

Weber School District Child Nutrition

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/20/2018 9:29:37 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/03/2018			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	600	105
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	300	50
Peaches: canned, ex light syrup	1/2 CUP	300	10
Apples, Fresh	1 EACH	250	1
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	250	3
Weighted Daily Average			382
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 12/04/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	400	370
Muffin Chocolate Choc Chip	1 EACH	400	105
Muffin Blueberry	1 EACH	100	135
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	1000	111
SCRAMBLED EGGS	1/4 cup	1000	120
Pears: canned, light syrup	1/2 CUP	300	10
Kiwifruit, Fresh	1 EACH	250	2
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	550	3
Ketchup	1 OZ	600	267
Weighted Daily Average			749
% of Calories			
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 12/05/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0
Eggo Waffle	1.00	100	210
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	600	105
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	600	111
Yogurt, strawberry	1 EACH	600	50
Applesauce Cup, Cinnamon	1/2 CUP	600	15
Orange Fresh	1 EACH	600	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	45
Weighted Daily Average			357
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 12/06/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	200	370
Muffin Chocolate Choc Chip	1 EACH	500	105
Muffin Blueberry	1 EACH	100	135
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
SCRAMBLED EGGS	1/4 cup	600	120
Sausage Link	1 EACH	600	111
Mandarin Oranges	1/2 CUP	300	21
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	750	3
Ketchup	1 OZ	600	267
Weighted Daily Average			597
% of Calories			
Nutrient Guideline			600

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Page 3

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 12/07/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	100	310
Muffin Blueberry	1 EACH	200	135
Muffin Chocolate Choc Chip	1 EACH	500	105
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Yogurt, strawberry	1 EACH	600	50
Sausage Link	1 EACH	600	111
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	300	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	400	3
Weighted Daily Average			361
% of Calories			
Nutrient Guideline			600

Mon - 12/10/2018			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	600	105
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	300	50
Peaches: canned,ex light syrup	1/2 CUP	300	10
Apples, Fresh	1 EACH	250	1
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	250	3
Weighted Daily Average			382
% of Calories			
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 12/11/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	400	370
Muffin Chocolate Choc Chip	1 EACH	400	105
Muffin Blueberry	1 EACH	100	135
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	1000	111
SCRAMBLED EGGS	1/4 cup	1000	120
Pears: canned, light syrup	1/2 CUP	300	10
Kiwifruit, Fresh	1 EACH	250	2
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	550	3
Ketchup	1 OZ	600	267
Weighted Daily Average % of Calories			749
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 12/12/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0
Eggo Waffle	1.00	100	210
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	600	105
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	600	111
Yogurt, strawberry	1 EACH	600	50
Applesauce Cup, Cinnamon	1/2 CUP	600	15
Orange Fresh	1 EACH	600	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	45
Weighted Daily Average % of Calories			357
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 12/13/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	200	370
Muffin Chocolate Choc Chip	1 EACH	500	105
Muffin Blueberry	1 EACH	100	135
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
SCRAMBLED EGGS	1/4 cup	600	120
Sausage Link	1 EACH	600	111
Mandarin Oranges	1/2 CUP	300	21
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	750	3
Ketchup	1 OZ	600	267
Weighted Daily Average % of Calories			597
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 12/14/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	100	310
Muffin Blueberry	1 EACH	200	135
Muffin Chocolate Choc Chip	1 EACH	500	105
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Yogurt, strawberry	1 EACH	600	50
Sausage Link	1 EACH	600	111
Pineapple Chunks: canned, lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	300	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	400	3
Weighted Daily Average % of Calories			361
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/17/2018			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	600	105
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	1000	111
Yogurt, strawberry	1 EACH	300	50
Peaches: canned, ex light syrup	1/2 CUP	300	10
Apples, Fresh	1 EACH	250	1
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	250	3
Weighted Daily Average			382
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 12/18/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	400	370
Muffin Chocolate Choc Chip	1 EACH	400	105
Muffin Blueberry	1 EACH	100	135
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	1000	111
SCRAMBLED EGGS	1/4 cup	1000	120
Pears: canned, light syrup	1/2 CUP	300	10
Kiwifruit, Fresh	1 EACH	250	2
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	550	3
Ketchup	1 OZ	600	267
Weighted Daily Average			749
% of Calories			
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 12/19/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0
Eggo Waffle	1.00	100	210
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	600	105
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link	1 EACH	600	111
Yogurt, strawberry	1 EACH	600	50
Applesauce Cup, Cinnamon	1/2 CUP	600	15
Orange Fresh	1 EACH	600	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	45
Weighted Daily Average			357
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 12/20/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	200	370
Muffin Chocolate Choc Chip	1 EACH	500	105
Muffin Blueberry	1 EACH	100	135
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
SCRAMBLED EGGS	1/4 cup	600	120
Sausage Link	1 EACH	600	111
Mandarin Oranges	1/2 CUP	300	21
Bananas	1 EACH	250	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	750	3
Ketchup	1 OZ	600	267
Weighted Daily Average			597
% of Calories			
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 12/21/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	100	310
Muffin Blueberry	1 EACH	200	135
Muffin Chocolate Choc Chip	1 EACH	500	105
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Yogurt, strawberry	1 EACH	600	50
Sausage Link	1 EACH	600	111
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	300	0
Milk, Chocolate Fat Free	HALF PINT	500	180
Milk, 1% Lowfat	HALF PINT	250	125
JUICE FRUITABLE	1 EACH	250	20
SYRUP, PANCAKE	1 EACH	400	3
Weighted Daily Average			361
% of Calories			
Nutrient Guideline			600

Weighted Average			489
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	489		600					

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