

# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:31:59 PM

	Portion Size	Carb (g)
Thu - 11/01/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Sausage Link	1 EACH	0.57
Mandarin Oranges	1/2 CUP	21.26
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
Ketchup	1 OZ	8.34
Weighted Daily Average		82.56
% of Calories		68.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/02/2018		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link	1 EACH	0.57
Pineapple Chunks: canned, lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		78.52
% of Calories		70.3%
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	Carb (g)
Mon - 11/05/2018		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
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		67.79
% of Calories		66.2%
Nutrient Guideline		

Tue - 11/06/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned, light syrup	1/2 CUP	13.57
Kiwifruit, Fresh	1 EACH	11.14
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		76.72
% of Calories		59.5%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/07/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.18
% of Calories		71.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/08/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Sausage Link	1 EACH	0.57
Mandarin Oranges	1/2 CUP	21.26
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
Ketchup	1 OZ	8.34
Weighted Daily Average		82.56
% of Calories		68.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 11/09/2018		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link	1 EACH	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		78.52
% of Calories		70.3%
Nutrient Guideline		

Mon - 11/12/2018		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
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		67.79
% of Calories		66.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/13/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned, light syrup	1/2 CUP	13.57
Kiwifruit, Fresh	1 EACH	11.14
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		76.72
% of Calories		59.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/14/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.18
% of Calories		71.3%
Nutrient Guideline		

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Junior High Breakfast

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	Portion Size	Carb (g)
Thu - 11/15/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Sausage Link	1 EACH	0.57
Mandarin Oranges	1/2 CUP	21.26
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
Ketchup	1 OZ	8.34
Weighted Daily Average		82.56
% of Calories		68.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/16/2018		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link	1 EACH	0.57
Pineapple Chunks: canned, lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		78.52
% of Calories		70.3%
Nutrient Guideline		

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 11/19/2018		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
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		67.79
% of Calories		66.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/20/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned, light syrup	1/2 CUP	13.57
Kiwifruit, Fresh	1 EACH	11.14
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		76.72
% of Calories		59.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/21/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.18
% of Calories		71.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/22/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Sausage Link	1 EACH	0.57
Mandarin Oranges	1/2 CUP	21.26
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
Ketchup	1 OZ	8.34
Weighted Daily Average		82.56
% of Calories		68.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 11/23/2018		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link	1 EACH	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		78.52
% of Calories		70.3%
Nutrient Guideline		

Mon - 11/26/2018		
Junior High Breakfast	Total	
Menu #1	1	0.0
Pancakes, Cinnamon Glazed	PKG	35.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPTART, BROWN SUGAR CINN	PACKAGE	17.46
POPTART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
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		67.79
% of Calories		66.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/27/2018		
Junior High Breakfast	Total	
Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned, light syrup	1/2 CUP	13.57
Kiwifruit, Fresh	1 EACH	11.14
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		76.72
% of Calories		59.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/28/2018		
Junior High Breakfast	Total	
Menu #3	1	0.0
Eggo Waffle	1.00	14.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal, Frosted Mini-Wheats, Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Sausage Link	1 EACH	0.57
Yogurt, strawberry	1 EACH	20.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		76.18
% of Calories		71.3%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/29/2018		
Junior High Breakfast	Total	
Menu #4	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Muffin Chocolate Choc Chip	1 EACH	27.0
Muffin Blueberry	1 EACH	30.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
SCRAMBLED EGGS	1/4 cup	0.63
Sausage Link	1 EACH	0.57
Mandarin Oranges	1/2 CUP	21.26
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
Ketchup	1 OZ	8.34
Weighted Daily Average		82.56
% of Calories		68.1%
Nutrient Guideline		

Fri - 11/30/2018		
Junior High Breakfast	Total	
Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Muffin Blueberry	1 EACH	30.0
Muffin Chocolate Choc Chip	1 EACH	27.0
POPART, BROWN SUGAR CINN	PACKAGE	17.46
POPART, STRAWBERRY	PACKAGE	18.96
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmallow Mateys	1 Each	48.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link	1 EACH	0.57
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Craisins, Strawberry	packet	28.0
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		78.52
% of Calories		70.3%
Nutrient Guideline		

Weighted Average		76.74
		67.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	76.74	67.06%						

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