

# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

Generated on: 12/28/2017 12:18:31 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/02/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	50	35.0
EGGS, FRITTATA, sunnyfresh *H2*	SERVING	20	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT, FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEACHES: cannd, light syrps *H1*	1/2 CUP	40	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	5	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			100.61
% of Calories			76.8%
Nutrient Guideline			

Wed - 01/03/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	50	20.19
CINNAMON ROLL MINI	1 EACH	20	23.23
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT, FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	40	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			87.53
% of Calories			70.2%
Nutrient Guideline			

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

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/04/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
BREAKFAST PIZZA	1 each	50	27.0
BAGEL MINI ASSORTMENT	1 Each	15	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	40	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			91.30
% of Calories			73.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/05/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	50	13.33
TURKEY CANADIAN BACON SLICE	2 SLICES	20	1.03
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	40	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			95.09
% of Calories			79.7%
Nutrient Guideline			

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

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/08/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
WAFFLE DUTCH	1 Each	50	41.96
BACON, JENNIE O 2 slices	2 slices	20	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	40	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			106.85
% of Calories			75.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/09/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
TOAST, APPLE CINNAMON	1 SLICE	50	44.79
EGGS BACON & CHEESE *H2*	2 oz	20	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEACHES: cannd,light syrps *H1*	1/2 CUP	40	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	35	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			94.61
% of Calories			73.7%
Nutrient Guideline			

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/10/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	50	20.19
BAGEL w CREAM CHEESE*H1*	1 each	20	31.5
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	40	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			89.18
% of Calories			69.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/11/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
BREAKFAST PIZZA	1 each	50	27.0
MUFFIN ASSORTMENT	1 each	20	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	40	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			92.35
% of Calories			72.6%
Nutrient Guideline			

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Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/12/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	50	13.33
EGGS, OMELET *H2*	SERVING	20	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	40	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			95.08
% of Calories			78.2%
Nutrient Guideline			

Tue - 01/16/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
PANCAKE ON A STICK *H2*	1 each	50	45.6
MUFFIN ASSORTMENT	1 each	20	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	40	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			100.51
% of Calories			70.2%
Nutrient Guideline			

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Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/17/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	50	20.19
CINNAMON ROLL MINI	1 EACH	20	23.23
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	40	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			87.53
% of Calories			70.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/18/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
BREAKFAST PIZZA	1 each	50	27.0
BAGEL MINI ASSORTMENT	1 Each	15	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	40	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			91.30
% of Calories			73.8%
Nutrient Guideline			

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### Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/19/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	50	13.33
TURKEY CANADIAN BACON SLICE	2 SLICES	20	1.03
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	40	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			95.09
% of Calories			79.7%
Nutrient Guideline			

Mon - 01/22/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
WAFFLE DUTCH	1 Each	50	41.96
BACON, JENNIE O 2 slices	2 slices	20	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	40	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			106.85
% of Calories			75.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 01/23/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
TOAST, APPLE CINNAMON	1 SLICE	50	44.79
EGGS BACON & CHEESE *H2*	2 oz	20	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEACHES: cannd.light syrps *H1*	1/2 CUP	40	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	35	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			94.61
% of Calories			73.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/24/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	50	20.19
BAGEL w CREAM CHEESE *H1*	1 each	20	31.5
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	40	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			89.18
% of Calories			69.1%
Nutrient Guideline			

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Portion Values - Detailed

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HS Breakfast

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/25/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
BREAKFAST PIZZA	1 each	50	27.0
MUFFIN ASSORTMENT	1 each	20	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	40	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			92.35
% of Calories			72.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/26/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	50	13.33
EGGS, OMELET *H2*	SERVING	20	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	40	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			95.08
% of Calories			78.2%
Nutrient Guideline			

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

Generated on: 12/28/2017 12:18:31 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/29/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
PANCAKE ON A STICK *H2*	1 each	50	45.6
MUFFIN ASSORTMENT	1 each	20	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	40	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			100.51
% of Calories			70.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/30/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	50	35.0
EGGS, FRITTATA,sunnyfresh *H2*	SERVING	20	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
PEACHES: cannd,light syrp *H1*	1/2 CUP	40	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
COND SYRUP *H1*	1 EACH	50	30.66
HOT CHOCOLATE *H2*	SERVINGS	5	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			100.61
% of Calories			76.8%
Nutrient Guideline			

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

HS Breakfast

Generated on: 12/28/2017 12:18:31 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/31/2018			
HS Breakfast	Total	100	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	1	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	50	20.19
CINNAMON ROLL MINI	1 EACH	20	23.23
POPARTS *H2* WHOLE GRAIN	1 EACH	20	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	20	31.72
CEREAL, All *H1*	1 EACH	20	21.33
YOGURT 4oz *H1*	1 EACH	20	19.54
OATMEAL, QUAKER *H2*	PACKET	20	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	30	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	40	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	30	24.75
HOT CHOCOLATE *H2*	SERVINGS	25	14.77
MILK, FAT FREE CHOC	1 each	70	24.0
MILK, 1% WHITE CARTON	1 each	20	13.0
MILK, SKIM	1 each	10	13.0
Weighted Daily Average			87.53
% of Calories			70.2%
Nutrient Guideline			

Weighted Average			94.94
			73.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	94.94	73.78%						

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