

Weber School District Child Nutrition

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/30/2018 8:39:04 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/01/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			463
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/02/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Eggo Waffle	1.00	400	210
NUTRI-GRAIN BARS Blueberry	2 Each	400	269
NUTRI-GRAIN BARS Strawberry	2 EACH	400	299
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Peaches: canned, ex light syrup	1/2 cup	800	10
Banana, 1/2	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			438
% of Calories			
Nutrient Guideline			540

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

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Elementary Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/30/2018 8:39:04 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/03/2018			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Pineapple Chunks:canned,lt syr	1/2 CUP	800	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			540

Fri - 05/04/2018			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Pears: canned, light syrup	1/2 CUP	800	10
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			392
% of Calories			
Nutrient Guideline			540

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Elementary Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/30/2018 8:39:04 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 05/07/2018			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	400	260
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Applesauce, canned: Sweet	1/2 CUP	800	23
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			387
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/08/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			463
% of Calories			
Nutrient Guideline			540

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Generated on: 4/30/2018 8:39:04 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/09/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Eggo Waffle	1.00	400	210
NUTRI-GRAIN BARS Blueberry	2 Each	400	269
NUTRI-GRAIN BARS Strawberry	2 EACH	400	299
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Peaches: canned, ex light syrup	1/2 cup	800	10
Banana, 1/2	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			438
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/10/2018			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Pineapple Chunks: canned, lt syr	1/2 CUP	800	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/11/2018			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Pears: canned, light syrup	1/2 CUP	800	10
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			392
% of Calories			
Nutrient Guideline			540

Mon - 05/14/2018			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	400	260
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Applesauce, canned: Sweet	1/2 CUP	800	23
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			387
% of Calories			
Nutrient Guideline			540

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Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/15/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			463
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/16/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Eggo Waffle	1.00	400	210
NUTRI-GRAIN BARS Blueberry	2 Each	400	269
NUTRI-GRAIN BARS Strawberry	2 EACH	400	299
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Peaches: canned, ex light syrup	1/2 cup	800	10
Banana, 1/2	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			438
% of Calories			
Nutrient Guideline			540

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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 4/30/2018 8:39:04 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/17/2018			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Pineapple Chunks:canned,lt syr	1/2 CUP	800	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			540

Fri - 05/18/2018			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Pears: canned, light syrup	1/2 CUP	800	10
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			392
% of Calories			
Nutrient Guideline			540

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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 8

Generated on: 4/30/2018 8:39:04 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 05/21/2018			
Elementary Breakfast	Total	2000	
Menu #1	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	400	260
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Applesauce, canned: Sweet	1/2 CUP	800	23
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			387
% of Calories			
Nutrient Guideline			540

Tue - 05/22/2018			
Elementary Breakfast	Total	2000	
Menu #2	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPART, BROWN SUGAR CINN	PACKAGE	400	170
POPART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Mandarin Oranges	1/2 CUP	800	21
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			463
% of Calories			
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/23/2018			
Elementary Breakfast	Total	2000	
Menu #3	1	0	0
Eggo Waffle	1.00	400	210
NUTRI-GRAIN BARS Blueberry	2 Each	400	269
NUTRI-GRAIN BARS Strawberry	2 EACH	400	299
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Peaches: canned, ex light syrup	1/2 cup	800	10
Banana, 1/2	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			438
% of Calories			
Nutrient Guideline			540

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/24/2018			
Elementary Breakfast	Total	2000	
Menu #4	1	0	0
French Toast Sticks BC/WG	serving	400	289
POPTART, BROWN SUGAR CINN	PACKAGE	400	170
POPTART, STRAWBERRY	PACKAGE	400	170
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
Sausage Link, 2	2 EACH	1000	222
Yogurt, strawberry	1 EACH	1000	50
Pineapple Chunks: canned, lt syr	1/2 CUP	800	12
Orange Fresh, 1/2	1/2 EACH	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			540

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/25/2018			
Elementary Breakfast	Total	2000	
Menu #5	1	0	0
Pancake 'n Sausage	1 EACH	400	310
Muffin Blueberry	1 EACH	400	135
Muffin Chocolate Choc Chip	1 EACH	400	105
Cereal, Frosted Mini-Wheats, Bow	BOWL	400	10
Cereal, Marshmallow Mateys	1 Each	400	280
SCRAMBLED EGGS	1/4 cup	1000	120
Yogurt, strawberry	1 EACH	1000	50
Pears: canned, light syrup	1/2 CUP	800	10
Apples, Fresh 1/2 each	1/2 each	500	0
Milk, Chocolate Fat Free	HALF PINT	1000	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	500	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	400	45
Weighted Daily Average			392
% of Calories			
Nutrient Guideline			540

Weighted Average			430
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	430		540					

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