

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST High School

Portion Values - Detailed

Page 1

Generated on: 8/18/2017 12:36:02 PM

	Portion Size	Carb (g)
Tue - 08/22/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
Weighted Daily Average		84.02
% of Calories		65.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 08/23/2017		
BREAKFAST High School	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
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
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
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		92.93
% of Calories		70.4%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Thu - 08/24/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
Weighted Daily Average		87.51
% of Calories		66.4%
Nutrient Guideline		

Fri - 08/25/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	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
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
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		87.67
% of Calories		67.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 08/28/2017		
BREAKFAST High School	Total	
Breakfast Menu #1	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
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
Peaches: canned,ex light syrup	1/2 CUP	13.31
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		89.52
% of Calories		67.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 08/29/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage,Pork,Patty frz 2 ea	2 EACH	0.75
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
Weighted Daily Average		84.02
% of Calories		65.2%
Nutrient Guideline		

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Page 4

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	Portion Size	Carb (g)
Wed - 08/30/2017		
BREAKFAST High School	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
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, 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
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		92.93
% of Calories		70.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 08/31/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Yogurt, strawberry	1 EACH	20.0
Sausage,Pork,Patty frz 2 ea	2 EACH	0.75
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
Weighted Daily Average		87.51
% of Calories		66.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Weighted Average		88.26 67.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.26	67.43%						

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