

# Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

Page 1

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	Portion Size	Carb (g)
Fri - 09/01/2017		
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
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
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		88.18
% of Calories		69.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/05/2017		
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		82.10
% of Calories		66.3%
Nutrient Guideline		

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

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Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/06/2017		
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		101.88
% of Calories		76.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/07/2017		
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		114.33
% of Calories		75.9%
Nutrient Guideline		

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BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/08/2017		
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
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
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		91.66
% of Calories		68.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/11/2017		
BREAKFAST Elementary	Total	
Menu #1	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
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 CUP	1.64
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		84.96
% of Calories		68.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/12/2017		
BREAKFAST Elementary	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		86.44
% of Calories		70.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/13/2017		
BREAKFAST Elementary	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ketchup	1 OZ	8.34
Weighted Daily Average		90.02
% of Calories		72.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/14/2017		
BREAKFAST Elementary	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ketchup	1 OZ	8.34
Weighted Daily Average		83.29
% of Calories		70.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/15/2017		
BREAKFAST Elementary	Total	
Menu #5	1	0.0
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
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		77.79
% of Calories		65.2%
Nutrient Guideline		

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Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/18/2017		
BREAKFAST Elementary Menu #1	Total	
Pancakes, Cinnamon Glazed	1	0.0
Muffin Blueberry	1 EACH	35.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal, Frosted Mini-Wheats, Bow	1 EACH	32.0
Cereal, Marshmallow Mateys	BOWL	45.76
Sausage Link	1 Each	47.0
SCRAMBLED EGGS	1 EACH	0.57
Yogurt, strawberry	1/4 CUP	1.64
Applesauce, canned: Sweet	1 EACH	20.0
Orange Fresh, 1/2	1/2 CUP	23.65
Milk, Chocolate Fat Free	1/2 EACH	5.64
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	22.0
	1 EACH	30.66
Weighted Daily Average		84.96
% of Calories		68.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/19/2017		
BREAKFAST Elementary Menu #2	Total	
French Toast Sticks, 4 each	1	0.0
POPART, BROWN SUGAR CINN	4 EACH	36.0
POPART, STRAWBERRY	PACKAGE	34.93
Cereal, Frosted Mini-Wheats, Bow	PACKAGE	37.91
Cereal, Marshmallow Mateys	BOWL	45.76
Sausage Link	1 Each	47.0
SCRAMBLED EGGS	1 EACH	0.57
Yogurt, strawberry	1/4 cup	0.63
Mandarin Oranges	1 EACH	20.0
Apples, Fresh 1/2 each	1/2 CUP	21.26
Milk, Chocolate Fat Free	1/2 each	9.53
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	22.0
	1 EACH	30.66
Weighted Daily Average		86.44
% of Calories		70.9%
Nutrient Guideline		

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BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/20/2017		
BREAKFAST Elementary	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ketchup	1 OZ	8.34
Weighted Daily Average		90.02
% of Calories		72.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/21/2017		
BREAKFAST Elementary	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pineapple Chunks: canned, lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ketchup	1 OZ	8.34
Weighted Daily Average		83.29
% of Calories		70.3%
Nutrient Guideline		

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BREAKFAST Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/22/2017		
BREAKFAST Elementary	Total	
Menu #5	1	0.0
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
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		77.79
% of Calories		65.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/25/2017		
BREAKFAST Elementary	Total	
Menu #1	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
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 CUP	1.64
Yogurt, strawberry	1 EACH	20.0
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		84.96
% of Calories		68.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/26/2017		
BREAKFAST Elementary	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		86.44
% of Calories		70.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/27/2017		
BREAKFAST Elementary	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	34.96
NUTRI-GRAIN BARS Blueberry	2 Each	47.81
NUTRI-GRAIN BARS Strawberry	2 EACH	47.81
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ketchup	1 OZ	8.34
Weighted Daily Average		90.02
% of Calories		72.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/28/2017		
BREAKFAST Elementary	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	47.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ketchup	1 OZ	8.34
Weighted Daily Average		83.29
% of Calories		70.3%
Nutrient Guideline		

Fri - 09/29/2017		
BREAKFAST Elementary	Total	
Menu #5	1	0.0
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
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh 1/2 each	1/2 each	9.53
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		77.79
% of Calories		65.2%
Nutrient Guideline		

Weighted Average		87.28
		70.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.28	69.96%						

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.