

Weber School District Child Nutrition

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/20/2018 9:08:08 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/03/2018			
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 % of Calories			516
Nutrient Guideline			540

Tue - 12/04/2018			
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, 2	2 EACH	1000	222
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			563
Nutrient Guideline			540

Wed - 12/05/2018			
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

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

Thu - 12/06/2018			
Elementary Breakfast Menu #4	Total	2000	
Waffle Snack'n Cinnamon	1	0	0
Waffle Snack'n Maple	1 EACH	500	279
Cereal, Frosted Mini-Wheats, Bow	1 EACH	500	279
Cereal, Marshmallow Mateys	BOWL	500	10
Sausage Link, 2	1 Each	500	280
Yogurt, strawberry	2 EACH	1000	222
Pineapple Chunks:canned,lt syr	1 EACH	1500	50
Orange Fresh, 1/2	1/2 CUP	800	12
Milk, Chocolate Fat Free	1/2 EACH	500	0
Milk, 1% Lowfat	HALF PINT	1000	180
JUICE FRUITABLE	HALF PINT	500	125
SYRUP, MAPLE CHEF'S MARK	1 EACH	500	20
	1 EACH	400	45
Weighted Daily Average % of Calories			500
Nutrient Guideline			540

Fri - 12/07/2018			
Elementary Breakfast Menu #5	Total	2000	
Pancake 'n Sausage	1	0	0
Cereal, Frosted Mini-Wheats, Bow	1 EACH	1000	310
Cereal, Marshmallow Mateys	BOWL	500	10
SCRAMBLED EGGS	1 Each	500	280
Yogurt, strawberry	1/4 cup	1000	120
Pears: canned,light syrup	1 EACH	1000	50
Apples,Fresh 1/2 each	1/2 CUP	800	10
Milk, Chocolate Fat Free	1/2 each	500	0
Milk, 1% Lowfat	HALF PINT	1000	180
JUICE FRUITABLE	HALF PINT	500	125
SYRUP, MAPLE CHEF'S MARK	1 EACH	500	20
Ketchup	1 EACH	1000	45
	1 OZ	250	267
Weighted Daily Average % of Calories			498
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/10/2018			
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
SCRAMBLED EGGS	1/4 cup	500	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	1000	45
Ketchup	1 OZ	1000	267
Weighted Daily Average			584
% of Calories			
Nutrient Guideline			540

Tue - 12/11/2018			
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
Sausage Link, 2	2 EACH	1500	222
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
Weighted Daily Average			429
% of Calories			
Nutrient Guideline			540

Wed - 12/12/2018			
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
SCRAMBLED EGGS	1/4 cup	500	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	1000	267

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			457
Nutrient Guideline			540

Thu - 12/13/2018			
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
Sausage Link, 2	2 EACH	1500	222
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			454
Nutrient Guideline			540

Fri - 12/14/2018			
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
SCRAMBLED EGGS	1/4 cup	1500	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	1000	267
Weighted Daily Average % of Calories			628
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/17/2018			
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 % of Calories			516
Nutrient Guideline			540

Tue - 12/18/2018			
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, 2	2 EACH	1000	222
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			563
Nutrient Guideline			540

Wed - 12/19/2018			
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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Page 6

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

Thu - 12/20/2018			
Elementary Breakfast Menu #4	Total	2000	
Waffle Snack'n Cinnamon	1	0	0
Waffle Snack'n Maple	1 EACH	500	279
Cereal, Frosted Mini-Wheats, Bow	1 EACH	500	279
Cereal, Marshmallow Mateys	BOWL	500	10
Sausage Link, 2	1 Each	500	280
Yogurt, strawberry	2 EACH	1000	222
Pineapple Chunks:canned,lt syr	1 EACH	1500	50
Orange Fresh, 1/2	1/2 CUP	800	12
Milk, Chocolate Fat Free	1/2 EACH	500	0
Milk, 1% Lowfat	HALF PINT	1000	180
JUICE FRUITABLE	HALF PINT	500	125
SYRUP, MAPLE CHEF'S MARK	1 EACH	500	20
	1 EACH	400	45
Weighted Daily Average % of Calories			500
Nutrient Guideline			540

Fri - 12/21/2018			
Elementary Breakfast Menu #5	Total	2000	
Pancake 'n Sausage	1	0	0
Cereal, Frosted Mini-Wheats, Bow	1 EACH	1000	310
Cereal, Marshmallow Mateys	BOWL	500	10
SCRAMBLED EGGS	1 Each	500	280
Yogurt, strawberry	1/4 cup	1000	120
Pears: canned, light syrup	1 EACH	1000	50
Apples, Fresh 1/2 each	1/2 CUP	800	10
Milk, Chocolate Fat Free	1/2 each	500	0
Milk, 1% Lowfat	HALF PINT	1000	180
JUICE FRUITABLE	HALF PINT	500	125
SYRUP, MAPLE CHEF'S MARK	1 EACH	500	20
Ketchup	1 EACH	1000	45
	1 OZ	250	267
Weighted Daily Average % of Calories			498
Nutrient Guideline			540

Weighted Average			503
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	503		540					

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