

Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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 - 11/02/2020																
High School Lunch	Total	20														
Ham & Swiss on a Bulkie	1 EA	15	317	52	551	4.00	2.56	324.0	389	0.6	6	25.25	33.21	13.33	5.71	0.00
Veggie Wrap: MS 20/21	wrap	5	379	20	792	6.94	3.49	282.4	7000	15.75	1	16.96	41.76	17.94	6.61	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Cookies, Chk Chp Otis 20/21	1 each	20	169	10	129	0.99	1.79	0.0	0	0.0	14	1.98	22.82	7.94	3.97	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Scones 19/20	1 each	10	419	10	319	1.00	1.44	39.9	0	0.0	24	4.99	51.85	20.94	10.97	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			822	44	985	11.88	4.91	555.9	3840	111.14	*47 *22.7%	31.76 15.5%	116.30 56.6%	29.13 31.9%	10.34 11.3%	0.00 0.0%
Nutrient Guideline			622-744		1088											<10.00
Tue - 11/03/2020																
High School Lunch	Total	20														
Turkey BLT: WW Sliced	1 each	15	213	30	493	4.65	2.71	26.5	745	6.61	4	19.54	30.24	0.6	0.01	0.00
Caesar Wrap 20/21	1 EACH	5	344	7	641	4.00	2.21	148.8	2060	0.94	2	7.06	32.33	22.26	4.43	0.00
broccoli & cauliflower 20/21	1 cup	20	67	0	71	5.22	1.30	78.2	706	155.81	*2	5.38	13.17	0.74	0.19	*0.00
Ranch Dressing: Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Cookies, Chk Chp Otis 20/21	1 each	20	169	10	129	0.99	1.79	0.0	0	0.0	14	1.98	22.82	7.94	3.97	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Nutrigrain Bar Breakfast20/21	2 bars	10	320	0	300	6.00	0.00	0.0	1500	0.0	28	4.0	60.0	8.0	1.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			691	28	869	13.39	4.23	423.2	2555	131.62	*45 *26.3%	26.67 15.4%	111.85 64.7%	17.04 22.2%	4.23 5.5%	*0.00 *0.0%
Nutrient Guideline			622-744		1088											<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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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 - 11/04/2020																
High School Lunch	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
High School - Breakfast	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			622-744		1088											<10.00

Thu - 11/05/2020																
High School Lunch	Total	20														
Turkey BLT: WW Sliced	1 each	15	213	30	493	4.65	2.71	26.5	745	6.61	4	19.54	30.24	0.6	0.01	0.00
Caesar Wrap 20/21	1 EACH	5	344	7	641	4.00	2.21	148.8	2060	0.94	2	7.06	32.33	22.26	4.43	0.00
broccoli & cauliflower 20/21	1 cup	20	67	0	71	5.22	1.30	78.2	706	155.81	*2	5.38	13.17	0.74	0.19	*0.00
Ranch Dressing: Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Cookies, Chk Chp Otis 20/21	1 each	20	169	10	129	0.99	1.79	0.0	0	0.0	14	1.98	22.82	7.94	3.97	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	55														
Nutrigrain Bar Breakfast 20/21	2 bars	30	320	0	300	6.00	0.00	0.0	1500	0.0	28	4.0	60.0	8.0	1.00	0.00
Fresh Fruit Selection: HS	1 EACH	30	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	5	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			375	11	416	7.90	1.75	154.7	1404	58.77	*26	11.42	64.95	9.01	1.97	*0.00
% of Calories											*27.9%	12.2%	69.3%	21.6%	4.7%	*0.0%
Nutrient Guideline			622-744		1088											<10.00

