

# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:32:55 PM

	Portion Size	Sodm (mg)
Thu - 11/01/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPART, BROWN SUGAR CINN	PACKAGE	85
POPART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Sausage Link	1 EACH	111
Mandarin Oranges	1/2 CUP	21
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
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		597
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Fri - 11/02/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPART, BROWN SUGAR CINN	PACKAGE	85
POPART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Yogurt, strawberry	1 EACH	50
Sausage Link	1 EACH	111
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Craisins, Strawberry	packet	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 % of Calories		361
Nutrient Guideline		600

\*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

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Portion Values - Detailed

Page 2

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Mon - 11/05/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	PKG	260
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
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		382
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Tue - 11/06/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
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		749
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

Page 3

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Wed - 11/07/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPART, BROWN SUGAR CINN	PACKAGE	85
POPART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Applesauce Cup, Cinnamon	1/2 CUP	15
Orange Fresh	1 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		357
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Thu - 11/08/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPART, BROWN SUGAR CINN	PACKAGE	85
POPART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Sausage Link	1 EACH	111
Mandarin Oranges	1/2 CUP	21
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
Ketchup	1 OZ	267
Weighted Daily Average		597
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

Page 4

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Fri - 11/09/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
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	1 EACH	111
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Craisins, Strawberry	packet	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		361
% of Calories		
Nutrient Guideline		600

Mon - 11/12/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	PKG	260
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
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		382
% of Calories		
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

Page 5

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Tue - 11/13/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
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		749
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Wed - 11/14/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Applesauce Cup, Cinnamon	1/2 CUP	15
Orange Fresh	1 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		357
% of Calories		
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

Page 6

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Thu - 11/15/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Sausage Link	1 EACH	111
Mandarin Oranges	1/2 CUP	21
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
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		597
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Fri - 11/16/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
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	1 EACH	111
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Craisins, Strawberry	packet	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 % of Calories		361
Nutrient Guideline		600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 7

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Mon - 11/19/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	PKG	260
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Peaches: canned, ex light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
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		382
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Tue - 11/20/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
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		749
% of Calories		
Nutrient Guideline		600

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Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 8

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Wed - 11/21/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Applesauce Cup, Cinnamon	1/2 CUP	15
Orange Fresh	1 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		357
% of Calories		
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Thu - 11/22/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Sausage Link	1 EACH	111
Mandarin Oranges	1/2 CUP	21
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
Ketchup	1 OZ	267
Weighted Daily Average		597
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

Page 9

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Fri - 11/23/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
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	1 EACH	111
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Craisins, Strawberry	packet	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		361
% of Calories		
Nutrient Guideline		600

Mon - 11/26/2018		
Junior High Breakfast	Total	
Menu #1	1	0
Pancakes, Cinnamon Glazed	PKG	260
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
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		382
% of Calories		
Nutrient Guideline		600

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Portion Values - Detailed

Page 10

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Tue - 11/27/2018		
Junior High Breakfast	Total	
Menu #2	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
SCRAMBLED EGGS	1/4 cup	120
Pears: canned, light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
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 % of Calories		749
Nutrient Guideline		600

	Portion Size	Sodm (mg)
Wed - 11/28/2018		
Junior High Breakfast	Total	
Menu #3	1	0
Eggo Waffle	1.00	210
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPTART, BROWN SUGAR CINN	PACKAGE	85
POPTART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Sausage Link	1 EACH	111
Yogurt, strawberry	1 EACH	50
Applesauce Cup, Cinnamon	1/2 CUP	15
Orange Fresh	1 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		357
Nutrient Guideline		600

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Junior High Breakfast

Portion Values - Detailed

Page 11

Generated on: 10/26/2018 3:32:56 PM

	Portion Size	Sodm (mg)
Thu - 11/29/2018		
Junior High Breakfast	Total	
Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Muffin Chocolate Choc Chip	1 EACH	105
Muffin Blueberry	1 EACH	135
POPART, BROWN SUGAR CINN	PACKAGE	85
POPART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
SCRAMBLED EGGS	1/4 cup	120
Sausage Link	1 EACH	111
Mandarin Oranges	1/2 CUP	21
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
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		597
Nutrient Guideline		600

Fri - 11/30/2018		
Junior High Breakfast	Total	
Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	135
Muffin Chocolate Choc Chip	1 EACH	105
POPART, BROWN SUGAR CINN	PACKAGE	85
POPART, STRAWBERRY	PACKAGE	85
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	280
Yogurt, strawberry	1 EACH	50
Sausage Link	1 EACH	111
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Craisins, Strawberry	packet	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 % of Calories		361
Nutrient Guideline		600

Weighted Average		488
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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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Breakfast

Portion Values - Detailed

Page 12

Generated on: 10/26/2018 3:32:56 PM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Sodm	Shortfall	Overage	Error Messages (if any)
				Size	(mg)			
Sodium (mg)	488		600					

*\*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*

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