

Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Highland BIC

Portion Values - Detailed

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Generated on: 1/25/2018 1:12:46 PM

	Portion Size	Carb (g)
Thu - 02/01/2018		
Highland BIC	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
BAR CEREAL GRANOLA NUTRIGRAIN	1 EACH	29.5
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		163.53
% of Calories		73.9%
Nutrient Guideline		

Fri - 02/02/2018		
Highland BIC	Total	
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
MUFFIN DBL CHOC DAVIS 4 OZ	1 EACH	59.11
CRAISIN STRAWBERRY	1 EACH	28.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		192.81
% of Calories		68.8%
Nutrient Guideline		

Mon - 02/05/2018		
Highland BIC	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		88.92
% of Calories		77.1%
Nutrient Guideline		

Tue - 02/06/2018		
Highland BIC	Total	
BURRITO BREAKFAST	1 EACH	16.72
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
PEACH CUP, USDA *H1*, FZN	1 EACH	19.39
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		81.94
% of Calories		70.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/07/2018		
Highland BIC	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		85.46
% of Calories		74.5%
Nutrient Guideline		

Thu - 02/08/2018		
Highland BIC	Total	
SANDWICH BRK EGG CHEESE	1 EACH	20.19
BAR CEREAL GRANOLA NUTRIGRAIN	1 EACH	29.5
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		77.65
% of Calories		72.5%
Nutrient Guideline		

Fri - 02/09/2018		
Highland BIC	Total	
SANDWICH UNCRS WW GRAPE*H1*	1 EACH	31.04
MUFFIN DBL CHOC DAVIS 4 OZ	1 EACH	59.11
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		88.10
% of Calories		60.6%
Nutrient Guideline		

Mon - 02/12/2018		
Highland BIC	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
YOGURT 4oz *H1*	1 EACH	19.54
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		93.46
% of Calories		78.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/13/2018		
Highland BIC	Total	
SANDWICH BREAKFAST SAUSAGE*H2*	1 EACH	17.57
BAGEL CINN CHEESE *H2*	1 each	40.8
PEACH CUP, USDA *H1*, FZN	1 EACH	19.39
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		80.79
% of Calories		71.5%
Nutrient Guideline		

Wed - 02/14/2018		
Highland BIC	Total	
BREAKFAST SLIDER	1 EACH	22.0
BAR CEREAL GRANOLA NUTRIGRAIN	1 EACH	29.5
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		78.55
% of Calories		73.5%
Nutrient Guideline		

Thu - 02/15/2018		
Highland BIC	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
BAR CEREAL GRANOLA NUTRIGRAIN	1 EACH	29.5
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		89.94
% of Calories		75.5%
Nutrient Guideline		

Fri - 02/16/2018		
Highland BIC	Total	
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
MUFFIN DBL CHOC DAVIS 4 OZ	1 EACH	59.11
CRAISIN STRAWBERRY	1 EACH	28.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0

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	Portion Size	Carb (g)
Weighted Daily Average		109.59
% of Calories		71.5%
Nutrient Guideline		

Wed - 02/21/2018		
Highland BIC	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		161.49
% of Calories		75.6%
Nutrient Guideline		

Thu - 02/22/2018		
Highland BIC	Total	
SANDWICH BRK EGG CHEESE	1 EACH	20.19
BAR CEREAL GRANOLA NUTRIGRAIN	1 EACH	29.5
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		138.94
% of Calories		70.5%
Nutrient Guideline		

Fri - 02/23/2018		
Highland BIC	Total	
SANDWICH UNCRS WW GRAPE*H1*	1 EACH	31.04
MUFFIN DBL CHOC DAVIS 4 OZ	1 EACH	59.11
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		159.85
% of Calories		58.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 02/26/2018		
Highland BIC	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
YOGURT 4oz *H1*	1 EACH	19.54
APPLESAUCE CUP *H1*	1 each	14.64
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		168.19
% of Calories		76.1%
Nutrient Guideline		

Tue - 02/27/2018		
Highland BIC	Total	
SANDWICH BREAKFAST SAUSAGE*H2*	1 EACH	17.57
BAGEL CINN CHEESE *H2*	1 each	40.8
PEACH CUP, USDA *H1*, FZN	1 EACH	19.39
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		139.51
% of Calories		68.7%
Nutrient Guideline		

Wed - 02/28/2018		
Highland BIC	Total	
BREAKFAST SLIDER	1 EACH	22.0
BAR CEREAL GRANOLA NUTRIGRAIN	1 EACH	29.5
YOGURT 4oz *H1*	1 EACH	19.54
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		140.75
% of Calories		71.6%
Nutrient Guideline		

Weighted Average		118.86
		70.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	118.86	70.92%						

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