

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/01/2018			
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 - 10/02/2018			
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 2

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/03/2018			
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 - 10/04/2018			
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 3

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 10/05/2018			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	PKG	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

Mon - 10/08/2018			
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 4

Generated on: 9/12/2018 11:13:23 AM

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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 5

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/11/2018			
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

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 10/12/2018			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	PKG	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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 6

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/15/2018			
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 - 10/16/2018			
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 7

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Wed - 10/17/2018</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>Mon - 10/22/2018</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, 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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 8

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/23/2018			
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

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/24/2018			
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

\* - 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 9

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/25/2018			
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

Mon - 10/29/2018			
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

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 10

Generated on: 9/12/2018 11:13:23 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/30/2018			
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 - 10/31/2018			
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

Weighted Average			450
------------------	--	--	-----

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 11

Generated on: 9/12/2018 11:13:24 AM

Portion Size      Reimb Qty      Sodm (mg)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	450		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.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.