

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/04/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	550	36.0
POPART, BROWN SUGAR CINN	PACKAGE	250	17.46
POPART, STRAWBERRY	PACKAGE	100	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	1000	0.57
SCRAMBLED EGGS	1/4 cup	1000	0.63
Pears: canned, light syrup	1/2 CUP	300	13.57
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	550	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.16
% of Calories			63.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/05/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Eggo Waffle	1.00	100	14.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	600	0.57
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Weighted Daily Average			79.05
% of Calories			72.2%
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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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/06/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	750	36.0
POPART, BROWN SUGAR CINN	PACKAGE	100	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Sausage Link	1 EACH	600	0.57
Mandarin Oranges	1/2 CUP	300	21.26
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	750	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.02
% of Calories			68.2%
Nutrient Guideline			

Fri - 09/07/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	400	17.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
Sausage Link	1 EACH	600	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	400	19.01
Weighted Daily Average			77.30
% of Calories			66.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/10/2018			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	1 EACH	250	35.0
Muffin Blueberry	1 EACH	250	30.0
Muffin Chocolate Choc Chip	1 EACH	250	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
Sausage Link	1 EACH	1000	0.57
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned, ex light syrup	1/2 CUP	300	13.31
Apples, Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	250	19.01
Weighted Daily Average			85.02
% of Calories			70.6%
Nutrient Guideline			

Tue - 09/11/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	550	36.0
POPART, BROWN SUGAR CINN	PACKAGE	250	17.46
POPART, STRAWBERRY	PACKAGE	100	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	1000	0.57
SCRAMBLED EGGS	1/4 cup	1000	0.63
Pears: canned, light syrup	1/2 CUP	300	13.57
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	550	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.16
% of Calories			63.4%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/12/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Eggo Waffle	1.00	100	14.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	600	0.57
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Weighted Daily Average			79.05
% of Calories			72.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/13/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	750	36.0
POPART, BROWN SUGAR CINN	PACKAGE	100	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Sausage Link	1 EACH	600	0.57
Mandarin Oranges	1/2 CUP	300	21.26
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	750	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.02
% of Calories			68.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/14/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	400	17.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
Sausage Link	1 EACH	600	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	400	19.01
Weighted Daily Average			77.30
% of Calories			66.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/17/2018			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	1 EACH	250	35.0
Muffin Blueberry	1 EACH	250	30.0
Muffin Chocolate Choc Chip	1 EACH	250	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
Sausage Link	1 EACH	1000	0.57
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned,ex light syrup	1/2 CUP	300	13.31
Apples,Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	250	19.01
Weighted Daily Average			85.02
% of Calories			70.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/18/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	550	36.0
POPART, BROWN SUGAR CINN	PACKAGE	250	17.46
POPART, STRAWBERRY	PACKAGE	100	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	1000	0.57
SCRAMBLED EGGS	1/4 cup	1000	0.63
Pears: canned, light syrup	1/2 CUP	300	13.57
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	550	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.16
% of Calories			63.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/19/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Eggo Waffle	1.00	100	14.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	600	0.57
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Weighted Daily Average			79.05
% of Calories			72.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/20/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	750	36.0
POPART, BROWN SUGAR CINN	PACKAGE	100	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Sausage Link	1 EACH	600	0.57
Mandarin Oranges	1/2 CUP	300	21.26
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	750	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.02
% of Calories			68.2%
Nutrient Guideline			

Fri - 09/21/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	400	17.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
Sausage Link	1 EACH	600	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	400	19.01
Weighted Daily Average			77.30
% of Calories			66.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/24/2018			
Junior High Breakfast	Total	1000	
Menu #1	1	0	0.0
Pancakes, Cinnamon Glazed	1 EACH	250	35.0
Muffin Blueberry	1 EACH	250	30.0
Muffin Chocolate Choc Chip	1 EACH	250	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	250	45.76
Cereal, Marshmallow Mateys	1 Each	250	48.0
Sausage Link	1 EACH	1000	0.57
Yogurt, strawberry	1 EACH	300	20.0
Peaches: canned, ex light syrup	1/2 CUP	300	13.31
Apples, Fresh	1 EACH	250	19.06
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	250	19.01
Weighted Daily Average			85.02
% of Calories			70.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/25/2018			
Junior High Breakfast	Total	1000	
Menu #2	1	0	0.0
French Toast Sticks, 4 each	4 EACH	550	36.0
POPART, BROWN SUGAR CINN	PACKAGE	250	17.46
POPART, STRAWBERRY	PACKAGE	100	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	1000	0.57
SCRAMBLED EGGS	1/4 cup	1000	0.63
Pears: canned, light syrup	1/2 CUP	300	13.57
Bananas	1 EACH	250	30.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	550	19.01
Ketchup	1 OZ	600	8.34
Weighted Daily Average			82.16
% of Calories			63.4%
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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/26/2018			
Junior High Breakfast	Total	1000	
Menu #3	1	1	0.0
Eggo Waffle	1.00	100	14.0
Muffin Blueberry	1 EACH	100	30.0
Muffin Chocolate Choc Chip	1 EACH	600	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	100	45.76
Cereal, Marshmallow Mateys	1 Each	100	48.0
Sausage Link	1 EACH	600	0.57
Yogurt, strawberry	1 EACH	600	20.0
Applesauce Cup, Cinnamon	1/2 CUP	600	14.0
Orange Fresh	1 EACH	600	11.28
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	100	30.66
Weighted Daily Average			79.05
% of Calories			72.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/27/2018			
Junior High Breakfast	Total	1000	
Menu #4	1	0	0.0
French Toast Sticks, 4 each	4 EACH	750	36.0
POPART, BROWN SUGAR CINN	PACKAGE	100	17.46
POPART, STRAWBERRY	PACKAGE	50	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
SCRAMBLED EGGS	1/4 cup	600	0.63
Sausage Link	1 EACH	600	0.57
Mandarin Oranges	1/2 CUP	300	21.26
Kiwifruit, Fresh	1 EACH	250	11.14
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	750	19.01
Ketchup	1 OZ	600	8.34
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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/28/2018			
Junior High Breakfast	Total	1000	
Menu #5	1	0	0.0
Pancake 'n Sausage	1 EACH	400	17.0
Muffin Blueberry	1 EACH	50	30.0
Muffin Chocolate Choc Chip	1 EACH	500	27.0
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	45.76
Cereal, Marshmallow Mateys	1 Each	50	48.0
Yogurt, strawberry	1 EACH	600	20.0
Sausage Link	1 EACH	600	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	300	13.22
Craisins, Strawberry	packet	300	28.0
Milk, Chocolate Fat Free	HALF PINT	500	20.0
Milk, 1% Lowfat	HALF PINT	250	12.0
JUICE FRUITABLE	1 EACH	250	22.0
SYRUP, PANCAKE	1 EACH	400	19.01
Weighted Daily Average			77.30
% of Calories			66.1%
Nutrient Guideline			

Weighted Average			80.91
			67.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	80.91	67.80%						

\*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.