

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Breakfast in the Classroom/School
Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/02/2017		
Breakfast in the Classroom	Total	
BURRITO BREAKFAST	1 EACH	16.72
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.38
% of Calories		69.2%
Nutrient Guideline		

Tue - 10/03/2017		
Breakfast in the Classroom	Total	
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
SAUSAGE. PATTY JENNIE O	1 each	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		72.10
% of Calories		71.8%
Nutrient Guideline		

Wed - 10/04/2017		
Breakfast in the Classroom	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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	Portion Size	Carb (g)
School Elementary Breakfast	Total	
BREAKFAST PIZZA	1 each	27.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		65.68
% of Calories		69.3%
Nutrient Guideline		

Thu - 10/05/2017		
Breakfast in the Classroom	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
WAFFLE STICKS 3 EACH*H2*	3 each	70.42
CEREAL, All *H1*	1 EACH	21.33
EGGS, FRITTATA,sunnyfresh *H2*	SERVING	2.01
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		86.40
% of Calories		72.5%
Nutrient Guideline		

Fri - 10/06/2017		
Breakfast in the Classroom	Total	
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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	Portion Size	Carb (g)
School Elementary Breakfast	Total	
BAGEL CINN CHEESE *H2*	1 each	40.8
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		82.28
% of Calories		70.0%
Nutrient Guideline		

Mon - 10/09/2017		
Breakfast in the Classroom	Total	
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKE ON A STICK *H2*	1 each	45.6
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.33
% of Calories		74.9%
Nutrient Guideline		

Tue - 10/10/2017		
Breakfast in the Classroom	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
BACON, JENNIE O 2 slices	2 slices	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		76.92
% of Calories		71.9%
Nutrient Guideline		

Wed - 10/11/2017		
Breakfast in the Classroom	Total	
SANDWICH BREAKFAST SAUSAGE*H2*	1 EACH	17.57
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
CEREAL, All *H1*	1 EACH	21.33
EGGS BACON & CHEESE *H2*	2 oz	1.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		52.90
% of Calories		60.0%
Nutrient Guideline		

Thu - 10/12/2017		
Breakfast in the Classroom	Total	
BREAKFAST SLIDER	1 EACH	22.0
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
CEREAL, All *H1*	1 EACH	21.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0

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Portion Values - Detailed

	Portion Size	Carb (g)
Weighted Daily Average		61.81
% of Calories		66.3%
Nutrient Guideline		

Fri - 10/13/2017		
Breakfast in the Classroom	Total	
CEREAL FRUIT LOOP POUCH	1 EACH	24.3
CEREAL, FROSTED FLAKE POUCH	1 EACH	24.3
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		74.28
% of Calories		77.9%
Nutrient Guideline		

Mon - 10/16/2017		
Breakfast in the Classroom	Total	
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
BAR GRANOLA CHEWY	1 EACH	27.94
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.94
% of Calories		68.6%
Nutrient Guideline		

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Portion Values - Detailed

	Portion Size	Carb (g)
Tue - 10/17/2017		
Breakfast in the Classroom	Total	
BAGEL CINN CHEESE *H2*	1 each	40.8
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
SAUSAGE, PATTY JENNIE O	1 each	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		66.62
% of Calories		70.6%
Nutrient Guideline		

Wed - 10/18/2017		
Breakfast in the Classroom	Total	
SANDWICH BREAKFAST EGG	1 EACH	20.19
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BREAKFAST PIZZA	1 each	27.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		60.83
% of Calories		64.7%
Nutrient Guideline		

Mon - 10/23/2017		
Breakfast in the Classroom	Total	
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL FRUIT LOOP POUCH	1 EACH	24.3
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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School Elementary Breakfast	Total	
PANCAKE ON A STICK *H2*	1 each	45.6
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
COND SYRUP *H1*	1 EACH	30.66
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		86.94
% of Calories		76.5%
Nutrient Guideline		

Tue - 10/24/2017		
Breakfast in the Classroom	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
BACON, JENNIE O 2 slices	2 slices	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		73.12
% of Calories		72.1%
Nutrient Guideline		

Wed - 10/25/2017		
Breakfast in the Classroom	Total	
FRENCH TOAST, MINI, CHOC CHIP	1 EACH	42.82
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
CEREAL, All *H1*	1 EACH	21.33
EGGS BACON & CHEESE *H2*	2 oz	1.0
GRAPEFRUIT SECTIONS	1/2 CUP	19.24
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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Weighted Daily Average		74.57
% of Calories		71.8%
Nutrient Guideline		

Thu - 10/26/2017		
Breakfast in the Classroom	Total	
BREAKFAST SLIDER	1 EACH	22.0
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
CEREAL, All *H1*	1 EACH	21.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		65.09
% of Calories		67.6%
Nutrient Guideline		

Fri - 10/27/2017		
Breakfast in the Classroom	Total	
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.18
% of Calories		69.1%
Nutrient Guideline		

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Mon - 10/30/2017		
Breakfast in the Classroom	Total	
BURRITO BREAKFAST	1 EACH	16.72
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.38
% of Calories		69.2%
Nutrient Guideline		

Tue - 10/31/2017		
Breakfast in the Classroom	Total	
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
SAUSAGE. PATTY JENNIE O	1 each	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		72.10
% of Calories		71.8%
Nutrient Guideline		

Weighted Average		73.69
		70.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	73.69	70.41%						

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.