

Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/12/2018 11:14:12 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/01/2018			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	1000	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
SCRAMBLED EGGS	1/4 cup	1500	120
Yogurt, strawberry	1 EACH	1500	50
Applesauce, canned: Sweet	1/2 CUP	1500	23
Orange Fresh, 1/2	1/2 EACH	1000	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Ketchup	OZ	250	267
Weighted Daily Average			516
% of Calories			
Nutrient Guideline			540

Tue - 10/02/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	1000	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	1500	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Weighted Daily Average			508
% of Calories			
Nutrient Guideline			540

Wed - 10/03/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Muffin Blueberry	1 EACH	500	135
Muffin Chocolate Choc Chip	1 EACH	1000	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
SCRAMBLED EGGS	1/4 cup	1500	120
Yogurt, strawberry	1 EACH	1500	50
Peaches: canned, ex light syrup	1/2 cup	1500	10
Banana, 1/2	1/2 each	1500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Ketchup	1 OZ	250	267

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

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			417
Nutrient Guideline			540

Thu - 10/04/2018			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0
Waffle Snack'n Cinnamon	1 EACH	500	279
Waffle Snack'n Maple	1 EACH	500	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	1500	50
Pineapple Chunks:canned,lt syr	1/2 CUP	800	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Ketchup	1 OZ	1000	267
Weighted Daily Average % of Calories			578
Nutrient Guideline			540

Fri - 10/05/2018			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	1000	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Pears: canned,light syrup	1/2 CUP	800	10
Apples,Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Ketchup	1 OZ	250	267
Weighted Daily Average % of Calories			498
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/08/2018			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0
French Toast Sticks BC/WG	serving	1000	289
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	500	111
Yogurt, strawberry	1 EACH	1500	50
Applesauce, canned: Sweet	1/2 CUP	1500	23
Orange Fresh, 1/2	1/2 EACH	1000	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Weighted Daily Average			448
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/09/2018			
Elementary Breakfast	Total	2000	
Menu #7	1	0	0
POPART, BROWN SUGAR CINN	PACKAGE	500	85
POPART, STRAWBERRY	PACKAGE	500	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Yogurt, strawberry	1 EACH	500	50
SCRAMBLED EGGS	1/4 cup	1500	120
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Ketchup	1 OZ	1500	267
Weighted Daily Average			552
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/10/2018			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0
Muffin Blueberry	1 EACH	500	135
Muffin Chocolate Choc Chip	1 EACH	1000	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
Sausage Link	1 EACH	500	111
Yogurt, strawberry	1 EACH	1500	50
Peaches: canned, ex light syrup	1/2 cup	1500	10
Banana, 1/2	1/2 each	1500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			321
Nutrient Guideline			540

Thu - 10/11/2018			
Elementary Breakfast	Total	2000	
Menu #9	1	0	0
POPTART, BROWN SUGAR CINN	PACKAGE	500	85
POPTART, STRAWBERRY	PACKAGE	500	85
Cereal,Frosted Mini-Wheats,Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Yogurt, strawberry	1 EACH	1500	50
SCRAMBLED EGGS	1/4 cup	1500	120
Pineapple Chunks:canned,lt syr	1/2 CUP	1500	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk,1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Weighted Daily Average % of Calories			378
Nutrient Guideline			540

Fri - 10/12/2018			
Elementary Breakfast	Total	2000	
Menu #10	1	0	0
Pancake 'n Sausage	1 EACH	1000	310
Cereal,Frosted Mini-Wheats,Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	1500	111
Yogurt, strawberry	1 EACH	1000	50
Pears: canned,light syrup	1/2 CUP	800	10
Apples,Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk,1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Weighted Daily Average % of Calories			488
Nutrient Guideline			540

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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/15/2018			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	1000	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
SCRAMBLED EGGS	1/4 cup	1500	120
Yogurt, strawberry	1 EACH	1500	50
Applesauce, canned: Sweet	1/2 CUP	1500	23
Orange Fresh, 1/2	1/2 EACH	1000	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Ketchup	OZ	250	267
Weighted Daily Average			516
% of Calories			
Nutrient Guideline			540

Tue - 10/16/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	1000	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	1500	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Weighted Daily Average			508
% of Calories			
Nutrient Guideline			540

Wed - 10/17/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Muffin Blueberry	1 EACH	500	135
Muffin Chocolate Choc Chip	1 EACH	1000	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
SCRAMBLED EGGS	1/4 cup	1500	120
Yogurt, strawberry	1 EACH	1500	50
Peaches: canned, ex light syrup	1/2 cup	1500	10
Banana, 1/2	1/2 each	1500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Ketchup	1 OZ	250	267

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			417
Nutrient Guideline			540

Mon - 10/22/2018			
Elementary Breakfast	Total	2000	
Menu #6	1	0	0
French Toast Sticks BC/WG	serving	1000	289
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	500	111
Yogurt, strawberry	1 EACH	1500	50
Applesauce, canned: Sweet	1/2 CUP	1500	23
Orange Fresh, 1/2	1/2 EACH	1000	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Weighted Daily Average % of Calories			448
Nutrient Guideline			540

Tue - 10/23/2018			
Elementary Breakfast	Total	2000	
Menu #7	1	0	0
POPART, BROWN SUGAR CINN	PACKAGE	500	85
POPART, STRAWBERRY	PACKAGE	500	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Yogurt, strawberry	1 EACH	500	50
SCRAMBLED EGGS	1/4 cup	1500	120
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Ketchup	1 OZ	1500	267
Weighted Daily Average % of Calories			552
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/24/2018			
Elementary Breakfast	Total	2000	
Menu #8	1	0	0
Muffin Blueberry	1 EACH	500	135
Muffin Chocolate Choc Chip	1 EACH	1000	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
Sausage Link	1 EACH	500	111
Yogurt, strawberry	1 EACH	1500	50
Peaches: canned, ex light syrup	1/2 cup	1500	10
Banana, 1/2	1/2 each	1500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Weighted Daily Average			321
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/25/2018			
Elementary Breakfast	Total	2000	
Menu #9	1	0	0
POPART, BROWN SUGAR CINN	PACKAGE	500	85
POPART, STRAWBERRY	PACKAGE	500	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Yogurt, strawberry	1 EACH	1500	50
SCRAMBLED EGGS	1/4 cup	1500	120
Pineapple Chunks: canned, lt syr	1/2 CUP	1500	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Weighted Daily Average			378
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/29/2018			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	1000	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
SCRAMBLED EGGS	1/4 cup	1500	120
Yogurt, strawberry	1 EACH	1500	50
Applesauce, canned: Sweet	1/2 CUP	1500	23
Orange Fresh, 1/2	1/2 EACH	1000	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Ketchup	OZ	250	267

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			516
Nutrient Guideline			540

Tue - 10/30/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	1000	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	500	10
Cereal, Marshmallow Mateys	1 Each	500	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	1500	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	1000	45
Weighted Daily Average % of Calories			508
Nutrient Guideline			540

Wed - 10/31/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Muffin Blueberry	1 EACH	500	135
Muffin Chocolate Choc Chip	1 EACH	1000	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
SCRAMBLED EGGS	1/4 cup	1500	120
Yogurt, strawberry	1 EACH	1500	50
Peaches: canned, ex light syrup	1/2 cup	1500	10
Banana, 1/2	1/2 each	1500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
Ketchup	1 OZ	250	267
Weighted Daily Average % of Calories			417
Nutrient Guideline			540

Weighted Average			464
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	464		540					

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