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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)
Fri - 11/06/2020																
High School Lunch	Total	20														
Ham & Swiss on a Bulkie	1 EA	15	317	52	551	4.00	2.56	324.0	389	0.6	6	25.25	33.21	13.33	5.71	0.00
Veggie Wrap: MS 20/21	wrap	5	379	20	792	6.94	3.49	282.4	7000	15.75	1	16.96	41.76	17.94	6.61	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Cookies, Chk Chp Otis 20/21	1 each	20	169	10	129	0.99	1.79	0.0	0	0.0	14	1.98	22.82	7.94	3.97	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	55														
Scones 19/20	1 each	35	419	10	319	1.00	1.44	39.9	0	0.0	24	4.99	51.85	20.94	10.97	0.00
Fresh Fruit Selection: HS	1 EACH	30	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	5	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			482	21	489	6.03	2.50	221.0	1518	50.58	*27 *22.6%	14.05 11.7%	68.01 56.5%	18.69 34.9%	7.81 14.6%	0.00 0.0%
Nutrient Guideline			622-744		1088											<10.00

Mon - 11/09/2020																
High School Lunch	Total	20														
Chicken Wrap Crispy HS MS 1617	1 EA	10	634	59	918	5.05	3.68	323.1	5112	3.29	*7	21.11	43.07	42.63	11.13	0.00
Greek Wrap: 20/21	wrap	10	311	8	872	5.86	3.10	187.8	6797	15.75	*2	8.38	32.06	17.57	4.53	0.00
Carrot Sticks; 1 cup	1 cup	20	51	0	113	4.19	1.31	46.1	20014	3.85	*N/A*	0.91	11.83	0.17	0.03	0.00
Ranch Dressing:Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Rice Crispies Bar 20/21	1 bar	20	160	0	140	1.00	1.80	0.0	0	0.0	11	2.0	30.0	4.0	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Muffins: Choc Chip HS BFast	muffins	10	308	8	424	1.80	0.75	1.3	110	0.0	*22	3.33	53.42	10.74	5.78	*0.04
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			822	30	1188	11.96	5.03	534.5	18217	33.20	*40 *19.6%	22.37 10.9%	118.09 57.4%	31.01 33.9%	8.21 9.0%	*0.01 *0.0%
Nutrient Guideline			622-744		1088											<10.00

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Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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)
Tue - 11/10/2020																
High School Lunch	Total	20														
Teriyaki Chicken Wrap 20/21	wrap	15	276	37	783	4.46	2.60	96.8	911	9.69	9	15.47	40.91	5.85	1.84	0.00
Egg Salad Sandwich 20/21	sandwiche	5	231	190	424	2.35	2.09	68.1	1008	1.47	*3	12.24	24.7	9.84	1.89	0.00
Celery Sticks: 1 c	1 CUP	20	24	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Rice Crispies Bar 20/21	1 bar	20	160	0	140	1.00	1.80	0.0	0	0.0	11	2.0	30.0	4.0	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Pop Tart Breakfast 20/21	pastry	10	360	0	380	6.00	3.60	200.0	1000	0.0	30	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			737	55	1142	12.48	5.18	485.7	2266	32.45	*46	25.31	126.96	16.04	2.65	0.00
% of Calories											*25.0%	13.7%	68.9%	19.6%	3.2%	0.0%
Nutrient Guideline			622-744		1088											<10.00

Wed - 11/11/2020																
High School Lunch	Total	1														
No School	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
High School - Breakfast	Total	1														
No School	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			622-744		1088											<10.00

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	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 - 11/12/2020																
High School Lunch	Total	20														
Chicken Wrap Crispy HS MS 1617	1 EA	5	634	59	918	5.05	3.68	323.1	5112	3.29	*7	21.11	43.07	42.63	11.13	0.00
Greek Wrap: 20/21	wrap	15	311	8	872	5.86	3.10	187.8	6797	15.75	*2	8.38	32.06	17.57	4.53	0.00
Carrot Sticks; 1 cup	1 cup	20	51	0	113	4.19	1.31	46.1	20014	3.85	*N/A*	0.91	11.83	0.17	0.03	0.00
Ranch Dressing: Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Rice Crispies Bar 20/21	1 bar	20	160	0	140	1.00	1.80	0.0	0	0.0	11	2.0	30.0	4.0	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Muffins: Choc Chip HS BFast	muffins	10	308	8	424	1.80	0.75	1.3	110	0.0	*22	3.33	53.42	10.74	5.78	*0.04
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			769	21	1180	12.10	4.93	511.9	18498	35.28	*40 *20.6%	20.25 10.5%	116.26 60.5%	26.83 31.4%	7.11 8.3%	*0.01 *0.0%
Nutrient Guideline			622-744		1088											<10.00

