

Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

HS Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/01/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		92.35
% of Calories		72.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 02/02/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
EGGS, OMELET *H2*	SERVING	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		95.08
% of Calories		78.2%
Nutrient Guideline		

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 Size	Carb (g)
Mon - 02/05/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
WAFFLE DUTCH	1 Each	41.96
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		106.85
% of Calories		75.9%
Nutrient Guideline		

Tue - 02/06/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
TOAST, APPLE CINNAMON	1 SLICE	44.79
EGGS BACON & CHEESE *H2*	2 oz	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd,light syrp *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		94.61
% of Calories		73.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/07/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
BAGEL w CREAM CHEESE*H1*	1 each	31.5
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		89.18
% of Calories		69.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 02/08/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		92.35
% of Calories		72.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/09/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
EGGS, OMELET *H2*	SERVING	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		95.08
% of Calories		78.2%
Nutrient Guideline		

Mon - 02/12/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.51
% of Calories		70.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/13/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
EGGS, FRITTATA, sunnyfresh *H2*	SERVING	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd, light syrps *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.61
% of Calories		76.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 02/14/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
CINNAMON ROLL MINI	1 EACH	23.3
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		87.54
% of Calories		70.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 02/15/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
BAGEL MINI ASSORTMENT	1 Each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		91.30
% of Calories		73.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 02/16/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		95.09
% of Calories		79.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/21/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
WAFFLE DUTCH	1 Each	41.96
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		106.85
% of Calories		75.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 02/22/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		92.35
% of Calories		72.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/23/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
EGGS, OMELET *H2*	SERVING	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		95.08
% of Calories		78.2%
Nutrient Guideline		

Mon - 02/26/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.51
% of Calories		70.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/27/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
EGGS, FRITTATA, sunnyfresh *H2*	SERVING	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd, light syrps *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.61
% of Calories		76.8%
Nutrient Guideline		

Wed - 02/28/2018		
HS Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
CINNAMON ROLL MINI	1 EACH	23.3
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		87.54
% of Calories		70.2%
Nutrient Guideline		

Weighted Average		95.75
		74.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	95.75	74.09%						

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.