

Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

Junior High Breakfast

Generated on: 12/21/2018 8:46:15 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/03/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	750	370
POPART, BROWN SUGAR CINN	PACKAGE	100	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link, 2	2 EACH	600	222
Yogurt, strawberry	1 EACH	600	50
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			763
% of Calories			
Nutrient Guideline			600

Fri - 01/04/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	500	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Yogurt, strawberry	1 EACH	600	50
SCRAMBLED EGGS	1/4 cup	600	120
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			431
% of Calories			
Nutrient Guideline			600

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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Jan 1, 2019 thru Jan 31, 2019

Junior High Breakfast

Generated on: 12/21/2018 8:46:15 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/07/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	250	260
Muffin Blueberry	1 EACH	250	135
Muffin Chocolate Choc Chip	1 EACH	250	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
SCRAMBLED EGGS	1/4 cup	1000	120
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			463
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/08/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	550	370
POPART, BROWN SUGAR CINN	PACKAGE	250	85
POPART, STRAWBERRY	PACKAGE	100	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
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			826
% of Calories			
Nutrient Guideline			600

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Jan 1, 2019 thru Jan 31, 2019

Junior High Breakfast

Generated on: 12/21/2018 8:46:15 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/09/2019			
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
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
SCRAMBLED EGGS	1/4 cup	600	120
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			368
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/10/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	750	370
POPART, BROWN SUGAR CINN	PACKAGE	100	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link, 2	2 EACH	600	222
Yogurt, strawberry	1 EACH	600	50
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			763
% of Calories			
Nutrient Guideline			600

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Junior High Breakfast

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/14/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	250	260
Muffin Blueberry	1 EACH	250	135
Muffin Chocolate Choc Chip	1 EACH	250	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
SCRAMBLED EGGS	1/4 cup	1000	120
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			463
% of Calories			
Nutrient Guideline			600

Tue - 01/15/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	550	370
POPART, BROWN SUGAR CINN	PACKAGE	250	85
POPART, STRAWBERRY	PACKAGE	100	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
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			826
% of Calories			
Nutrient Guideline			600

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Junior High Breakfast

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/16/2019			
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
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
SCRAMBLED EGGS	1/4 cup	600	120
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			368
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/17/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	750	370
POPART, BROWN SUGAR CINN	PACKAGE	100	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link, 2	2 EACH	600	222
Yogurt, strawberry	1 EACH	600	50
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			763
% of Calories			
Nutrient Guideline			600

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Jan 1, 2019 thru Jan 31, 2019

Junior High Breakfast

Generated on: 12/21/2018 8:46:16 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/18/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	500	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Yogurt, strawberry	1 EACH	600	50
SCRAMBLED EGGS	1/4 cup	600	120
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			431
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/22/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	550	370
POPTART, BROWN SUGAR CINN	PACKAGE	250	85
POPTART, STRAWBERRY	PACKAGE	100	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
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			826
% of Calories			
Nutrient Guideline			600

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/23/2019			
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
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
SCRAMBLED EGGS	1/4 cup	600	120
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			368
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/24/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	750	370
POPART, BROWN SUGAR CINN	PACKAGE	100	85
POPART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link, 2	2 EACH	600	222
Yogurt, strawberry	1 EACH	600	50
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			763
% of Calories			
Nutrient Guideline			600

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Junior High Breakfast

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/25/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	500	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Yogurt, strawberry	1 EACH	600	50
SCRAMBLED EGGS	1/4 cup	600	120
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			431
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/28/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	250	260
Muffin Blueberry	1 EACH	250	135
Muffin Chocolate Choc Chip	1 EACH	250	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	10
Cereal, Marshmallow Mateys	1 Each	250	280
SCRAMBLED EGGS	1/4 cup	1000	120
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			463
% of Calories			
Nutrient Guideline			600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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Generated on: 12/21/2018 8:46:16 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/29/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	550	370
POPART, BROWN SUGAR CINN	PACKAGE	250	85
POPART, STRAWBERRY	PACKAGE	100	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
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			826
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/30/2019			
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
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	10
Cereal, Marshmallow Mateys	1 Each	100	280
SCRAMBLED EGGS	1/4 cup	600	120
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			368
% of Calories			
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/31/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	750	370
POPTART, BROWN SUGAR CINN	PACKAGE	100	85
POPTART, STRAWBERRY	PACKAGE	50	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Cereal, Marshmallow Mateys	1 Each	50	280
Sausage Link, 2	2 EACH	600	222
Yogurt, strawberry	1 EACH	600	50
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			763
% of Calories			
Nutrient Guideline			600

Weighted Average			593
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	593		600					

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