Fri - 11/13/2020																
High School Lunch	Total	20														
Teriyaki Chicken Wrap 20/21	wrap	5	276	37	783	4.46	2.60	96.8	911	9.69	9	15.47	40.91	5.85	1.84	0.00
Egg Salad Sandwich 20/21	sandwich	15	231	190	424	2.35	2.09	68.1	1008	1.47	*3	12.24	24.7	9.84	1.89	0.00
Celery Sticks: 1 c	1 CUP	20	24	0	119	2.38	0.30	59.4	667	4.61	2	1.03	4.41	0.25	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Rice Crispies Bar 20/21	1 bar	20	160	0	140	1.00	1.80	0.0	0	0.0	11	2.0	30.0	4.0	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Pop Tart Breakfast 20/21	pastry	10	360	0	380	6.00	3.60	200.0	1000	0.0	30	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			722	106	1022	11.78	5.01	476.2	2299	29.71	*44 *24.3%	24.24 13.4%	121.56 67.3%	17.36 21.6%	2.67 3.3%	0.00 0.0%
Nutrient Guideline			622-744		1088											<10.00

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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 - 11/16/2020																
High School Lunch	Total	20														
Buff Sliced Chckn Blkie 20/21	sandwich	5	522	45	1136	4.31	2.74	8.6	1777	2.81	*4	23.45	33.11	34.37	8.55	0.00
Veggie Wrap: MS 20/21	wrap	15	379	20	792	6.94	3.49	282.4	7000	15.75	1	16.96	41.76	17.94	6.61	0.00
Carrot Sticks; 1 cup	1 cup	20	51	0	113	4.19	1.31	46.1	20014	3.85	*N/A*	0.91	11.83	0.17	0.03	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Fruit Snacks 20/21	pouch	20	130	0	15	3.00	0.00	0.0	2500	30.0	15	2.0	32.0	0.0	0.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Scones 19/20	1 each	10	419	10	319	1.00	1.44	39.9	0	0.0	24	4.99	51.85	20.94	10.97	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			855	26	1157	14.93	4.48	506.4	19670	55.20	*42	28.18	127.02	28.77	8.45	0.00
% of Calories											*19.4%	13.2%	59.4%	30.3%	8.9%	0.0%
Nutrient Guideline			622-744		1088											<10.00

Tue - 11/17/2020																
High School Lunch	Total	20														
Italian Sub: MS HS 1718	1 each	5	390	61	1314	4.33	10.73	206.5	745	3.52	5	23.97	30.04	21.27	8.87	0.00
Caesar Wrap 20/21	1 EACH	15	344	7	641	4.00	2.21	148.8	2060	0.94	2	7.06	32.33	22.26	4.43	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Ranch Dressing:Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Fruit Snacks 20/21	pouch	20	130	0	15	3.00	0.00	0.0	2500	30.0	15	2.0	32.0	0.0	0.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Nutrigrain Bar Breakfast20/21	2 bars	10	320	0	300	6.00	0.00	0.0	1500	0.0	28	4.0	60.0	8.0	1.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			724	19	936	13.10	3.79	455.7	5804	129.27	*48	20.81	115.97	22.16	4.44	0.00
% of Calories											*26.5%	11.5%	64.1%	27.6%	5.5%	0.0%
Nutrient Guideline			622-744		1088											<10.00

