

# Ogden School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

Generated on: 10/2/2017 11:54:07 AM

	Portion Size	Carb (g)
Mon - 10/02/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
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
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		93.00
% of Calories		72.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/03/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
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 syr *H1*	1/2 CUP	18.22
HOT CHOCOLATE *H2*	SERVINGS	21.24
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
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		108.99
% of Calories		81.6%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

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	Portion Size	Carb (g)
Wed - 10/04/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BREAKFAST EGG	1 EACH	20.19
SAUSAGE. PATTY JENNIE O	1 each	0.0
BAGEL CINN CHEESE *H2*	1 each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	18.65
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.08
% of Calories		74.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/05/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR GRANOLA CHEWY	1 EACH	27.94
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	19.82
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		68.81
% of Calories		72.8%
Nutrient Guideline		

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

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# Ogden School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 3

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

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	Portion Size	Carb (g)
Fri - 10/06/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR GRANOLA CHEWY	1 EACH	27.94
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	23.85
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		90.97
% of Calories		77.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/09/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
WAFFLE STICKS 3 EACH*H2*	3 each	70.42
EGGS,SCRAMBLED -1/2cup *H2*	(1/2cup serving	0.75
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
CEREAL, All *H1*	1 EACH	21.33
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
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
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.28
% of Calories		82.0%
Nutrient Guideline		

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# Ogden School District

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### Portion Values - Detailed

Page 4

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

Generated on: 10/2/2017 11:54:07 AM

	Portion Size	Carb (g)
Tue - 10/10/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST, MINI, CHOC CHIP	1 EACH	42.82
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
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	18.22
HOT CHOCOLATE *H2*	SERVINGS	21.24
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
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		112.77
% of Calories		80.7%
Nutrient Guideline		

Wed - 10/11/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST, SANDWICH	1 EACH	31.1
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	18.65
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		84.75
% of Calories		69.9%
Nutrient Guideline		

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### Portion Values - Detailed

Page 5

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

Generated on: 10/2/2017 11:54:07 AM

	Portion Size	Carb (g)
Thu - 10/12/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR CEREAL BREAKFAST	1 EACH	30.19
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
PEARS: canned,light syrup *H1*	1/2 CUP	19.82
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		68.81
% of Calories		72.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/13/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	23.85
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		90.96
% of Calories		77.6%
Nutrient Guideline		

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### Portion Values - Detailed

Page 6

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

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	Portion Size	Carb (g)
Mon - 10/16/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
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
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		93.00
% of Calories		72.7%
Nutrient Guideline		

Tue - 10/17/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
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	18.22
HOT CHOCOLATE *H2*	SERVINGS	21.24
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
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		108.99
% of Calories		81.6%
Nutrient Guideline		

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Page 7

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Junior High School Breakfast

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	Portion Size	Carb (g)
Wed - 10/18/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BREAKFAST EGG	1 EACH	20.19
SAUSAGE. PATTY JENNIE O	1 each	0.0
BAGEL CINN CHEESE *H2*	1 each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	18.65
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.08
% of Calories		74.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/23/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
WAFFLE STICKS 3 EACH*H2*	3 each	70.42
EGGS,SCRAMBLED -1/2cup *H2*	(1/2cup serving	0.75
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
CEREAL, All *H1*	1 EACH	21.33
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
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
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.28
% of Calories		82.0%
Nutrient Guideline		

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Page 8

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	Portion Size	Carb (g)
Tue - 10/24/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST, MINI, CHOC CHIP	1 EACH	42.82
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
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	18.22
HOT CHOCOLATE *H2*	SERVINGS	21.24
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
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		112.77
% of Calories		80.7%
Nutrient Guideline		

Wed - 10/25/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST, SANDWICH	1 EACH	31.1
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	18.65
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		84.75
% of Calories		69.9%
Nutrient Guideline		

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# Ogden School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 9

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

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	Portion Size	Carb (g)
Thu - 10/26/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR CEREAL BREAKFAST	1 EACH	30.19
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
PEARS: canned,light syrup *H1*	1/2 CUP	19.82
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		68.81
% of Calories		72.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/27/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	23.85
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		90.96
% of Calories		77.6%
Nutrient Guideline		

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# Ogden School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

	Portion Size	Carb (g)
Mon - 10/30/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
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
HOT CHOCOLATE *H2*	SERVINGS	21.24
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
MILK, SKIM	1 each	13.0
Weighted Daily Average		93.00
% of Calories		72.7%
Nutrient Guideline		

Tue - 10/31/2017		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CEREAL BREAKFAST	1 EACH	30.19
CEREAL, All *H1*	1 EACH	21.33
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
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	18.22
HOT CHOCOLATE *H2*	SERVINGS	21.24
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
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		108.99
% of Calories		81.6%
Nutrient Guideline		

Weighted Average		92.05
		76.7%

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Oct 2, 2017 thru Oct 31, 2017

Junior High School Breakfast

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	92.05	76.70%						

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