

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed

Page 1

Generated on: 8/18/2017 12:26:54 PM

	Portion Size	Sodm (mg)
Fri - 09/01/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Strawberry Cup	.5 Cup	0
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		521
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Tue - 09/05/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Weighted Daily Average		510
% of Calories		
Nutrient Guideline		600

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

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Portion Values - Detailed

Page 2

Generated on: 8/18/2017 12:26:54 PM

	Portion Size	Sodm (mg)
Wed - 09/06/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		519
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Thu - 09/07/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		452
% of Calories		
Nutrient Guideline		600

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BREAKFAST Jr High

Portion Values - Detailed

Page 3

Generated on: 8/18/2017 12:26:54 PM

	Portion Size	Sodm (mg)
Fri - 09/08/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Strawberry Cup	.5 Cup	0
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		521
% of Calories		
Nutrient Guideline		600

Mon - 09/11/2017		
BREAKFAST Jr High	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		587
% of Calories		
Nutrient Guideline		600

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Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed

Page 4

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Tue - 09/12/2017		
BREAKFAST Jr High	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		448
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Wed - 09/13/2017		
BREAKFAST Jr High	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		590
% of Calories		
Nutrient Guideline		600

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Sep 1, 2017 thru Sep 29, 2017

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BREAKFAST Jr High

Portion Values - Detailed

Page 5

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Thu - 09/14/2017		
BREAKFAST Jr High	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		455
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Fri - 09/15/2017		
BREAKFAST Jr High	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		601
% of Calories		
Nutrient Guideline		600

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BREAKFAST Jr High

Portion Values - Detailed

Page 6

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Mon - 09/18/2017		
BREAKFAST Jr High	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		587
% of Calories		
Nutrient Guideline		600

Tue - 09/19/2017		
BREAKFAST Jr High	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		448
% of Calories		
Nutrient Guideline		600

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BREAKFAST Jr High

Portion Values - Detailed

Page 7

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Wed - 09/20/2017		
BREAKFAST Jr High	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		590
% of Calories		
Nutrient Guideline		600

Thu - 09/21/2017		
BREAKFAST Jr High	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		455
% of Calories		
Nutrient Guideline		600

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BREAKFAST Jr High

Portion Values - Detailed

Page 8

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Fri - 09/22/2017		
BREAKFAST Jr High	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		601
% of Calories		
Nutrient Guideline		600

Mon - 09/25/2017		
BREAKFAST Jr High	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		587
% of Calories		
Nutrient Guideline		600

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BREAKFAST Jr High

Portion Values - Detailed

Page 9

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Tue - 09/26/2017		
BREAKFAST Jr High	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		448
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Wed - 09/27/2017		
BREAKFAST Jr High	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		590
% of Calories		
Nutrient Guideline		600

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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed

Page 10

Generated on: 8/18/2017 12:26:55 PM

	Portion Size	Sodm (mg)
Thu - 09/28/2017		
BREAKFAST Jr High	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		455
% of Calories		
Nutrient Guideline		600

Fri - 09/29/2017		
BREAKFAST Jr High	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 CUP	144
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		601
% of Calories		
Nutrient Guideline		600

Weighted Average		528
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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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed

Page 11

Generated on: 8/18/2017 12:26:55 PM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Sodm	Shortfall	Overage	Error Messages (if any)
				Size	(mg)			
Sodium (mg)	528		600					

**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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