

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

Page 1

Generated on: 12/20/2023 9:56:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/01/2024																
CS/WS Main Menu	Total	1														
No School	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/02/2024																
CS/WS Main Menu	Total	200														
Chicken Sand Crispy: ES 1819	1 each	200	400	59	575	6.00	1.98	210.0	3050	0.6	2	23.0	44.0	14.0	3.00	0.00
Sweet Potato, Fries (3/4 C) 23	3/4 Cup	180	120	0	160	3.00	0.40	0.0	0	0.0	8	1.0	19.0	4.0	0.50	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	carton	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			629	64	864	10.22	2.74	418.5	3597	3.66	28	29.77	85.30	17.95	3.62	0.00
% of Calories											17.5%	18.9%	54.2%	25.7%	5.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/03/2024																
CS/WS Main Menu	Total	200														
Mozzarella Sticks (5 sticks)	svgs (5 sticks)	200	265	13	455	2.53	1.39	442.1	0	0.0	3	16.42	27.79	10.11	3.16	0.00
Marinara Sauce:Trattoria 23/24	0.25 cup	200	41	0	198	1.01	0.46	15.7	760	12.66	4	1.01	5.07	2.03	0.00	0.00
Garlic Texas Toast ES 23	1 slice	180	100	0	125	1.00	1.10	10.0	0	0.0	1	3.0	14.0	3.5	0.50	0.00
Veg, Mixd, 4 Way: frzn. 22	.5 CUP	120	85	0	40	4.99	0.93	28.3	4850	3.63	4	3.24	15.17	1.29	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			575	17	934	9.26	3.82	693.0	4221	18.46	29	28.01	80.46	16.43	3.86	0.00
% of Calories											20.0%	19.5%	56.0%	25.7%	6.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/04/2024																
CS/WS Main Menu	Total	180														
Chicken, Sweet & Sour ES 22/23	Servings	180	446	31	665	3.76	1.45	22.2	0	0.0	*14	15.76	63.26	15.69	2.57	*0.00
Green Beans:0.75cp, tasty19/20	0.75 cup	100	75	0	2	4.27	1.86	103.6	1180	8.79	2	2.14	8.54	3.98	0.28	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			622	36	828	7.83	2.94	311.4	1263	8.28	*35	23.47	94.89	18.29	2.92	*0.00
% of Calories											*22.8%	15.1%	61.0%	26.5%	4.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 01/05/2024																
CS/WS Main Menu	Total	200														
Pizza: Big Daddy 22/23	slice	200	360	35	490	3.00	2.70	441.0	0	0.0	9	21.0	35.0	16.0	7.00	0.00
Broccoli: garlic 0.75c	0.75 cup	120	58	0	80	2.16	0.62	39.8	514	73.73	1	2.36	5.66	3.7	0.34	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	140	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			536	40	705	6.12	3.54	703.1	935	47.86	31	29.14	66.70	18.59	7.38	0.00
% of Calories											23.3%	21.8%	49.8%	31.2%	12.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/08/2024																
CS/WS Main Menu	Total	200														
French Toast St, (2ea) 23/24	2 each	200	240	10	260	2.00	0.60	21.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
Syrup: bid 23/24	serving (1 .5oz)	180	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Sausage, Pork Jones 23/24	serving(2 each)	150	200	40	320	0.00	0.00	0.0	0	0.0	0	6.0	0.0	20.0	7.00	0.00
Cucumber Coins 0.75c	0.75 c	120	14	0	3	0.95	0.30	19.1	98	4.35	2	0.8	2.94	0.22	0.11	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	15	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	100	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			617	44	622	4.40	1.15	204.9	516	6.17	47	15.91	90.53	22.44	6.45	0.00
% of Calories											30.3%	10.3%	58.7%	32.7%	9.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/09/2024																
CS/WS Main Menu	Total	180														
Beef Tacos:Hard ShellIES	1 each	180	283	50	418	2.89	1.82	135.6	2333	9.09	4	12.66	15.76	18.58	8.38	0.02
