

# Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 12/8/2017 4:09:13 PM

	Portion Size	Sodm (mg)
Wed - 01/03/2018		
Elementary Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Thu - 01/04/2018		
Elementary Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		527
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Fri - 01/05/2018		
Elementary Breakfast	Total	
Menu #5	1	0
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
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		451
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Mon - 01/08/2018		
Elementary Breakfast	Total	
Menu #1	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
SCRAMBLED EGGS	1/4 cup	120
Egg, Hard Boiled	1 EACH	62
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		399
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Tue - 01/09/2018		
Elementary Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		498
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Wed - 01/10/2018		
Elementary Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Ketchup	1 OZ	267
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Thu - 01/11/2018		
Elementary Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		494
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Tue - 01/16/2018		
Elementary Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		498
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Wed - 01/17/2018		
Elementary Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		446
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Thu - 01/18/2018		
Elementary Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		494
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Fri - 01/19/2018		
Elementary Breakfast	Total	
Menu #5	1	0
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
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		417
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Mon - 01/22/2018		
Elementary Breakfast	Total	
Menu #1	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
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		413
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Tue - 01/23/2018		
Elementary Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		498
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Wed - 01/24/2018		
Elementary Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		446
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Thu - 01/25/2018		
Elementary Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		494
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Fri - 01/26/2018		
Elementary Breakfast	Total	
Menu #5	1	0
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
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		417
% of Calories		
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Mon - 01/29/2018		
Elementary Breakfast	Total	
Menu #1	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
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		413
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Tue - 01/30/2018		
Elementary Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		498
% of Calories		
Nutrient Guideline		540

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Wed - 01/31/2018		
Elementary Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	260
NUTRI-GRAIN BARS Blueberry	2 Each	219
NUTRI-GRAIN BARS Strawberry	2 EACH	249
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		446
% of Calories		
Nutrient Guideline		540

Weighted Average		463
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	463		540					

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