

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/04/2018			
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 - 09/05/2018			
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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Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 2

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/06/2018			
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 - 09/07/2018			
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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# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 3

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Mon - 09/10/2018</b>			
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, Marshmellow 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

<b>Tue - 09/11/2018</b>			
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, Marshmellow 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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Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 4

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Wed - 09/12/2018</b>			
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

<b>Thu - 09/13/2018</b>			
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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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 5

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Fri - 09/14/2018</b>			
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

<b>Mon - 09/17/2018</b>			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
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
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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 6

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Tue - 09/18/2018</b>			
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

<b>Wed - 09/19/2018</b>			
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

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High School Breakfast

Portion Values - Detailed

Page 7

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/20/2018			
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 - 09/21/2018			
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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Portion Values - Detailed

Page 8

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Mon - 09/24/2018</b>			
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, Marshmellow 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

<b>Tue - 09/25/2018</b>			
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, Marshmellow 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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Portion Values - Detailed

Page 9

Generated on: 8/3/2018 8:09:00 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Wed - 09/26/2018</b>			
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, Marshmellow 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

<b>Thu - 09/27/2018</b>			
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, Marshmellow 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

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 10

Generated on: 8/3/2018 8:09:01 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/28/2018			
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			449
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	449		640					

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

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