

# Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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Generated on: 8/18/2017 12:20:18 PM

	Portion Size	Carb (g)
<u>Tue - 08/22/2017</u>		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0.0
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
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Weighted Daily Average		85.37
% of Calories		67.5%
Nutrient Guideline		

	Portion Size	Carb (g)
<u>Wed - 08/23/2017</u>		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
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
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		97.83
% of Calories		76.8%
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.

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	Portion Size	Carb (g)
Thu - 08/24/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	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
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		111.34
% of Calories		76.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 08/25/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
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
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		87.54
% of Calories		69.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 08/28/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
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
SCRAMBLED EGGS	1/4 CUP	1.64
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		100.47
% of Calories		75.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 08/29/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0.0
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
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Weighted Daily Average		83.80
% of Calories		67.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/30/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
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
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		101.78
% of Calories		76.8%
Nutrient Guideline		

Thu - 08/31/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	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
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		110.01
% of Calories		76.3%
Nutrient Guideline		

Weighted Average		97.27
		73.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	97.27	73.43%						

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