

Weston Public Schools

Jun 1, 2024 thru Jun 22, 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 - 06/03/2024																
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 c	.75 cup	20	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			588	49	857	8.71	3.67	489.7	18344	36.61	42	31.69	80.45	17.17	4.55	0.00
% of Calories											28.3%	21.6%	54.7%	26.3%	7.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 06/04/2024																
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

Wed - 06/05/2024																
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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Weston Public Schools

Jun 1, 2024 thru Jun 22, 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)
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 - 06/06/2024																
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
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

Fri - 06/07/2024																
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

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.

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Jun 1, 2024 thru Jun 22, 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)
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	

Mon - 06/10/2024																
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
Carrot Sticks: .5 c	.5 cup	15	46	0	78	3.18	0.34	37.4	18944	6.69	5	1.05	10.86	0.27	0.04	0.00
Cole Slaw, Rainbow .25 cup 23	.25 CUP	15	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 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			581	49	841	7.66	3.59	478.5	11489	36.15	40	31.37	77.19	17.89	4.65	*0.00
% of Calories											27.7%	21.6%	53.1%	27.7%	7.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 06/11/2024																
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
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
Carrot Sticks: .75 c	.75 cup	20	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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Jun 1, 2024 thru Jun 22, 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)
Weighted Daily Average			588	49	857	8.71	3.67	489.7	18344	36.61	42	31.69	80.45	17.17	4.55	0.00
% of Calories											28.3%	21.6%	54.7%	26.3%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 06/12/2024																
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
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
Sweet Potato Fry 0.75c Bid1819	0.75 cup	15	160	0	184	2.45	0.44	24.5	4295	2.95	6	1.23	23.32	6.14	1.23	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			642	49	914	8.57	4.07	481.3	5557	32.65	42	32.98	86.69	19.40	4.98	0.00
% of Calories											25.9%	20.5%	54.0%	27.2%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 06/13/2024																
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

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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	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 - 06/14/2024																
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
Corn Niblets: .75 cup	.75 CUP	10	100	0	2	3.02	0.59	3.0	246	4.38	*N/A*	3.15	23.87	0.83	0.12	0.00
Garden Salad: ES 19/20	1 cup	10	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			595	49	821	8.56	4.17	484.6	10067	*35.47	*39	32.56	81.60	17.36	4.58	0.00
% of Calories											*26.4%	21.9%	54.9%	26.3%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 06/17/2024																
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
Carrot Sticks: .75 c	.75 cup	20	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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Weston Public Schools

Jun 1, 2024 thru Jun 22, 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)
Weighted Daily Average			588	49	857	8.71	3.67	489.7	18344	36.61	42	31.69	80.45	17.17	4.55	0.00
% of Calories											28.3%	21.6%	54.7%	26.3%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 06/18/2024																
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 - 06/19/2024																
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	

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Weston Public Schools

Jun 1, 2024 thru Jun 22, 2024

Base Menu Spreadsheet

Field School Alternates

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)
Thu - 06/20/2024																
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
Raw Veggie Side: 0.75c	3/4 cup	20	20	0	43	1.62	0.33	26.8	2974	*2.5	2	0.98	4.37	0.12	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
Weighted Daily Average			563	49	819	7.11	3.58	474.7	5434	*32.77	38	31.38	74.38	17.02	4.54	0.00
% of Calories											27.3%	22.3%	52.9%	27.2%	7.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 06/21/2024																
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
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	

Weighted Average			585	49	834	7.80	3.72	480.5	9003	*41.49	*40	31.83	78.50	17.57	4.62	*0.00
											*60.8%	21.8%	53.7%	27.0%	7.1%	*0.0%

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Weston Public Schools

Jun 1, 2024 thru Jun 22, 2024

Base Menu Spreadsheet

Field School Alternates

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	585		550 - 650	100%													
Cholesterol (mg)	49																
Sodium 1 (mg)	834		1230														
Sodium 2 (mg)	834		935														
Fiber (g)	7.80																
Iron (mg)	3.72																
Calcium (mg)	480.5																
Vitamin A (IU)	9003																
Sugars (g)	40	27.03%				Missing											
Vitamin C (mg)	41.49					Missing											
Protein (g)	31.83	21.77%															
Carbohydrate (g)	78.50	53.70%															
Total Fat (g)	17.57	27.04%															
Saturated Fat (g)	4.62	7.11%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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