

Weber School District Child Nutrition

Aug 21, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/3/2018 8:08:19 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 08/21/2018			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	225	172
Yogurt, strawberry	1 EACH	200	50
Pears: canned,light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			414
% of Calories			
Nutrient Guideline			640

Wed - 08/22/2018			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Craisins, Strawberry	packet	200	0
Applesauce, canned: Sweet	1/2 CUP	200	23
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Ketchup	1 OZ	100	267
Weighted Daily Average			434
% of Calories			
Nutrient Guideline			640

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

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 08/23/2018			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Sausage, Pork, Patty frz 2 ea	2 EACH	200	172
Yogurt, strawberry	1 EACH	200	50
Mandarin Oranges	1/2 CUP	200	21
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Weighted Daily Average			409
% of Calories			
Nutrient Guideline			640

Fri - 08/24/2018			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Pineapple Chunks: canned, lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			498
% of Calories			
Nutrient Guideline			640

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Page 3

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 08/27/2018			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Peaches: canned, ex light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	250	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			506
% of Calories			
Nutrient Guideline			640

Tue - 08/28/2018			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Sausage, Pork, Patty frz 2 ea	2 EACH	225	172
Yogurt, strawberry	1 EACH	200	50
Pears: canned, light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Weighted Daily Average			414
% of Calories			
Nutrient Guideline			640

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Page 4

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 08/29/2018			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Craisins, Strawberry	packet	200	0
Applesauce, canned: Sweet	1/2 CUP	200	23
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	100	267
Weighted Daily Average			434
% of Calories			
Nutrient Guideline			640

Thu - 08/30/2018			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Sausage, Pork, Patty frz 2 ea	2 EACH	200	172
Yogurt, strawberry	1 EACH	200	50
Mandarin Oranges	1/2 CUP	200	21
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Weighted Daily Average			409
% of Calories			
Nutrient Guideline			640

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 08/31/2018			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			498
% of Calories			
Nutrient Guideline			640

Weighted Average			446
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	446		640					

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