

Weber School District Child Nutrition

Aug 21, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 8/2/2018 2:38:33 PM

| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Tue - 08/21/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #2 | 1 | 0 | 0.0 |
| French Toast Sticks, 4 each | 4 EACH | 100 | 36.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 225 | 0.75 |
| Yogurt, strawberry | 1 EACH | 200 | 20.0 |
| Pears: canned, light syrup | 1/2 CUP | 200 | 13.57 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Weighted Daily Average | | | 101.07 |
| % of Calories | | | 73.1% |
| Nutrient Guideline | | | |

| | | | |
|----------------------------------|-----------|-----|--------|
| Wed - 08/22/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #3 | 1 | 0 | 0.0 |
| Eggo Waffle-2 | 2 | 100 | 34.96 |
| POPART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| SCRAMBLED EGGS | 1/4 cup | 225 | 0.63 |
| Yogurt, strawberry | 1 EACH | 225 | 20.0 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Applesauce, canned: Sweet | 1/2 CUP | 200 | 17.78 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Ketchup | 1 OZ | 100 | 8.34 |
| Weighted Daily Average | | | 106.17 |
| % of Calories | | | 77.5% |
| 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.

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.

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| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Thu - 08/23/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #4 | 1 | 0 | 0.0 |
| French Toast Sticks, 4 each | 4 EACH | 100 | 36.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 200 | 0.75 |
| Yogurt, strawberry | 1 EACH | 200 | 20.0 |
| Mandarin Oranges | 1/2 CUP | 200 | 21.26 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Weighted Daily Average | | | 104.86 |
| % of Calories | | | 75.0% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Fri - 08/24/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #5 | 1 | 0 | 0.0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 100 | 35.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| SCRAMBLED EGGS | 1/4 cup | 225 | 0.63 |
| Yogurt, strawberry | 1 EACH | 225 | 20.0 |
| Pineapple Chunks: canned, lt syr | 1/2 CUP | 300 | 13.22 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Ketchup | 1 OZ | 200 | 8.34 |
| Weighted Daily Average | | | 109.29 |
| % of Calories | | | 78.2% |
| 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 Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Mon - 08/27/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #1 | 1 | 0 | 0.0 |
| Pancake 'n Sausage | 1 EACH | 100 | 17.0 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPTART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| SCRAMBLED EGGS | 1/4 cup | 225 | 0.63 |
| Yogurt, strawberry | 1 EACH | 225 | 20.0 |
| Peaches: canned, ex light syrup | 1/2 CUP | 200 | 13.31 |
| Craisins, Strawberry | packet | 250 | 28.0 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Ketchup | 1 OZ | 200 | 8.34 |
| Weighted Daily Average | | | 105.04 |
| % of Calories | | | 75.0% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Tue - 08/28/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #2 | 1 | 0 | 0.0 |
| French Toast Sticks, 4 each | 4 EACH | 100 | 36.0 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPTART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 225 | 0.75 |
| Yogurt, strawberry | 1 EACH | 200 | 20.0 |
| Pears: canned, light syrup | 1/2 CUP | 200 | 13.57 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Weighted Daily Average | | | 101.07 |
| % of Calories | | | 73.1% |
| 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 Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Wed - 08/29/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #3 | 1 | 0 | 0.0 |
| Eggo Waffle-2 | 2 | 100 | 34.96 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPTART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| SCRAMBLED EGGS | 1/4 cup | 225 | 0.63 |
| Yogurt, strawberry | 1 EACH | 225 | 20.0 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Applesauce, canned: Sweet | 1/2 CUP | 200 | 17.78 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Ketchup | 1 OZ | 100 | 8.34 |
| Weighted Daily Average | | | 106.17 |
| % of Calories | | | 77.5% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Thu - 08/30/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #4 | 1 | 0 | 0.0 |
| French Toast Sticks, 4 each | 4 EACH | 100 | 36.0 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPTART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 200 | 0.75 |
| Yogurt, strawberry | 1 EACH | 200 | 20.0 |
| Mandarin Oranges | 1/2 CUP | 200 | 21.26 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Apples, Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Weighted Daily Average | | | 104.86 |
| % of Calories | | | 75.0% |
| Nutrient Guideline | | | |

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

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| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------------|--------------|-----------|----------|
| Fri - 08/31/2018 | | | |
| High School Breakfast | Total | 400 | |
| Menu #5 | 1 | 0 | 0.0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 100 | 35.0 |
| POPART, BROWN SUGAR CINN | PACKAGE | 50 | 17.46 |
| POPART, STRAWBERRY | PACKAGE | 50 | 18.96 |
| Muffin Blueberry | 1 EACH | 50 | 30.0 |
| Muffin Chocolate Choc Chip | 1 EACH | 50 | 27.0 |
| Cereal, Marshmallow Mateys | 1 Each | 50 | 48.0 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 50 | 45.76 |
| SCRAMBLED EGGS | 1/4 cup | 225 | 0.63 |
| Yogurt, strawberry | 1 EACH | 225 | 20.0 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 300 | 13.22 |
| Craisins, Strawberry | packet | 200 | 28.0 |
| Apples,Fresh | 1 EACH | 100 | 19.06 |
| Bananas | 1 EACH | 100 | 30.0 |
| Orange Fresh | 1 EACH | 60 | 11.28 |
| Milk, Chocolate Fat Free | HALF PINT | 150 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 100 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 150 | 22.0 |
| SYRUP, PANCAKE | 1 EACH | 100 | 19.01 |
| Ketchup | 1 OZ | 200 | 8.34 |
| Weighted Daily Average | | | 109.29 |
| % of Calories | | | 78.2% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 105.31 |
| | | | 75.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 105.31 | 75.86% | | | | | | |

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