

Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School

Portion Values - Detailed

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	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 - 04/01/2024																
Field School	Total	150														
Ravioli, Braided Mini ES 22/23	5 each	150	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: Trattoria 23/24	0.25 cup	150	41	0	198	1.01	0.46	15.7	760	12.66	4	1.01	5.07	2.03	0.00	0.00
Garlic Knots- 19/20	1knot	100	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	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
Apple Crisp: 1/2 cup, ES 19/20	0.5 cup	100	135	0	70	1.02	1.28	11.4	365	0.63	*8	1.06	20.22	5.55	2.22	*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	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			616	35	1170	13.31	6.42	374.0	21061	*31.06	*39	23.08	106.32	14.03	3.32	*0.00
% of Calories											*25.2%	15.0%	69.1%	20.5%	4.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/02/2024																
Field School	Total	150														
Beef Tacos:Hard ShellES	1 each	150	283	50	418	2.89	1.82	135.6	2333	9.09	4	12.66	15.76	18.58	8.38	0.02
Beans and Rice: ES 19/20	0.5 cup	100	325	0	1746	3.45	3.59	72.0	0	0.37	13	16.89	50.03	2.51	0.13	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	40	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			642	57	1734	7.22	4.63	425.6	2962	13.73	33	30.69	76.71	21.05	8.90	0.02
% of Calories											20.5%	19.1%	47.8%	29.5%	12.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/03/2024																
Field School	Total	150														
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
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

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	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)
Thu - 04/04/2024																
Field School	Total	150														
Chicken BBQ: 2 oz, 23/24	3 oz	150	189	92	281	0.00	0.70	19.4	*0	0.34	7	17.45	8.48	8.73	2.91	0.00
Macaroni and Cheese: 1/2 Cup	1/2 cup	150	232	22	286	2.11	1.14	199.1	313	0.1	*4	9.79	25.22	9.89	4.75	*0.04
Veg, Mixd, 4 Way: frzn. 1 C 22	1 Cup	100	155	0	71	8.98	1.68	51.0	8730	6.53	6	5.84	27.36	2.55	0.22	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	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			652	119	749	10.13	3.36	453.2	*6662	8.87	*33	36.83	77.80	20.78	8.04	*0.04
% of Calories											*20.4%	22.6%	47.8%	28.7%	11.1%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/05/2024																
Field School	Total	150														
Pizza French Bread, Tony 23/24	1 each	150	300	15	430	3.00	2.30	320.1	0	0.0	8	17.0	32.01	11.0	3.50	0.00
Garden Salad: 1c w/drssing, HS	1 cup	100	208	6	561	3.38	1.31	71.9	10010	14.49	*2	*3.06	15.02	16.08	2.56	0.00
Corn, Fiesta, .5 cup	.5 cup	100	57	0	31	2.84	1.12	3.9	794	50.36	*1	2.4	15.6	0.44	0.03	0.00
Fresh Fruit Selection: Whole	1 EACH	80	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	40	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			610	26	976	8.77	4.31	611.6	7826	46.88	*30	*27.34	77.76	22.79	5.65	0.00
% of Calories											*19.4%	*17.9%	51.0%	33.6%	8.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/08/2024																
Field School	Total	170														
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	50	273	45	299	3.00	3.02	60.0	0	0.6	2	16.5	29.0	9.0	3.75	0.75
Ketchup: Heinz PC (2 ea) 23/24	2 each	50	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Fries, Crinkle 0.75C 23/24	0.75 cup	140	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	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	carton	30	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			607	71	670	6.00	4.06	386.4	699	5.00	28	29.05	79.61	18.72	7.14	0.93
% of Calories											18.2%	19.1%	52.5%	27.8%	10.6%	1.4%
Nutrient Guideline			550-650		1230											<10.00

