2.79 oz	50	17.0
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	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned,light syrup	1/2 CUP	200	13.57
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			107.45
% of Calories			72.7%
Nutrient Guideline			

Wed - 09/02/2020			
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			

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 7/28/2020 1:49:07 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/03/2020			
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			

Fri - 09/04/2020			
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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			112.65 74.0%
Nutrient Guideline			

Tue - 09/08/2020			
High School Breakfast Menu #2	Total 1	400 0	
Pancake 'n Sausage	1 EACH	50	17.0
Breakfast Pizza	2.79 oz	50	17.0
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	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
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 % of Calories			107.45 72.7%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/09/2020			
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 - 09/10/2020			
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			

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/11/2020			
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 - 09/14/2020			
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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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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

Tue - 09/15/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Breakfast Pizza	2.79 oz	50	17.0
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	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned, light syrup	1/2 CUP	200	13.57
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 % of Calories			107.45 72.7%
Nutrient Guideline			

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Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/16/2020			
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 - 09/17/2020			
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
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Ketchup	1 OZ	200	8.34
Weighted Daily Average			115.51
% of Calories			74.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/18/2020			
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 - 09/21/2020			
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 Values - Detailed

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

Tue - 09/22/2020			
High School Breakfast Menu #2	Total	400	
Pancake 'n Sausage	1	0	0.0
Breakfast Pizza	1 EACH	50	17.0
BeneFIT Bar Banana Choc Chunk	2.79 oz	50	17.0
BeneFIT Bar Cocoa Chip	Bar	50	48.0
BeneFIT Bar Oatmeal Choc Chip	Bar	50	48.0
Muffin Blueberry	Bar	50	47.0
Muffin Chocolate Choc Chip	1 EACH	50	30.0
Cereal, Cocoa Puffs	1 EACH	50	27.0
Cereal, Lucky Charms	1 each	25	47.0
SCRAMBLED EGGS	1 each	25	46.0
Yogurt, strawberry	1/4 cup	225	0.63
Pears: canned, light syrup	1 EACH	200	20.0
Craisins, Strawberry	1/2 CUP	200	13.57
Apples, Fresh	packet	200	28.0
Bananas	1 EACH	100	19.06
Orange Fresh	1 EACH	100	30.0
Milk, Chocolate Fat Free	1 EACH	60	11.28
Milk, 1% Lowfat	HALF PINT	150	20.0
JUICE FRUITABLE	HALF PINT	100	12.0
SYRUP, PANCAKE	1 EACH	150	21.0
Ketchup	1 EACH	100	19.01
Weighted Daily Average % of Calories	1 OZ	200	8.34
			107.45 72.7%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/23/2020			
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			

Thu - 09/24/2020			
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

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			115.51 74.8%
Nutrient Guideline			

Fri - 09/25/2020			
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 % of Calories			112.65 74.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/28/2020			
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
Weighted Daily Average			113.41
% of Calories			73.0%
Nutrient Guideline			

Tue - 09/29/2020			
High School Breakfast	Total	400	
Menu #2	1	0	0.0
Pancake 'n Sausage	1 EACH	50	17.0
Breakfast Pizza	2.79 oz	50	17.0
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	225	0.63
Yogurt, strawberry	1 EACH	200	20.0
Pears: canned,light syrup	1/2 CUP	200	13.57
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			107.45
% of Calories			72.7%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/30/2020			
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			

Weighted Average			111.95
			73.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	111.95	73.71%						

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