

Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 1/31/2018 7:24:48 AM

	Portion Size	Carb (g)
Thu - 02/01/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Sausage,Pork,Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		114.71
% of Calories		74.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 02/02/2018		
High School Breakfast	Total	
Menu #5	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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		114.60
% of Calories		77.6%
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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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 02/05/2018		
High School Breakfast	Total	
Menu #1	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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		110.34
% of Calories		74.5%
Nutrient Guideline		

Tue - 02/06/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		110.91
% of Calories		72.9%
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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/07/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
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
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		114.41
% of Calories		77.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 02/08/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Sausage,Pork,Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		114.71
% of Calories		74.7%
Nutrient Guideline		

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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 02/09/2018		
High School Breakfast	Total	
Menu #5	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		114.60
% of Calories		77.6%
Nutrient Guideline		

Mon - 02/12/2018		
High School Breakfast	Total	
Menu #1	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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		110.34
% of Calories		74.5%
Nutrient Guideline		

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 02/13/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		110.91
% of Calories		72.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 02/14/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
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
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		114.41
% of Calories		77.5%
Nutrient Guideline		

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/15/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		114.71
% of Calories		74.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 02/20/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		110.91
% of Calories		72.9%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/21/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
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
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		114.41
% of Calories		77.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 02/22/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Sausage,Pork,Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		114.71
% of Calories		74.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/23/2018		
High School Breakfast	Total	
Menu #5	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		114.60
% of Calories		77.6%
Nutrient Guideline		

Mon - 02/26/2018		
High School Breakfast	Total	
Menu #1	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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
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
Bananas	1 EACH	30.0
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		110.34
% of Calories		74.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/27/2018		
High School 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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Sausage, Pork, Patty frz 2 ea	2 EACH	0.75
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
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
Weighted Daily Average		110.91
% of Calories		72.9%
Nutrient Guideline		

Wed - 02/28/2018		
High School Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle-2	2	34.96
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, Marshmallow Mateys	1 Each	47.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
SCRAMBLED EGGS	1/4 cup	0.63
Yogurt, strawberry	1 EACH	20.0
Craisins, Strawberry	packet	28.0
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
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		114.41
% of Calories		77.5%
Nutrient Guideline		

Weighted Average		113.05
		75.4%

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

High School Breakfast

Portion Values - Detailed

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Generated on: 1/31/2018 7:24:48 AM

Portion Size Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	113.05	75.37%						

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

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