

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/30/2017 10:05:48 AM

	Portion Size	Sodm (mg)
Wed - 11/01/2017		
Junior High Breakfast	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	225
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		642
% of Calories		
Nutrient Guideline		600

Thu - 11/02/2017		
Junior High Breakfast	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

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

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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Generated on: 10/30/2017 10:05:48 AM

	Portion Size	Sodm (mg)
Fri - 11/03/2017		
Junior High Breakfast	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	225
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		653
% of Calories		
Nutrient Guideline		600

Mon - 11/06/2017		
Junior High Breakfast	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	225
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		639
% of Calories		
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

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Generated on: 10/30/2017 10:05:48 AM

	Portion Size	Sodm (mg)
Tue - 11/07/2017		
Junior High Breakfast	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 - 11/08/2017		
Junior High Breakfast	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	225
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		642
% of Calories		
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 11/09/2017		
Junior High Breakfast	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 - 11/10/2017		
Junior High Breakfast	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	225
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		653
% of Calories		
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 11/13/2017		
Junior High Breakfast	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	225
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		639
% of Calories		
Nutrient Guideline		600

Tue - 11/14/2017		
Junior High Breakfast	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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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 11/15/2017		
Junior High Breakfast	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	225
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		642
% of Calories		
Nutrient Guideline		600

Thu - 11/16/2017		
Junior High Breakfast	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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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 11/17/2017		
Junior High Breakfast	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	225
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		653
% of Calories		
Nutrient Guideline		600

Mon - 11/20/2017		
Junior High Breakfast	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	225
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		639
% of Calories		
Nutrient Guideline		600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 8

Generated on: 10/30/2017 10:05:48 AM

	Portion Size	Sodm (mg)
Tue - 11/21/2017		
Junior High Breakfast	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)
Mon - 11/27/2017		
Junior High Breakfast	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	225
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		639
% of Calories		
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 11/28/2017		
Junior High Breakfast	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 - 11/29/2017		
Junior High Breakfast	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	225
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		642
% of Calories		
Nutrient Guideline		600

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	Portion Size	Sodm (mg)
Thu - 11/30/2017		
Junior High Breakfast	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, Marshmellow 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

Weighted Average		563
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	563		600					

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