Corn Niblets: .75 cup	.75 CUP	100	100	0	2	3.02	0.59	3.0	246	4.38	*N/A*	3.15	23.87	0.83	0.12	0.00
Refried Beans: 19/20	0.5 CUP	100	129	0	350	5.19	1.92	22.6	66	0.18	2	6.16	20.93	1.95	0.00	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	25	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			555	56	778	9.48	3.69	390.9	3139	15.71	*27	24.65	69.80	20.61	8.69	0.02
% of Calories											*19.4%	17.8%	50.3%	33.4%	14.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 01/10/2024																
CS/WS Main Menu	Total	200														
Chicken, Popcorn: ES 1617	serving	200	260	70	550	3.00	1.44	20.0	200	1.0	0	19.0	17.0	13.0	3.00	0.00
Potato Smiles, 4 svgs-21/22	4 pieces	180	107	0	153	1.33	0.33	6.7	0	0.0	0	1.33	16.68	4.0	0.67	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	120	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Carrot Celery Sticks: .25 c	0.25 CUP	60	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.01	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Apple Pie Smoothie ES (4oz)	4 oz	80	108	4	34	0.45	0.04	81.3	295	10.74	15	6.86	16.02	1.99	1.16	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			543	76	970	6.48	2.21	272.1	2007	9.47	28	28.97	68.71	17.79	4.25	0.00
% of Calories											20.5%	21.4%	50.7%	29.5%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/11/2024																
CS/WS Main Menu	Total	200														
Macaroni and Cheese: 1/2 Cup	1/2 cup	200	232	22	286	2.11	1.14	199.1	313	0.1	*4	9.79	25.22	9.89	4.75	*0.04
Fish Sticks (2 sticks)21/22	2 each	180	121	15	263	0.51	0.55	0.0	0	3.04	0	5.06	9.62	7.09	1.01	0.00
Broccoli: garlic 0.75c	0.75 cup	120	58	0	80	2.16	0.62	39.8	514	73.73	1	2.36	5.66	3.7	0.34	0.00
Fresh Fruit Selection: Whole	1 Each	150	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			514	40	716	6.14	2.45	433.2	1179	51.54	*25	21.77	65.72	18.89	6.05	*0.04
% of Calories											*19.2%	16.9%	51.2%	33.1%	10.6%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Fri - 01/12/2024																
CS/WS Main Menu	Total	200														
Pizza French Bread, Tony 23/24	1 Slice	200	300	15	430	3.00	2.30	320.1	0	0.0	8	17.0	32.01	11.0	3.50	0.00
Corn Niblets: .75 cup	.75 CUP	120	100	0	2	3.02	0.59	3.0	246	4.38	*N/A*	3.15	23.87	0.83	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	150	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	carton	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			497	20	576	7.10	3.11	532.1	705	7.09	*28	24.91	74.78	11.90	3.76	0.00
% of Calories											*22.8%	20.0%	60.1%	21.5%	6.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/15/2024																
CS/WS Main Menu	Total	1														
No School	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 01/16/2024																
CS/WS Main Menu	Total	180														
Ravioli, Breaded Mini ES 22/23	5 each	180	182	30	535	3.03	2.02	63.6	0	0.0	3	10.09	33.31	2.52	0.50	0.00
Marinara Sauce: ES, MS,HS 1617	0.25 cup	180	51	0	289	2.21	0.84	34.7	327	11.33	*6	2.16	9.3	0.73	0.11	*0.00
Garlic Texas Toast ES 23	1 slice	180	100	0	125	1.00	1.10	10.0	0	0.0	1	3.0	14.0	3.5	0.50	0.00
Broccoli w/Parmesan:fn, .75 c	0.75 cup	120	43	2	38	3.74	0.90	66.4	1427	85.26	2	4.37	6.68	0.91	0.37	0.00
Fresh Fruit Selection: Whole	1 EACH	150	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			514	36	1135	11.27	5.06	386.2	1897	73.12	*34	24.84	92.68	7.81	1.57	*0.00
% of Calories											*26.5%	19.3%	72.1%	13.7%	2.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

