

# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 3/20/2018 10:10:38 AM

	Portion Size	Sodm (mg)
Mon - 04/09/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		518
% of Calories		
Nutrient Guideline		600

Tue - 04/10/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	269
NUTRI-GRAIN BARS Strawberry	2 EACH	299
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
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
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		432
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

Page 2

Generated on: 3/20/2018 10:10:38 AM

	Portion Size	Sodm (mg)
Wed - 04/11/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
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		509
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Thu - 04/12/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	269
NUTRI-GRAIN BARS Strawberry	2 EACH	299
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
Bananas	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		413
% of Calories		
Nutrient Guideline		600

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Generated on: 3/20/2018 10:10:38 AM

	Portion Size	Sodm (mg)
Fri - 04/13/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		531
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Mon - 04/16/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		518
% of Calories		
Nutrient Guideline		600

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	Portion Size	Sodm (mg)
Tue - 04/17/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	269
NUTRI-GRAIN BARS Strawberry	2 EACH	299
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	280
Sausage Link	1 EACH	111
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
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Weighted Daily Average		432
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Wed - 04/18/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
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		509
% of Calories		
Nutrient Guideline		600

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	Portion Size	Sodm (mg)
Thu - 04/19/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	269
NUTRI-GRAIN BARS Strawberry	2 EACH	299
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
Bananas	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		413
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Fri - 04/20/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		531
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

Page 6

Generated on: 3/20/2018 10:10:39 AM

	Portion Size	Sodm (mg)
Mon - 04/23/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		518
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Tue - 04/24/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	269
NUTRI-GRAIN BARS Strawberry	2 EACH	299
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
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
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		432
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

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Generated on: 3/20/2018 10:10:39 AM

	Portion Size	Sodm (mg)
Wed - 04/25/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
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		509
% of Calories		
Nutrient Guideline		600

Thu - 04/26/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	269
NUTRI-GRAIN BARS Strawberry	2 EACH	299
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Craisins, Strawberry	packet	0
Apples,Fresh	1 EACH	1
Bananas	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		413
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 04/27/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		531
% of Calories		
Nutrient Guideline		600

Mon - 04/30/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
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		518
% of Calories		
Nutrient Guideline		600

Weighted Average		483
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Portion	Sodm	Shortfall	Overage	Error Messages (if any)
					Size	(mg)			
Sodium (mg)	483		600						

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