

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

Page 1

Generated on: 8/18/2017 12:22:11 PM

	Portion Size	Sodm (mg)
Tue - 08/22/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
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
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Weighted Daily Average		472
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Wed - 08/23/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
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
SCRAMBLED EGGS	1/4 cup	120
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		500
% of Calories		
Nutrient Guideline		540

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

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

Page 2

Generated on: 8/18/2017 12:22:11 PM

	Portion Size	Sodm (mg)
Thu - 08/24/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		593
% of Calories		
Nutrient Guideline		540

Fri - 08/25/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		540

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

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

Page 3

Generated on: 8/18/2017 12:22:11 PM

	Portion Size	Sodm (mg)
Mon - 08/28/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 CUP	144
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		540

Tue - 08/29/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
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
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Weighted Daily Average		461
% of Calories		
Nutrient Guideline		540

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

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

BREAKFAST Elementary

Portion Values - Detailed

Page 4

Generated on: 8/18/2017 12:22:11 PM

	Portion Size	Sodm (mg)
Wed - 08/30/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
SCRAMBLED EGGS	1/4 cup	120
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		523
% of Calories		
Nutrient Guideline		540

Thu - 08/31/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		586
% of Calories		
Nutrient Guideline		540

Weighted Average		512
------------------	--	-----

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	512		540					

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.