

# Weber School District Child Nutrition

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/30/2018 9:29:24 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Tue - 05/01/2018</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	225	172
Yogurt, strawberry	1 EACH	200	50
Pears: canned,light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			464
% of Calories			
Nutrient Guideline			640

<b>Wed - 05/02/2018</b>			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPTART, BROWN SUGAR CINN	PACKAGE	50	170
POPTART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Craisins, Strawberry	packet	200	0
Applesauce, canned: Sweet	1/2 CUP	200	23
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Ketchup	1 OZ	100	267
Weighted Daily Average			455
% of Calories			
Nutrient Guideline			640

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

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May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 2

Generated on: 4/30/2018 9:29:24 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/03/2018			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	200	172
Yogurt, strawberry	1 EACH	200	50
Mandarin Oranges	1/2 CUP	200	21
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			640

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/04/2018			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	170
POPART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			519
% of Calories			
Nutrient Guideline			640

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# Weber School District Child Nutrition

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/30/2018 9:29:24 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Mon - 05/07/2018</b>			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPART, BROWN SUGAR CINN	PACKAGE	50	170
POPART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Peaches: canned, ex light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	250	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			527
% of Calories			
Nutrient Guideline			640

<b>Tue - 05/08/2018</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Sausage, Pork, Patty frz 2 ea	2 EACH	225	172
Yogurt, strawberry	1 EACH	200	50
Pears: canned, light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Weighted Daily Average			464
% of Calories			
Nutrient Guideline			640

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May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/09/2018			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	170
POPART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Craisins, Strawberry	packet	200	0
Applesauce, canned: Sweet	1/2 CUP	200	23
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Ketchup	1 OZ	100	267
Weighted Daily Average			455
% of Calories			
Nutrient Guideline			640

Thu - 05/10/2018			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	200	172
Yogurt, strawberry	1 EACH	200	50
Mandarin Oranges	1/2 CUP	200	21
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			640

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
<b>Fri - 05/11/2018</b>			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	100	260
POPTART, BROWN SUGAR CINN	PACKAGE	50	170
POPTART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Pineapple Chunks: canned, lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			519
% of Calories			
Nutrient Guideline			640

<b>Mon - 05/14/2018</b>			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPTART, BROWN SUGAR CINN	PACKAGE	50	170
POPTART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmallow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Peaches: canned, ex light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	250	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			527
% of Calories			
Nutrient Guideline			640

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
<b>Tue - 05/15/2018</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	225	172
Yogurt, strawberry	1 EACH	200	50
Pears: canned,light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			464
% of Calories			
Nutrient Guideline			640

<b>Wed - 05/16/2018</b>			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPTART, BROWN SUGAR CINN	PACKAGE	50	170
POPTART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Craisins, Strawberry	packet	200	0
Applesauce, canned: Sweet	1/2 CUP	200	23
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Ketchup	1 OZ	100	267
Weighted Daily Average			455
% of Calories			
Nutrient Guideline			640

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 4/30/2018 9:29:25 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/17/2018			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	200	172
Yogurt, strawberry	1 EACH	200	50
Mandarin Oranges	1/2 CUP	200	21
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			640

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/18/2018			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	1 EACH	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	170
POPART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Pineapple Chunks:canned,lt syr	1/2 CUP	300	12
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
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Ketchup	1 OZ	200	267
Weighted Daily Average			519
% of Calories			
Nutrient Guideline			640

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
<b>Mon - 05/21/2018</b>			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPART, BROWN SUGAR CINN	PACKAGE	50	170
POPART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Peaches: canned, ex light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	250	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Ketchup	1 OZ	200	267
Weighted Daily Average			527
% of Calories			
Nutrient Guideline			640

<b>Tue - 05/22/2018</b>			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal, Frosted Mini-Wheats, Bow	BOWL	50	10
Sausage, Pork, Patty frz 2 ea	2 EACH	225	172
Yogurt, strawberry	1 EACH	200	50
Pears: canned, light syrup	1/2 CUP	200	10
Craisins, Strawberry	packet	200	0
Apples, Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk, 1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP, PANCAKE	1 EACH	100	3
Weighted Daily Average			464
% of Calories			
Nutrient Guideline			640

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	Portion Size	Reimb Qty	Sodm (mg)
<b>Wed - 05/23/2018</b>			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	170
POPART, STRAWBERRY	PACKAGE	50	170
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
SCRAMBLED EGGS	1/4 cup	225	120
Yogurt, strawberry	1 EACH	225	50
Craisins, Strawberry	packet	200	0
Applesauce, canned: Sweet	1/2 CUP	200	23
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Ketchup	1 OZ	100	267
Weighted Daily Average			455
% of Calories			
Nutrient Guideline			640

<b>Thu - 05/24/2018</b>			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
NUTRI-GRAIN BARS Blueberry	2 Each	50	269
NUTRI-GRAIN BARS Strawberry	2 EACH	50	299
Muffin Blueberry	1 EACH	50	135
Muffin Chocolate Choc Chip	1 EACH	50	105
Cereal, Marshmellow Mateys	1 Each	50	280
Cereal,Frosted Mini-Wheats,Bow	BOWL	50	10
Sausage,Pork,Patty frz 2 ea	2 EACH	200	172
Yogurt, strawberry	1 EACH	200	50
Mandarin Oranges	1/2 CUP	200	21
Craisins, Strawberry	packet	200	0
Apples,Fresh	1 EACH	100	1
Bananas	1 EACH	100	0
Orange Fresh	1 EACH	60	0
Milk, Chocolate Fat Free	HALF PINT	150	180
Milk,1% Lowfat	HALF PINT	100	125
JUICE FRUITABLE	1 EACH	150	20
SYRUP,PANCAKE	1 EACH	100	3
Weighted Daily Average			459
% of Calories			
Nutrient Guideline			640

Weighted Average			481
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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

May 1, 2018 thru May 25, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 4/30/2018 9:29:25 AM

Portion Size      Reimb Qty      Sodm (mg)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	481		640					

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

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