

Weber School District Child Nutrition

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 8/5/2019 2:40:10 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 08/20/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	300	13.57
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			88.66
% of Calories			65.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 08/21/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			80.64
% of Calories			69.3%
Nutrient Guideline			

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

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 2

Generated on: 8/5/2019 2:40:10 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 08/22/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	600	1.14
Yogurt, strawberry	1 EACH	600	20.0
Mandarin Oranges	1/2 CUP	300	21.26
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			87.22
% of Calories			70.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 08/23/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			78.21
% of Calories			66.0%
Nutrient Guideline			

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

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 3

Generated on: 8/5/2019 2:40:10 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 08/26/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	PKG	200	35.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	1000	0.63
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned, ex light syrup	1/2 CUP	300	13.31
Apples, Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	200	8.34
Weighted Daily Average			69.11
% of Calories			61.2%
Nutrient Guideline			

Tue - 08/27/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	1000	1.14
Yogurt, strawberry	1 EACH	1000	20.0
Pears: canned, light syrup	1/2 CUP	300	13.57
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			88.66
% of Calories			65.5%
Nutrient Guideline			

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

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 4

Generated on: 8/5/2019 2:40:10 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 08/28/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Waffle, Maple	1	100	10.71
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Ketchup	1 OZ	600	8.34
Weighted Daily Average			80.64
% of Calories			69.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 08/29/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	500	36.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	200	27.0
POPART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Sausage Link, 2	2 EACH	600	1.14
Yogurt, strawberry	1 EACH	600	20.0
Mandarin Oranges	1/2 CUP	300	21.26
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	500	19.01
Weighted Daily Average			87.22
% of Calories			70.5%
Nutrient Guideline			

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

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 5

Generated on: 8/5/2019 2:40:10 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 08/30/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	200	17.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	50	17.46
POPTART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	21.0
SYRUP, PANCAKE	1 EACH	200	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			78.21
% of Calories			66.0%
Nutrient Guideline			

Weighted Average			82.06
			67.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.06	67.08%						

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.