

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 2:41:03 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 08/20/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	500	370
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	200	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, 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	500	3
Weighted Daily Average			646
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 08/21/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0
Waffle, Maple	1	100	93
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
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
Ketchup	1 OZ	600	267
Weighted Daily Average			511
% of Calories			
Nutrient Guideline			600

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Page 2

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 08/22/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	500	370
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	200	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, 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	500	3
Weighted Daily Average			540
% of Calories			
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 08/23/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	200	310
Muffin Blueberry	1 EACH	100	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
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	200	3
Ketchup	1 OZ	600	267
Weighted Daily Average			544
% of Calories			
Nutrient Guideline			600

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Page 3

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 08/26/2019			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	PKG	200	260
Muffin Blueberry	1 EACH	100	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
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	200	3
Ketchup	1 OZ	200	267
Weighted Daily Average % of Calories			459
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 08/27/2019			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	500	370
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	200	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, 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	500	3
Weighted Daily Average % of Calories			646
Nutrient Guideline			600

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Page 4

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 08/28/2019			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0
Waffle, Maple	1	100	93
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
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
Ketchup	1 OZ	600	267
Weighted Daily Average % of Calories			511
Nutrient Guideline			600

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 08/29/2019			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	500	370
Muffin Blueberry	1 EACH	100	135
Muffin Chocolate Choc Chip	1 EACH	200	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, 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	500	3
Weighted Daily Average % of Calories			540
Nutrient Guideline			600

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 08/30/2019			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	200	310
Muffin Blueberry	1 EACH	100	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
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	200	3
Ketchup	1 OZ	600	267
Weighted Daily Average			544
% of Calories			
Nutrient Guideline			600

Weighted Average			549
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	549		600					

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