

Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School Alternates

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 - 04/01/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Garden Salad: ES 19/20	1 cup	20	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 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			587	49	845	9.31	4.63	506.4	16065	*37.24	41	32.66	79.07	17.35	4.58	0.00
% of Calories											27.9%	22.3%	53.9%	26.6%	7.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/02/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c	0.75 c	20	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 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			560	49	799	6.78	3.56	470.8	3995	33.70	38	31.29	73.67	17.07	4.58	0.00
% of Calories											27.5%	22.4%	52.7%	27.5%	7.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/03/2024																
Field School Alternates	Total	1														
Early Dismissal: No Lunch	1 ea	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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
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Base Menu Spreadsheet

Field School Alternates

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			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

Thu - 04/04/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Florets 0.75c 22	0.75 Cup	20	34	0	33	2.59	0.73	46.9	622	89.01	0	2.81	6.63	0.37	0.04	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			570	49	814	7.60	3.78	484.7	4257	76.03	38	32.30	75.51	17.14	4.54	0.00
% of Calories											26.3%	22.7%	53.0%	27.1%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/05/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot Sticks: .75 cup	.75 cup	30	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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

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Base Menu Spreadsheet

Field School Alternates

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			606	49	887	9.92	3.80	503.9	25543	39.15	44	32.09	84.58	17.27	4.56	0.00
% of Calories											28.8%	21.2%	55.9%	25.7%	6.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/08/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Fries, Crinkle 0.75C 23/24	0.75 cup	20	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 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			614	49	815	6.81	3.57	466.4	3946	31.52	38	31.40	82.45	19.27	4.78	0.00
% of Calories											24.8%	20.4%	53.7%	28.2%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/09/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot Sticks: .75 cup	.75 cup	10	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00

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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			570	49	827	7.51	3.54	475.5	11145	34.06	40	31.29	76.33	17.06	4.54	0.00
% of Calories											27.7%	21.9%	53.5%	26.9%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/10/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Baked Beans BBQ: .75c ES 19/20	.75 cup	10	157	0	254	7.23	2.60	57.8	0	0.13	10	8.67	30.66	0.72	0.00	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			592	49	861	8.11	4.06	475.7	3946	31.55	40	33.06	79.86	17.14	4.52	0.00
% of Calories											27.0%	22.3%	54.0%	26.1%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/11/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Salad: HS salad bar	0.5 CUP	20	132	20	323	1.56	0.54	26.4	272	39.31	*4	4.79	15.6	6.54	1.39	*0.00
Celery Sticks: .5 c	.5 CUP	20	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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

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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			624	59	988	7.68	3.76	489.3	4249	52.33	*40	33.54	81.10	20.29	5.23	*0.00
% of Calories											*25.7%	21.5%	52.0%	29.3%	7.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/12/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c	0.75 c	30	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 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			563	49	799	7.01	3.64	475.6	4020	34.79	39	31.49	74.40	17.12	4.60	0.00
% of Calories											27.7%	22.4%	52.9%	27.4%	7.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/15/2024																
Field School Alternates	Total	1														
No School	1 serving	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 - 04/16/2024																
Field School Alternates	Total	1														
No School	1 serving	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

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
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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School Alternates

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)
Wed - 04/17/2024																
Field School Alternates No School	Total serving	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230											<10.00
Thu - 04/18/2024																
Field School Alternates No School	Total serving	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230											<10.00
Fri - 04/19/2024																
Field School Alternates No School	Total serving	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			550-650		1230											<10.00

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School Alternates

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)
Mon - 04/22/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Celery Sticks: .5 c	.5 CUP	10	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Baked Beans BBQ: .5c ES 19/20	.5 cup	10	118	0	190	5.42	1.95	43.4	0	0.1	7	6.5	22.99	0.54	0.00	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			585	49	860	7.95	3.94	479.5	4030	32.12	40	32.64	78.50	17.13	4.53	0.00
% of Calories											27.1%	22.3%	53.7%	26.4%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/23/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Florets 0.75c 22	0.75 Cup	10	34	0	33	2.59	0.73	46.9	622	89.01	0	2.81	6.63	0.37	0.04	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			561	49	806	6.95	3.59	473.0	4102	53.77	38	31.59	73.85	17.05	4.53	0.00
% of Calories											26.7%	22.5%	52.6%	27.3%	7.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School Alternates

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)
Wed - 04/24/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot Sticks: .75 cup	.75 cup	10	71	0	119	4.83	0.52	56.9	28795	10.17	8	1.6	16.51	0.41	0.06	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			570	49	827	7.51	3.54	475.5	11145	34.06	40	31.29	76.33	17.06	4.54	0.00
% of Calories											27.7%	21.9%	53.5%	26.9%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

	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 - 04/25/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Cucumber Coins 0.75c	0.75 c	20	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 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			560	49	799	6.78	3.56	470.8	3995	33.70	38	31.29	73.67	17.07	4.58	0.00
% of Calories											27.5%	22.4%	52.7%	27.5%	7.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School Alternates

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 - 04/26/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Potato Tot, 0.75C 23/24	0.75 cup	20	162	0	233	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			634	49	914	6.81	3.67	461.3	3946	32.13	38	31.90	81.82	21.51	5.28	0.00
% of Calories											23.7%	20.1%	51.6%	30.6%	7.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/29/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Peas: frozen.75 cup	.75 CUP	20	113	0	102	6.38	2.16	34.1	2980	14.05	6	7.31	20.66	0.38	0.07	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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			609	49	848	9.49	4.49	478.3	5436	38.54	41	34.54	82.53	17.15	4.56	0.00
% of Calories											26.7%	22.7%	54.2%	25.3%	6.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School Alternates

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 - 04/30/2024																
Field School Alternates	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Refried Beans: 19/20	0.5 CUP	20	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 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	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	35	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	49	973	8.89	4.37	472.6	3979	31.61	38	33.97	82.66	17.94	4.52	0.00
% of Calories											24.9%	22.0%	53.6%	26.2%	6.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			589	49	854	7.82	3.84	478.7	7113	*39.14	*39	32.27	78.52	17.79	4.65	*0.00
											*60.0%	21.9%	53.3%	27.2%	7.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	589		550 - 650	100%				
Cholesterol (mg)	49							
Sodium 1 (mg)	854		1230					
Sodium 2 (mg)	854		935					
Fiber (g)	7.82							
Iron (mg)	3.84							
Calcium (mg)	478.7							
Vitamin A (IU)	7113							
Sugars (g)	39	26.69%			Missing			
Vitamin C (mg)	39.14				Missing			
Protein (g)	32.27	21.92%						
Carbohydrate (g)	78.52	53.34%						
Total Fat (g)	17.79	27.19%						
Saturated Fat (g)	4.65	7.11%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			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.