

# Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed

Page 1

Generated on: 8/18/2017 12:25:32 PM

	Portion Size	Sodm (mg)
Tue - 08/22/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		510
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Wed - 08/23/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		519
% 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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Page 2

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	Portion Size	Sodm (mg)
Thu - 08/24/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		452
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Fri - 08/25/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Strawberry Cup	.5 Cup	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		521
% of Calories		
Nutrient Guideline		600

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Page 3

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	Portion Size	Sodm (mg)
Mon - 08/28/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Peaches: canned, ex light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		498
Nutrient Guideline		600

Tue - 08/29/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average % of Calories		510
Nutrient Guideline		600

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Page 4

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	Portion Size	Sodm (mg)
Wed - 08/30/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		519
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Thu - 08/31/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		452
% of Calories		
Nutrient Guideline		600

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	Portion Size	Sodm (mg)
Weighted Average		498

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	498		600					

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