

Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/31/2018 7:23:59 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 02/01/2018 | | |
| Junior High Breakfast | Total | |
| Menu #4 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Mandarin Oranges | 1/2 CUP | 21.26 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Weighted Daily Average | | 114.16 |
| % of Calories | | 81.2% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Fri - 02/02/2018 | | |
| Junior High Breakfast | Total | |
| Menu #5 | 1 | 0.0 |
| Pancake 'n Sausage | 1 EACH | 17.0 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPTART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 13.22 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 99.82 |
| % of Calories | | 74.9% |
| 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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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Mon - 02/05/2018 | | |
| Junior High Breakfast | Total | |
| Menu #1 | 1 | 0.0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 35.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Peaches: canned, ex light syrup | 1/2 CUP | 13.31 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 104.36 |
| % of Calories | | 77.0% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|-----------|--------|
| Tue - 02/06/2018 | | |
| Junior High Breakfast | Total | |
| Menu #2 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Pears: canned, light syrup | 1/2 CUP | 13.57 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| 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 | | 110.99 |
| % of Calories | | 79.4% |
| 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

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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Wed - 02/07/2018 | | |
| Junior High Breakfast | Total | |
| Menu #3 | 1 | 0.0 |
| Eggo Waffle | 1.00 | 14.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 101.85 |
| % of Calories | | 78.4% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|-----------|--------|
| Thu - 02/08/2018 | | |
| Junior High Breakfast | Total | |
| Menu #4 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Mandarin Oranges | 1/2 CUP | 21.26 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Weighted Daily Average | | 114.16 |
| % of Calories | | 81.2% |
| Nutrient Guideline | | |

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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Fri - 02/09/2018 | | |
| Junior High Breakfast | Total | |
| Menu #5 | 1 | 0.0 |
| Pancake 'n Sausage | 1 EACH | 17.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 13.22 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 99.82 |
| % of Calories | | 74.9% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|-----------|--------|
| Mon - 02/12/2018 | | |
| Junior High Breakfast | Total | |
| Menu #1 | 1 | 0.0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 35.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Peaches: canned,ex light syrup | 1/2 CUP | 13.31 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 104.36 |
| % of Calories | | 77.0% |
| 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

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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Tue - 02/13/2018 | | |
| Junior High Breakfast | Total | |
| Menu #2 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Pears: canned, light syrup | 1/2 CUP | 13.57 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| 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 | | 110.99 |
| % of Calories | | 79.4% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Wed - 02/14/2018 | | |
| Junior High Breakfast | Total | |
| Menu #3 | 1 | 0.0 |
| Eggo Waffle | 1.00 | 14.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 101.85 |
| % of Calories | | 78.4% |
| Nutrient Guideline | | |

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

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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Thu - 02/15/2018 | | |
| Junior High Breakfast | Total | |
| Menu #4 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Mandarin Oranges | 1/2 CUP | 21.26 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Weighted Daily Average | | 114.16 |
| % of Calories | | 81.2% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|-----------|--------|
| Tue - 02/20/2018 | | |
| Junior High Breakfast | Total | |
| Menu #2 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Pears: canned, light syrup | 1/2 CUP | 13.57 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| 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 | | 110.99 |
| % of Calories | | 79.4% |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Wed - 02/21/2018 | | |
| Junior High Breakfast | Total | |
| Menu #3 | 1 | 0.0 |
| Eggo Waffle | 1.00 | 14.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 101.85 |
| % of Calories | | 78.4% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|-----------|--------|
| Thu - 02/22/2018 | | |
| Junior High Breakfast | Total | |
| Menu #4 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| 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 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Mandarin Oranges | 1/2 CUP | 21.26 |
| Craisins, Strawberry | packet | 28.0 |
| Apples, Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
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| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 19.01 |
| Weighted Daily Average | | 114.16 |
| % of Calories | | 81.2% |
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| | Portion Size | Carb (g) |
|----------------------------------|--------------|----------|
| Fri - 02/23/2018 | | |
| Junior High Breakfast | Total | |
| Menu #5 | 1 | 0.0 |
| Pancake 'n Sausage | 1 EACH | 17.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 13.22 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 99.82 |
| % of Calories | | 74.9% |
| Nutrient Guideline | | |

| | | |
|----------------------------------|-----------|--------|
| Mon - 02/26/2018 | | |
| Junior High Breakfast | Total | |
| Menu #1 | 1 | 0.0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 35.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPART, STRAWBERRY | PACKAGE | 37.91 |
| 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 |
| Peaches: canned,ex light syrup | 1/2 CUP | 13.31 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 104.36 |
| % of Calories | | 77.0% |
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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 02/27/2018 | | |
| Junior High Breakfast | Total | |
| Menu #2 | 1 | 0.0 |
| French Toast Sticks BC/WG | serving | 42.8 |
| NUTRI-GRAIN BARS Blueberry | 2 Each | 47.81 |
| NUTRI-GRAIN BARS Strawberry | 2 EACH | 47.81 |
| Muffin Blueberry | 1 EACH | 32.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 32.0 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 45.76 |
| Cereal, Marshmellow Mateys | 1 Each | 47.0 |
| Sausage Link | 1 EACH | 0.57 |
| Yogurt, strawberry | 1 EACH | 20.0 |
| Pears: canned,light syrup | 1/2 CUP | 13.57 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Bananas | 1 EACH | 30.0 |
| 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 | | 110.99 |
| % of Calories | | 79.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------|--------|
| Wed - 02/28/2018 | | |
| Junior High Breakfast | Total | |
| Menu #3 | 1 | 0.0 |
| Eggo Waffle | 1.00 | 14.0 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 34.93 |
| POPTART, STRAWBERRY | PACKAGE | 37.91 |
| Muffin Blueberry | 1 EACH | 32.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 32.0 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 45.76 |
| Cereal, Marshmellow 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 |
| Craisins, Strawberry | packet | 28.0 |
| Apples,Fresh | 1 EACH | 19.06 |
| Orange Fresh | 1 EACH | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 20.0 |
| Milk,1% Lowfat | HALF PINT | 12.0 |
| JUICE FRUITABLE | 1 EACH | 22.0 |
| SYRUP,PANCAKE | 1 EACH | 19.01 |
| Ketchup | 1 OZ | 8.34 |
| Weighted Daily Average | | 101.85 |
| % of Calories | | 78.4% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | 106.70 |
| | | 78.5% |

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

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Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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| Nutrient | Menu AVG | % of Cals | Weekly Target | Portion | Carb | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|---------|------|-----------|---------|-------------------------|
| | | | | Size | (g) | | | |
| Carbohydrate (g) | 106.70 | 78.48% | | | | | | |

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