Page 5

Generated on: 12/20/2023 9:56:40 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/17/2024																
CS/WS Main Menu	Total	150														
Chicken Noodle Soup ES19/20	1 CUP	150	192	59	370	2.85	1.14	40.4	5986	5.43	4	17.73	22.22	4.05	0.70	0.00
Pretzel: Soft 23/24	1 each	150	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	0.00
Peas: frozen.5 cup	.5 CUP	100	75	0	69	5.20	1.49	22.5	1987	9.35	*0	4.87	13.82	0.26	0.05	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	25	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			548	66	763	11.35	4.48	363.7	8065	17.02	*30	34.07	94.13	5.28	1.01	0.00
% of Calories											*21.9%	24.9%	68.7%	8.7%	1.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	
Thu - 01/18/2024																
CS/WS Main Menu	Total	180														
Stuffed Shells: ES 23/24	2 shells	180	238	40	570	2.40	1.45	185.1	*792	*13.19	7	10.5	23.5	11.56	6.07	0.00
Garlic Texas Toast ES 23	1 slice	180	100	0	125	1.00	1.10	10.0	0	0.0	1	3.0	14.0	3.5	0.50	0.00
Broccoli, oven roasted	0.5 cup	100	38	0	53	1.42	0.42	26.3	339	48.66	1	1.56	3.73	2.36	0.36	0.00
Fresh Fruit Selection: Whole	1 EACH	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	140	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			516	46	910	6.23	3.30	474.4	*1676	*44.25	32	21.85	71.02	16.79	6.98	0.00
% of Calories											24.9%	16.9%	55.1%	29.3%	12.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	
Fri - 01/19/2024																
CS/WS Main Menu	Total	200														
Pizza 5" Round Tony's 23	1 each	200	315	30	447	3.05	2.13	284.3	203	0.0	9	16.25	31.48	13.2	6.09	0.00
Garden Salad: ES 19/20	1 cup	120	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 EACH	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	150	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			503	36	682	8.49	4.09	591.1	15409	*10.48	36	25.49	69.23	14.04	6.34	0.00
% of Calories											28.4%	20.3%	55.1%	25.1%	11.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/22/2024																
CS/WS Main Menu	Total	200														
Hot Dog in WW Roll: bid 1819	1 hot dog	200	329	35	589	1.99	2.15	79.6	5	0.0	4	12.96	26.86	18.99	7.00	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	130	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Potato Smiles, 4 svgs-21/22	4 pieces	200	107	0	153	1.33	0.33	6.7	0	0.0	0	1.33	16.68	4.0	0.67	0.00
Carrot & Celery Sticks 0.5c	1/2 cup	60	17	0	46	1.34	0.15	22.7	5063	2.74	2	0.5	3.78	0.13	0.02	0.00
Applesauce, Cup 19/20	1 cup	120	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			574	40	1025	4.33	2.84	298.0	2062	1.06	28	20.05	72.67	23.28	7.82	0.00
% of Calories											19.6%	14.0%	50.7%	36.5%	12.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 01/23/2024																
CS/WS Main Menu	Total	220														
Penne & Mtbal : ES 23	1 CUP	220	344	35	470	5.64	4.04	60.1	1057	17.05	7	19.92	32.22	17.55	6.07	0.00
Dinner Roll: ES 1, WW 22	1 each	150	63	0	113	2.00	0.60	23.0	0	0.0	1	3.0	12.0	0.0	0.00	0.00
Corn Niblets: .5 cup	.5 CUP	100	66	0	1	2.01	0.40	2.0	164	2.92	*N/A*	2.1	15.92	0.55	0.08	0.00
Orange Juice	.5 CUP	100	61	0	2	0.37	0.16	13.7	52	41.8	10	0.85	14.36	0.15	0.02	0.00
Milk, 1%Lowfat Hood 23/24	1 each	50	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			541	42	697	8.09	5.00	311.6	1734	37.92	*27	29.49	70.21	18.43	6.46	0.00
% of Calories											*20.2%	21.8%	52.0%	30.7%	10.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

Page 7

Generated on: 12/20/2023 9:56:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/24/2024																
CS/WS Main Menu	Total	220														
Cheeseburger, USDA ES	burger	120	372	73	451	3.00	3.42	135.9	0	0.6	3	22.53	30.01	16.56	7.53	1.00
Hamburger, USDA ES	burger	100	273	45	299	3.00	3.02	60.0	0	0.6	2	16.5	29.0	9.0	3.75	0.75
Lettuce & Tomat:1 leaf,2 slice	1 lf,2 slc	80	11	0	9	0.79	0.31	12.6	2110	7.69	1	0.68	2.24	0.12	0.02	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	120	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Broccoli Florets 0.75c 22	0.75 Cup	100	34	0	33	2.59	0.73	46.9	622	89.01	0	2.81	6.63	0.37	0.04	0.00
Ranch Dressing - PC	pc	80	25	0	110	0.00	0.00	0.0	0	0.0	1	0.0	2.0	2.0	0.00	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	150	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			500	65	705	6.13	4.13	357.1	1664	47.15	26	27.79	64.20	14.40	6.00	0.89
% of Calories											20.5%	22.2%	51.3%	25.9%	10.8%	1.6%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 01/25/2024																
CS/WS Main Menu	Total	200														
Beef Nachos ES 19/20	serving	200	359	37	907	4.17	3.48	107.8	7126	10.03	3	13.8	31.57	20.51	6.67	1.49
Salsa: Commodity	0.25 cup	120	17	0	31	0.95	0.51	9.5	0	0.57	2	0.95	3.31	0.0	0.00	0.00
Peas: frozen.5 cup	.5 CUP	100	75	0	69	5.20	1.49	22.5	1987	9.35	*0	4.87	13.82	0.26	0.05	0.00
Black Beans: 0.5c HS 19/20	0.5 cup	80	128	0	176	5.87	8.23	172.2	67	2.05	*1	6.75	19.17	2.49	0.17	*0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	25	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	140	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			601	43	1200	11.51	8.30	439.5	8791	19.55	*27	26.43	76.75	22.07	6.97	*1.49
% of Calories											*17.8%	17.6%	51.1%	33.0%	10.4%	*2.2%
Nutrient Guideline			550-650		1230										<10.00	

