

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:36:51 PM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Thu - 11/01/2018 | | |
| High School Breakfast | Total | |
| Menu #4 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 409 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Fri - 11/02/2018 | | |
| High School Breakfast | Total | |
| Menu #5 | 1 | 0 |
| Pancakes, Cinnamon Glazed | PKG | 260 |
| POPART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pineapple Chunks: canned, lt syr | 1/2 CUP | 12 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 498 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Mon - 11/05/2018 | | |
| High School Breakfast | Total | |
| Menu #1 | 1 | 0 |
| Pancake 'n Sausage | 1 EACH | 310 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Peaches: canned, ex light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 506 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | | |
|----------------------------------|-----------|-----|
| Tue - 11/06/2018 | | |
| High School Breakfast | Total | |
| Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pears: canned, light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 414 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Wed - 11/07/2018 | | |
| High School Breakfast | Total | |
| Menu #3 | 1 | 0 |
| Eggo Waffle-2 | 2 | 260 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmellow Mateys | 1 Each | 280 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Craisins, Strawberry | packet | 0 |
| Applesauce, canned: Sweet | 1/2 CUP | 23 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 434 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Thu - 11/08/2018 | | |
| High School Breakfast | Total | |
| Menu #4 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmellow Mateys | 1 Each | 280 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Sausage,Pork,Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Craisins, Strawberry | packet | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 409 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Fri - 11/09/2018 | | |
| High School Breakfast | Total | |
| Menu #5 | 1 | 0 |
| Pancakes, Cinnamon Glazed | PKG | 260 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 12 |
| Craisins, Strawberry | packet | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 498 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | | |
|----------------------------------|-----------|-----|
| Mon - 11/12/2018 | | |
| High School Breakfast | Total | |
| Menu #1 | 1 | 0 |
| Pancake 'n Sausage | 1 EACH | 310 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 506 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Tue - 11/13/2018 | | |
| High School Breakfast | Total | |
| Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pears: canned, light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 414 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Wed - 11/14/2018 | | |
| High School Breakfast | Total | |
| Menu #3 | 1 | 0 |
| Eggo Waffle-2 | 2 | 260 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Craisins, Strawberry | packet | 0 |
| Applesauce, canned: Sweet | 1/2 CUP | 23 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 434 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Thu - 11/15/2018 | | |
| High School Breakfast | Total | |
| Menu #4 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 409 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Fri - 11/16/2018 | | |
| High School Breakfast | Total | |
| Menu #5 | 1 | 0 |
| Pancakes, Cinnamon Glazed | PKG | 260 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pineapple Chunks: canned, lt syr | 1/2 CUP | 12 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 498 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Mon - 11/19/2018 | | |
| High School Breakfast | Total | |
| Menu #1 | 1 | 0 |
| Pancake 'n Sausage | 1 EACH | 310 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Peaches: canned, ex light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 506 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | | |
|----------------------------------|-----------|-----|
| Tue - 11/20/2018 | | |
| High School Breakfast | Total | |
| Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pears: canned, light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 414 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Mon - 11/26/2018 | | |
| High School Breakfast | Total | |
| Menu #1 | 1 | 0 |
| Pancake 'n Sausage | 1 EACH | 310 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Peaches: canned, ex light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 506 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Tue - 11/27/2018 | | |
| High School Breakfast | Total | |
| Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pears: canned, light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 414 |
| % of Calories | | |
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Base Menu Spreadsheet

High School Breakfast

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| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Wed - 11/28/2018 | | |
| High School Breakfast | Total | |
| Menu #3 | 1 | 0 |
| Eggo Waffle-2 | 2 | 260 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmellow Mateys | 1 Each | 280 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Craisins, Strawberry | packet | 0 |
| Applesauce, canned: Sweet | 1/2 CUP | 23 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 434 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Thu - 11/29/2018 | | |
| High School Breakfast | Total | |
| Menu #4 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPTART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmellow Mateys | 1 Each | 280 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Sausage,Pork,Patty frz 2 ea | 2 EACH | 172 |
| Yogurt, strawberry | 1 EACH | 50 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Craisins, Strawberry | packet | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 |
| Weighted Daily Average | | 409 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

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

High School Breakfast

Portion Values - Detailed

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Generated on: 10/26/2018 3:36:51 PM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Fri - 11/30/2018 | | |
| High School Breakfast | Total | |
| Menu #5 | 1 | 0 |
| Pancakes, Cinnamon Glazed | PKG | 260 |
| POPART, BROWN SUGAR CINN | PACKAGE | 85 |
| POPART, STRAWBERRY | PACKAGE | 85 |
| Muffin Blueberry | 1 EACH | 135 |
| Muffin Chocolate Choc Chip | 1 EACH | 105 |
| Cereal, Marshmallow Mateys | 1 Each | 280 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 12 |
| Craisins, Strawberry | packet | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 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 | | 498 |
| % of Calories | | |
| Nutrient Guideline | | 640 |

| | | |
|------------------|--|-----|
| Weighted Average | | 453 |
|------------------|--|-----|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Sodium (mg) | 453 | | 640 | | | | | |

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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