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Tue - 04/09/2024																
Field School	Total	150														
Red Sox Opening Day!	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Hot Dog in WW Roll: bid 1819	1 hot dog	150	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	120	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Popcorn	bag	150	140	0	200	4.00	1.08	200.0	0	0.0	0	4.0	18.0	5.0	0.00	0.00
Carrot Sticks: .75 cup	.75 cup	100	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 Selection: Whole	1 Each	60	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	10	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	60	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			618	38	1117	10.43	3.86	457.0	19585	9.19	25	21.98	77.94	24.51	7.16	0.00
% of Calories											16.5%	14.2%	50.5%	35.7%	10.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/10/2024																
Field School	Total	150														
Rib Q 23	1 EACH	150	273	51	638	1.01	1.01	40.5	304	1.22	7	13.16	9.11	20.25	7.09	0.00
Cornbread: 2 x 2" piece	2 x 2" piece	100	126	0	280	0.90	0.65	18.5	0	0.0	6	0.9	24.3	2.7	0.90	0.00
Baked Beans BBQ: .5c ES 19/20	.5 cup	100	118	0	190	5.42	1.95	43.4	0	0.1	7	6.5	22.99	0.54	0.00	0.00
Cole Slaw, Rainbow .25 cup 23	.25 CUP	100	29	0	38	0.45	0.14	8.4	1171	5.65	2	0.23	2.45	2.21	0.31	*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	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			600	56	1141	7.56	3.31	326.7	1713	9.12	39	25.02	71.34	24.35	8.13	*0.00
% of Calories											25.9%	16.7%	47.5%	36.5%	12.2%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Field School

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 - 04/11/2024																
Field School	Total	150														
Chicken Tndr Large (2ea) ES	1 each	150	215	39	391	1.95	1.56	0.0	0	0.0	2	19.55	11.73	11.73	1.95	0.00
Potato Smiles, (6 / svg) 23/24	6 pieces	150	196	0	281	2.44	0.61	12.2	0	0.0	0	2.44	30.55	7.33	1.22	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	100	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Broccoli Salad: HS salad bar	0.5 CUP	100	132	20	323	1.56	0.54	26.4	272	39.31	*4	4.79	15.6	6.54	1.39	*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	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			639	57	1149	7.47	2.94	230.5	724	30.28	*26	30.88	82.55	23.89	4.34	*0.00
% of Calories											*16.2%	19.3%	51.6%	33.6%	6.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/12/2024																
Field School	Total	180														
Waffles (2 ea) 21/22	2 Waffles	180	181	5	353	1.01	3.63	262.1	0	0.0	4	4.03	30.24	5.04	1.51	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
Syrup: bid 23/24	1 serving (1 .5oz)	150	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Cucumber Coins 0.75c	0.75 c	100	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	70	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Smoothie Berry Green	8 oz	100	117	1	25	3.86	1.43	59.0	1677	11.15	*10	4.06	24.84	0.96	0.49	*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			550	47	776	4.87	5.01	536.0	1587	11.07	*45	18.65	95.28	11.54	3.86	*0.00
% of Calories											*33.0%	13.6%	69.3%	18.9%	6.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/15/2024																
Field School	Total	1														
No School; Spring Break	1 cup	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories												*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			550-650		1230											<10.00

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Tue - 04/16/2024																
Field School No School; Spring Break	Total 1 cup	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			550-650		1230											<10.00
Wed - 04/17/2024																
Field School No School; Spring Break	Total 1 cup	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			550-650		1230											<10.00
Thu - 04/18/2024																
Field School No School; Spring Break	Total 1 cup	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			550-650		1230											<10.00
Fri - 04/19/2024																
Field School No School; Spring Break	Total 1 cup	1 1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Nutrient Guideline			550-650		1230											<10.00

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	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	Total	150														
Chicken Sand Crispy: ES 1819	1 each	150	400	59	575	6.00	1.98	210.0	3050	0.6	2	23.0	44.0	14.0	3.00	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	100	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
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
Baked Beans BBQ: .5c ES 19/20	.5 cup	1	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 Selection: Whole	1 Each	80	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	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			599	64	838	9.67	2.77	412.0	3751	6.84	*22	30.77	87.67	15.00	3.31	0.00
% of Calories											*14.9%	20.5%	58.5%	22.5%	5.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/23/2024																
Field School	Total	150														
Meatball: Sweet and Sour 1617	3/4 cup	150	261	35	655	1.57	1.66	52.0	325	15.16	*6	14.57	20.66	14.13	6.01	*0.00
Rice, Brown: 0.5c 1819	0.5 cup	150	100	0	78	1.08	0.20	3.0	0	0.54	0	2.16	20.52	1.08	0.00	0.00
Broccoli, oven roasted	0.5 cup	80	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	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			535	41	926	5.85	2.58	309.3	1141	46.48	*29	24.40	74.51	16.97	6.45	*0.00
% of Calories											*21.8%	18.3%	55.8%	28.6%	10.9%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/24/2024																
Field School	Total	150														
Stuffed Shells: ES 23/24	2 shells	150	238	40	570	2.40	1.45	185.1	*792	*13.19	7	10.5	23.5	11.56	6.07	0.00
Dinner Roll: ES 1, WW 22	1 each	130	63	0	113	2.00	0.60	23.0	0	0.0	1	3.0	12.0	0.0	0.00	0.00
Carrots, Honey Coins.75c 19/20	.75 CUP	120	119	0	194	5.69	1.00	64.9	28840	4.12	*8	1.03	21.7	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	40	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			556	48	1005	11.13	3.27	538.6	*24598	*21.63	*39	21.83	84.33	15.46	7.55	*0.00
% of Calories											*27.8%	15.7%	60.7%	25.0%	12.2%	*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

