

Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:43:22 AM

	Portion Size	Carb (g)
Mon - 05/01/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #6	1	0.0
Breakfast Casserole	1 cup	24.78
Pancakes, Cinnamon Glazed	PKG	35.0
Cheese Burger Wheat 51%	1 EACH	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Pears: canned,light syrup	1/2 CUP	13.57
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Syrup, Pancake	1 OZ	17.43
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		110.98
% of Calories		57.8%
Nutrient Guideline		

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

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/02/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #11	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Hawaiian Primo Pizza 8 cut	1 slice	36.77
Popcorn Chicken, Adv. Pierre	10 Each	12.12
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Beans Baked, 1/2 c	1/2 CUP	30.42
Applesauce Cup, Cinnamon	1/2 CUP	14.0
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Peas: frozen, warmed, 1/2 c	1/2 CUP	13.58
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.46
% of Calories		59.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/03/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #3	1	0.0
Penne Pasta	3/4 CUP	27.0
Spaghetti Sauce, Meatless 3/4	3/4 Cup	17.47
Meatballs Cooked, 5 ea	5 each	6.85
Parm Cheese	2 tsp	0.0
Rolls 51%/ 2oz	1 EACH	30.79
Chicken Sandwich 51%	1 EACH	46.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Peaches: canned, ex light syrup	1/2 CUP	13.31
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Tomatoes, Fresh, Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		108.38
% of Calories		59.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/04/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #4	1	0.0
Roast Beef	3 OZ	0.0
Potatoes Whipped	1/2 CUP	18.2
Gravy, Brown, 1/2 c	1/2 CUP	10.0
Rolls 51%/ 2oz	1 EACH	30.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Green Beans: canned, ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Onions, Fresh Sliced	SLICE	3.03
BBQ Ken's	1 oz	11.81
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		108.00
% of Calories		60.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/05/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #15	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Teriyaki Chicken	3 3/8 oz	7.79
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Celery Sticks	1/4 CUP	1.18
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Fresh Fruit Salad	1/2 cup	24.49
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Creamie Variety: ban, choc	1 EACH	14.0
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		103.39
% of Calories		63.0%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/08/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High		
Menu #43	1	*N/A*
Hawaiian Haystacks	1/2 CUP	8.73
Chow Mein Noodles	1/8 cup	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Celery Fresh Chopped	1 TBsp	0.27
Green Peppers, chopped	1 Tbsp	0.43
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Pulled Pork Sandwich	1 EACH	43.27
Potato Wedges, 1/4 c	1/4 CUP	13.68
Salad, Side--S/R/C	1 CUP	1.6
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Onions, fresh chopped	1/8 cup	2.29
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		113.74
% of Calories		65.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/09/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #1	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Combo Primo Pizza 8 cut	1 slice	34.16
Navajo Taco	1 EACH	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Lettuce, Shred, 1/4 c	1/4 CUP	0.63
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Salsa	1 OZ	1.97
Sour Cream	1 OZ	1.89
Ranch Dressing: yogurt	1 FL OZ	3.31
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1.01
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		95.51
% of Calories		56.2%
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	Portion Size	Carb (g)
Wed - 05/10/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #11	1	0.0
Corn Dog Chicken	1 EACH	30.0
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Chicken Tacos	2 each	19.84
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Cinnamon Bites	1 Each	19.85
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh	1/4 CUP	4.0
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Salsa	1 OZ	1.97
Lettuce, Shred, 1/4 c	1/4 CUP	0.63
Sour Cream	1 OZ	1.89
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1.01
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		97.35
% of Calories		57.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/11/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #28	1	*N/A*
Lasagna	1 1/4 cup	41.08
Rolls 51%/ 2oz	1 EACH	30.79
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1/4 c	1/4 CUP	13.68
Salad, Side--S/R/C	1 CUP	1.6
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Applesauce Cup, Strawberry	1/2 CUP	14.0
Green Beans: canned, ckd, 1/2 c	1/2 CUP	0.17
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Onions, Fresh Sliced	SLICE	3.03
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		113.82
% of Calories		62.0%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/12/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #37	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Buffalo Chicken, BD-8	Slice	34.93
Chicken Strips, Adv. Pierre	3 Each	12.12
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Beans Baked, 1/2 c	1/2 CUP	30.42
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
BBQ Ken's	1 oz	11.81
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		118.97
% of Calories		63.9%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/15/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #31	1	*N/A*
Wrap Chicken Strip	1 EACH	37.13
Meaty Nachos- Beef	Serving	40.47
Salad, Side--S/R/C	1 CUP	1.6
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Beans, Black, 1/2 c	1/2 CUP	17.01
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Buffalo Sauce Mild	2 tbsp	2.48
Ranch Dressing: yogurt	1 FL OZ	3.31
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		92.28
% of Calories		50.7%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/16/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #18	1	0.0
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	20.76
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	12.89
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Cheese Burger Wheat 51%	1 EACH	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Tomatoes,Fresh,Sliced	1 EACH	0.37
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		108.42
% of Calories		60.9%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/17/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #7	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Buffalo Chicken, BD-8	Slice	34.93
Chicken Fajita	1/2 cup	28.62
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Salsa	1 OZ	1.97
Sour Cream	1 OZ	1.89
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		90.25
% of Calories		54.8%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 05/18/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #9	1	0.0
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Salad, Side--S/R/C	1 CUP	1.6
Rolls 51%/ 2oz	1 EACH	30.79
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Applesauce Cup, Strawberry	1/2 CUP	14.0
Green Beans: canned, ckd, 1/2 c	1/2 cup	0.17
Kiwifruit, Fresh	1 EACH	11.14
Apples, Fresh	1 EACH	19.06
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
BBQ Sauce	1 OZ	16.0
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		101.25
% of Calories		59.6%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/19/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #21	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Hawaiian Primo Pizza 8 cut	1 slice	36.77
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Sausage Link	1 EACH	0.57
Hash Brown Potatoes	1/2 CUP	20.41
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		111.17
% of Calories		66.3%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/22/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #22	1	*N/A*
Chicken Nuggets, Adv. Pierre	5 Each	12.12
Taco Crisp	2 each	18.11
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Salad, Side--S/R/C	1 CUP	1.6
Cinnamon Bites	1 Each	19.85
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Salsa	1 OZ	1.97
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		84.28
% of Calories		51.5%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/23/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #30	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--S/R/C	1 CUP	1.6
Applesauce, canned: Sweet	1/2 CUP	23.65
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Beans Baked, 1/2 c	1/2 CUP	30.42
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Onions, Fresh Sliced	SLICE	3.03
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		110.11
% of Calories		59.8%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/24/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Salad, Side--S/R/C	1 CUP	1.6
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Weighted Daily Average		92.14
% of Calories		70.6%
Nutrient Guideline		

Thu - 05/25/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01

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.

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
LUNCH Jr High	Total	
Salad, Side--S/R/C	1 CUP	1.6
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Weighted Daily Average		89.89
% of Calories		71.8%
Nutrient Guideline		

Fri - 05/26/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
Weighted Daily Average		90.35
% of Calories		70.4%
Nutrient Guideline		

Weighted Average		101.84
		60.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	101.84	60.73%						

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