

# Weber School District Child Nutrition

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/27/2017 10:57:13 AM

	Portion Size	Sodm (mg)
Fri - 12/01/2017		
High School Breakfast	Total	
Menu #5	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		535
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Mon - 12/04/2017		
High School Breakfast	Total	
Menu #1	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned,ex light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		543
% of Calories		
Nutrient Guideline		640

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Portion Values - Detailed

Page 2

Generated on: 11/27/2017 10:57:13 AM

	Portion Size	Sodm (mg)
Tue - 12/05/2017		
High School Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		467
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Wed - 12/06/2017		
High School Breakfast	Total	
Menu #3	1	0
Eggo Waffle-2	2	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Craisins, Strawberry	packet	0
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		472
% of Calories		
Nutrient Guideline		640

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Portion Values - Detailed

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Generated on: 11/27/2017 10:57:13 AM

	Portion Size	Sodm (mg)
Thu - 12/07/2017		
High School Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		462
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Fri - 12/08/2017		
High School Breakfast	Total	
Menu #5	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		535
% of Calories		
Nutrient Guideline		640

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Portion Values - Detailed

Page 4

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	Portion Size	Sodm (mg)
Mon - 12/11/2017		
High School Breakfast	Total	
Menu #1	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		543
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Tue - 12/12/2017		
High School Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		467
% of Calories		
Nutrient Guideline		640

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 12/13/2017		
High School Breakfast	Total	
Menu #3	1	0
Eggo Waffle-2	2	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Craisins, Strawberry	packet	0
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		472
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Thu - 12/14/2017		
High School Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		462
% of Calories		
Nutrient Guideline		640

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	Portion Size	Sodm (mg)
Fri - 12/15/2017		
High School Breakfast	Total	
Menu #5	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		535
% of Calories		
Nutrient Guideline		640

Mon - 12/18/2017		
High School Breakfast	Total	
Menu #1	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		543
% of Calories		
Nutrient Guideline		640

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Portion Values - Detailed

Page 7

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	Portion Size	Sodm (mg)
Tue - 12/19/2017		
High School Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		467
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Wed - 12/20/2017		
High School Breakfast	Total	
Menu #3	1	0
Eggo Waffle-2	2	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Craisins, Strawberry	packet	0
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		472
% of Calories		
Nutrient Guideline		640

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 12/21/2017		
High School Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmellow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Craisins, Strawberry	packet	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		462
% of Calories		
Nutrient Guideline		640

Weighted Average		496
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	496		640					

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