

Weber School District Child Nutrition

Dec 2, 2019 thru Dec 20, 2019

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/02/2019			
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			

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/03/2019			
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

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/04/2019			
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	22.0
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			85.44
% of Calories			69.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/05/2019			
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			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/06/2019			
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			

Mon - 12/09/2019			
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			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/10/2019			
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 - 12/11/2019			
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	22.0
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			85.44
% of Calories			69.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/12/2019			
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 - 12/13/2019			
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			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/16/2019			
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			

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/17/2019			
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
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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			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/18/2019			
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
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Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	22.0
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			85.44
% of Calories			69.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/19/2019			
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
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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			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/20/2019			
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			81.73
			66.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	81.73	66.67%						

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