

Weber School District Child Nutrition

May 1, 2019 thru May 24, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/18/2019 5:27:47 PM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/01/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
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			434
% of Calories			
Nutrient Guideline			640

Thu - 05/02/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
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			409
% of Calories			
Nutrient Guideline			640

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

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/03/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			498
% of Calories			
Nutrient Guideline			640

Mon - 05/06/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			506
% 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, 2019 thru May 24, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 3

Generated on: 4/18/2019 5:27:48 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/07/2019			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			414
% of Calories			
Nutrient Guideline			640

Wed - 05/08/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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
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			434
% of Calories			
Nutrient Guideline			640

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Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/09/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			409
% of Calories			
Nutrient Guideline			640

Fri - 05/10/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			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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High School Breakfast

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 05/13/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
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			506
% of Calories			
Nutrient Guideline			640

Tue - 05/14/2019			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
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			414
% of Calories			
Nutrient Guideline			640

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High School Breakfast

Portion Values - Detailed

Page 6

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 05/15/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
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
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			434
% of Calories			
Nutrient Guideline			640

Thu - 05/16/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPTART, BROWN SUGAR CINN	PACKAGE	50	85
POPTART, STRAWBERRY	PACKAGE	50	85
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			409
% of Calories			
Nutrient Guideline			640

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 05/17/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			498
% of Calories			
Nutrient Guideline			640

Mon - 05/20/2019			
High School Breakfast	Total	400	
Menu #1	1	0	0
Pancake 'n Sausage	1 EACH	100	310
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			506
% of Calories			
Nutrient Guideline			640

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 05/21/2019			
High School Breakfast	Total	400	
Menu #2	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			414
% of Calories			
Nutrient Guideline			640

Wed - 05/22/2019			
High School Breakfast	Total	400	
Menu #3	1	0	0
Eggo Waffle-2	2	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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
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			434
% of Calories			
Nutrient Guideline			640

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 05/23/2019			
High School Breakfast	Total	400	
Menu #4	1	0	0
French Toast Sticks, 4 each	4 EACH	100	370
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			409
% of Calories			
Nutrient Guideline			640

Fri - 05/24/2019			
High School Breakfast	Total	400	
Menu #5	1	0	0
Pancakes, Cinnamon Glazed	PKG	100	260
POPART, BROWN SUGAR CINN	PACKAGE	50	85
POPART, STRAWBERRY	PACKAGE	50	85
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			498
% of Calories			
Nutrient Guideline			640

Weighted Average			451
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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, 2019 thru May 24, 2019

Base Menu Spreadsheet

High School Breakfast

Portion Values - Detailed

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Generated on: 4/18/2019 5:27:48 PM

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)	451		640					

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

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