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)
Thu - 04/25/2024																
Field School	Total	150														
American Chop Suey: 19/20	1.5 cup	150	427	34	697	7.20	3.75	83.5	2339	36.13	*14	15.5	51.95	17.26	4.26	0.00
Garden Salad: ES 19/20	1 cup	70	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	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	60	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			569	38	846	12.04	5.22	287.6	14078	*45.54	*33	21.78	81.04	18.09	4.55	0.00
% of Calories											*23.1%	15.3%	57.0%	28.6%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/26/2024																
Field School	Total	180														
Pancakes, Bake Crafters 23/24	0.75 cup	180	180	10	220	6.00	1.40	60.0	0	0.0	10	4.0	30.0	4.0	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
Syrup: bid 23/24	1 serving (1 .5oz)	110	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Potato Tot, 0.75C 23/24	0.75 cup	120	162	0	233	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	0.00
Apples & Cinnamon	0.5 CUP	100	60	0	4	1.26	0.23	15.3	16	0.31	*6	0.24	15.55	0.24	0.04	*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	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			552	51	760	7.37	2.16	264.1	509	1.25	*39	16.30	84.98	15.97	3.03	*0.00
% of Calories											*28.0%	11.8%	61.6%	26.1%	4.9%	*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

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 - 04/29/2024																
Field School	Total	150														
Mozzarella Sticks (5 sticks)	svgs (5 sticks)	150	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	150	41	0	198	1.01	0.46	15.7	760	12.66	4	1.01	5.07	2.03	0.00	0.00
Dinner Roll: ES 1, WW 22	1 each	100	63	0	113	2.00	0.60	23.0	0	0.0	1	3.0	12.0	0.0	0.00	0.00
Peas: frozen.75 cup	.75 CUP	100	113	0	102	6.38	2.16	34.1	2980	14.05	6	7.31	20.66	0.38	0.07	0.00
Garden Salad: ES 19/20	1 cup	80	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	60	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	40	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			584	19	997	13.56	5.35	784.1	16290	*31.02	33	32.81	85.03	13.55	3.69	0.00
% of Calories											22.6%	22.5%	58.3%	20.9%	5.7%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/30/2024																
Field School	Total	150														
Chicken Soft Taco 23	1 EACH	150	321	75	759	3.26	2.02	282.8	785	9.05	*3	29.35	30.73	10.47	4.58	*0.00
Refried Beans: 19/20	0.5 CUP	80	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	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	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			543	80	1110	8.46	3.54	535.1	1455	13.97	*26	39.47	73.23	12.01	4.82	*0.00
% of Calories											*19.3%	29.1%	54.0%	19.9%	8.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			451	40	760	6.61	2.75	329.8	*5935	*15.57	*24	*20.28	62.43	13.51	4.04	*N/A*
											*48.8%	*18.0%	55.4%	27.0%	8.1%	

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Field School

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	451		550 - 650	82%				99		Correction Required - Calories are Low							
Cholesterol (mg)	40																
Sodium 1 (mg)	760		1230														
Sodium 2 (mg)	760		935														
Fiber (g)	6.61																
Iron (mg)	2.75																
Calcium (mg)	329.8																
Vitamin A (IU)	5935				Missing												
Sugars (g)	24	21.71%			Missing												
Vitamin C (mg)	15.57				Missing												
Protein (g)	20.28	18.00%			Missing												
Carbohydrate (g)	62.43	55.42%															
Total Fat (g)	13.51	26.98%															
Saturated Fat (g)	4.04	8.08%	<10.00%														
Trans Fat ¹ (g)	*N/A*				Missing												

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