

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 10/30/2017 9:41:49 AM

	Portion Size	Carb (g)
Wed - 11/01/2017		
Elementary Breakfast	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
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
Weighted Daily Average		88.69
% of Calories		74.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/02/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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
Weighted Daily Average		82.22
% of Calories		72.7%
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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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 10/30/2017 9:41:49 AM

	Portion Size	Carb (g)
Fri - 11/03/2017		
Elementary Breakfast	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
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		77.51
% of Calories		67.7%
Nutrient Guideline		

Mon - 11/06/2017		
Elementary Breakfast	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
SCRAMBLED EGGS	1/4 cup	0.63
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		84.17
% of Calories		71.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/07/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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		86.41
% of Calories		73.5%
Nutrient Guideline		

Wed - 11/08/2017		
Elementary Breakfast	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
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
Weighted Daily Average		88.69
% of Calories		74.5%
Nutrient Guideline		

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Elementary Breakfast

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	Portion Size	Carb (g)
Thu - 11/09/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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
Weighted Daily Average		82.22
% of Calories		72.7%
Nutrient Guideline		

Fri - 11/10/2017		
Elementary Breakfast	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
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		77.51
% of Calories		67.7%
Nutrient Guideline		

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Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/13/2017		
Elementary Breakfast	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
SCRAMBLED EGGS	1/4 cup	0.63
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		84.17
% of Calories		71.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/14/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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		86.41
% of Calories		73.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/15/2017		
Elementary Breakfast	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
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
Weighted Daily Average		88.69
% of Calories		74.5%
Nutrient Guideline		

Thu - 11/16/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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
Weighted Daily Average		82.22
% of Calories		72.7%
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Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/17/2017		
Elementary Breakfast	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
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		77.51
% of Calories		67.7%
Nutrient Guideline		

Mon - 11/20/2017		
Elementary Breakfast	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
SCRAMBLED EGGS	1/4 cup	0.63
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		84.17
% of Calories		71.2%
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	Portion Size	Carb (g)
Tue - 11/21/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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		86.41
% of Calories		73.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/27/2017		
Elementary Breakfast	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
SCRAMBLED EGGS	1/4 cup	0.63
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		84.17
% of Calories		71.2%
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	Portion Size	Carb (g)
Tue - 11/28/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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		86.41
% of Calories		73.5%
Nutrient Guideline		

Wed - 11/29/2017		
Elementary Breakfast	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
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
Weighted Daily Average		88.69
% of Calories		74.5%
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	Portion Size	Carb (g)
Thu - 11/30/2017		
Elementary Breakfast	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, 2	2 EACH	1.14
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
Weighted Daily Average		82.22
% of Calories		72.7%
Nutrient Guideline		

Weighted Average		84.13 72.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.13	72.17%						

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