

# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:25:23 PM

	Portion Size	Sodm (mg)
Thu - 11/01/2018		
Elementary Breakfast	Total	
Menu #4	1	0
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	280
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		634
% of Calories		
Nutrient Guideline		540

Fri - 11/02/2018		
Elementary Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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		498
% of Calories		
Nutrient Guideline		540

Mon - 11/05/2018		
Elementary Breakfast	Total	
Menu #6	1	0
French Toast Sticks BC/WG	serving	289
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
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

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		450
Nutrient Guideline		540

Tue - 11/06/2018		
Elementary Breakfast Menu #7	Total	
POPART, BROWN SUGAR CINN	1 PACKAGE	85
POPART, STRAWBERRY	1 PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	1 BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
Milk, Chocolate Fat Free	1 HALF PINT	180
Milk, 1% Lowfat	1 HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		629
Nutrient Guideline		540

Wed - 11/07/2018		
Elementary Breakfast Menu #8	Total	
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal, Frosted Mini-Wheats, Bow	1 BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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	1 HALF PINT	180
Milk, 1% Lowfat	1 HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Weighted Daily Average % of Calories		323
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Thu - 11/08/2018		
Elementary Breakfast	Total	
Menu #9	1	0
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
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
Weighted Daily Average		454
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Fri - 11/09/2018		
Elementary Breakfast	Total	
Menu #10	1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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		495
% of Calories		
Nutrient Guideline		540

	Portion Size	Sodm (mg)
Mon - 11/12/2018		
Elementary Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	PKG	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
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	OZ	267

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		516
Nutrient Guideline		540

Tue - 11/13/2018		
Elementary Breakfast Menu #2	Total	
French Toast Sticks, 4 each	1	0
Cereal, Frosted Mini-Wheats, Bow	4 EACH	370
Cereal, Marshmallow Mateys	BOWL	10
Sausage Link, 2	1 Each	280
Yogurt, strawberry	2 EACH	222
Mandarin Oranges	1 EACH	50
Apples, Fresh 1/2 each	1/2 CUP	21
Milk, Chocolate Fat Free	1/2 each	0
Milk, 1% Lowfat	HALF PINT	180
JUICE FRUITABLE	HALF PINT	125
SYRUP, MAPLE CHEF'S MARK	1 EACH	20
	1 EACH	45
Weighted Daily Average % of Calories		563
Nutrient Guideline		540

Wed - 11/14/2018		
Elementary Breakfast Menu #3	Total	
Muffin Blueberry	1	0
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	1 EACH	105
Cereal, Marshmallow Mateys	BOWL	10
SCRAMBLED EGGS	1 Each	280
Yogurt, strawberry	1/4 cup	120
Peaches: canned, ex light syrup	1 EACH	50
Banana, 1/2	1/2 cup	10
Milk, Chocolate Fat Free	1/2 each	0
Milk, 1% Lowfat	HALF PINT	180
JUICE FRUITABLE	HALF PINT	125
Ketchup	1 EACH	20
	1 OZ	267
Weighted Daily Average % of Calories		417
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Thu - 11/15/2018		
Elementary Breakfast	Total	
Menu #4	1	0
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	280
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		634
% of Calories		
Nutrient Guideline		540

Fri - 11/16/2018		
Elementary Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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		498
% of Calories		
Nutrient Guideline		540

Mon - 11/19/2018		
Elementary Breakfast	Total	
Menu #6	1	0
French Toast Sticks BC/WG	serving	289
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
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

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		450
Nutrient Guideline		540

Tue - 11/20/2018		
Elementary Breakfast Menu #7	Total 1	0
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		629
Nutrient Guideline		540

Mon - 11/26/2018		
Elementary Breakfast Menu #6	Total 1	0
French Toast Sticks BC/WG	serving	289
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Yogurt, strawberry	1 EACH	50
Applesauce, canned: Sweet	1/2 CUP	23
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 % of Calories		450
Nutrient Guideline		540

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	Portion Size	Sodm (mg)
Tue - 11/27/2018		
Elementary Breakfast	Total	
Menu #7	1	0
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Weighted Daily Average		629
% of Calories		
Nutrient Guideline		540

Wed - 11/28/2018		
Elementary Breakfast	Total	
Menu #8	1	0
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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
Weighted Daily Average		323
% of Calories		
Nutrient Guideline		540

Thu - 11/29/2018		
Elementary Breakfast	Total	
Menu #9	1	0
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
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

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		454
Nutrient Guideline		540

Fri - 11/30/2018		
Elementary Breakfast Menu #10	Total 1	0
Pancake 'n Sausage	1 EACH	310
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
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 % of Calories		495
Nutrient Guideline		540

Weighted Average		502
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	502		540					

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