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/26/2024																
CS/WS Main Menu	Total	200														
Waffles (2 ea) 21/22	2 Waffles	200	181	5	353	1.01	3.63	262.1	0	0.0	4	4.03	30.24	5.04	1.51	0.00
Syrup: bid 23/24	2 Waffles serving (1 .5oz)	140	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Sausage, Chicken Jones 23/24	2 links	160	82	41	278	0.00	0.00	0.0	0	0.0	0	6.17	0.0	6.17	2.06	0.00
Potato Tots: 0.5C 23	0.5 cup	180	172	0	364	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	120	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Cucumber Coins 0.5c 1516	0.5 c	80	9	0	2	0.64	0.20	12.7	65	2.9	1	0.54	1.96	0.15	0.07	0.00
Applesauce, Cup 19/20	1 cup	120	51	0	2	1.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	80	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			594	41	1119	2.77	4.37	414.2	413	2.49	37 24.7%	15.01 10.1%	92.70 62.4%	18.49 28.0%	4.70 7.1%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 01/29/2024																
CS/WS Main Menu	Total	200														
Chicken Sand Crispy: ES 1819	1 each	200	400	59	575	6.00	1.98	210.0	3050	0.6	2	23.0	44.0	14.0	3.00	0.00
Fries, Crinkle 0.75C 23/24	0.75 cup	180	123	0	36	1.03	0.31	10.3	0	0.0	1	1.03	20.51	4.62	0.51	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	carton	5	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			624	62	743	8.45	2.65	404.5	3541	3.48	20 13.1%	29.20 18.7%	85.69 54.9%	18.32 26.4%	3.52 5.1%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 01/30/2024																
CS/WS Main Menu	Total	180														
Chicken BBQ: 2 oz, 23/24	3 oz	180	189	92	281	0.00	0.70	19.4	*0	0.34	7	17.45	8.48	8.73	2.91	0.00
Garlic Knots- 19/20	1knot	140	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
Baked Beans: veg, .5 c 1819	.5 cup	100	108	0	152	5.42	1.95	43.4	0	0.0	5	6.5	20.59	0.54	0.00	0.00
Carrots, Honey Cinn .5c 19/20	0.5 CUP	100	98	0	160	3.92	0.71	47.1	19037	2.75	*8	0.7	17.4	3.45	1.23	*0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	carton	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00

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.

Weston Public Schools

Jan 1, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			571	97	825	8.43	3.46	316.8	*11339	9.93	*36	31.09	74.36	16.78	4.95	*0.00
% of Calories											*25.5%	21.8%	52.1%	26.5%	7.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 01/31/2024																
CS/WS Main Menu	Total	200														
Rotini WG/Meat Sauce ES 1c	1 cup	200	327	24	423	8.03	4.11	31.4	1520	25.33	10	18.57	49.13	9.65	0.92	1.79
Carrots, Honey Cinn .75c 19/20	0.75 CUP	120	120	0	194	5.86	1.02	68.1	28841	4.13	*8	1.04	21.96	3.85	1.30	*0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff. Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			527	28	685	13.37	5.15	281.4	19375	31.42	*34	25.13	88.21	12.33	1.88	*1.79
% of Calories											*26.0%	19.1%	67.0%	21.1%	3.2%	*3.1%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			557	47	833	7.97	3.74	409.4	*4454	*22.20	*31	25.57	78.51	16.71	5.01	*0.20
											*49.6%	18.4%	56.4%	27.0%	8.1%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	557		550 - 650	100%				
Cholesterol (mg)	47							
Sodium 1 (mg)	833		1230					
Sodium 2 (mg)	833		935					
Fiber (g)	7.97							
Iron (mg)	3.74							
Calcium (mg)	409.4							
Vitamin A (IU)	4454				Missing			
Sugars (g)	31	22.05%			Missing			
Vitamin C (mg)	22.20				Missing			
Protein (g)	25.57	18.36%						
Carbohydrate (g)	78.51	56.36%						
Total Fat (g)	16.71	26.99%						
Saturated Fat (g)	5.01	8.09%	<10.00%					
Trans Fat ¹ (g)	0.20	0.33%			Missing			

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.