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

Portion Values - Detailed

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	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 - 11/18/2020																
High School Lunch	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
High School - Breakfast	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			622-744		1088											<10.00

Thu - 11/19/2020																
High School Lunch	Total	20														
Italian Sub: MS HS 1718	1 each	5	390	61	1314	4.33	10.73	206.5	745	3.52	5	23.97	30.04	21.27	8.87	0.00
Caesar Wrap 20/21	1 EACH	15	344	7	641	4.00	2.21	148.8	2060	0.94	2	7.06	32.33	22.26	4.43	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Ranch Dressing: Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Fruit Snacks 20/21	pouch	20	130	0	15	3.00	0.00	0.0	2500	30.0	15	2.0	32.0	0.0	0.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Nutrigrain Bar Breakfast20/21	2 bars	10	320	0	300	6.00	0.00	0.0	1500	0.0	28	4.0	60.0	8.0	1.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			724	19	936	13.10	3.79	455.7	5804	129.27	*48	20.81	115.97	22.16	4.44	0.00
% of Calories											*26.5%	11.5%	64.1%	27.6%	5.5%	0.0%
Nutrient Guideline			622-744		1088											<10.00

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

Portion Values - Detailed

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	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)
Fri - 11/20/2020																
High School Lunch	Total	20														
Buff Sliced Chckn Blkie 20/21	sandwich	5	522	45	1136	4.31	2.74	8.6	1777	2.81	*4	23.45	33.11	34.37	8.55	0.00
Veggie Wrap: MS 20/21	wrap	15	379	20	792	6.94	3.49	282.4	7000	15.75	1	16.96	41.76	17.94	6.61	0.00
Carrot Sticks; 1 cup	1 cup	20	51	0	113	4.19	1.31	46.1	20014	3.85	*N/A*	0.91	11.83	0.17	0.03	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Fruit Snacks 20/21	pouch	20	130	0	15	3.00	0.00	0.0	2500	30.0	15	2.0	32.0	0.0	0.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Scones 19/20	1 each	10	419	10	319	1.00	1.44	39.9	0	0.0	24	4.99	51.85	20.94	10.97	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			855	26	1157	14.93	4.48	506.4	19670	55.20	*42	28.18	127.02	28.77	8.45	0.00
% of Calories											*19.4%	13.2%	59.4%	30.3%	8.9%	0.0%
Nutrient Guideline			622-744		1088											<10.00

Mon - 11/23/2020																
High School Lunch	Total	20														
Chicken Fajita Wrap 20/21	wrap	5	293	89	609	2.90	2.02	272.8	4115	14.69	4	21.26	14.28	17.41	8.95	0.00
Egg Salad Sandwich 20/21	sandwich	15	231	190	424	2.35	2.09	68.1	1008	1.47	*3	12.24	24.7	9.84	1.89	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Pop Tart Snack 20/21	1 pastry	20	180	0	190	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Muffins: Choc Chip HS BFast	Svg (1 muffin)	10	308	8	424	1.80	0.75	1.3	110	0.0	*22	3.33	53.42	10.74	5.78	*0.04
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			735	117	967	11.99	4.22	480.1	4039	111.40	*46	25.43	118.11	20.27	5.11	*0.01
% of Calories											*24.8%	13.8%	64.3%	24.8%	6.3%	*0.0%
Nutrient Guideline			622-744		1088											<10.00

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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 - 11/24/2020																
High School Lunch	Total	20														
Buffalo Crspy Chckn Wrap 20/21	1 EA	5	380	45	912	*4.54	4.22	182.3	5229	6.35	*1	24.49	38.01	15.27	5.06	0.00
Chicken Wrap Crispy HS MS 1617	1 EA	5	634	59	918	5.05	3.68	323.1	5112	3.29	*7	21.11	43.07	42.63	11.13	0.00
Greek Wrap: 20/21	wrap	10	311	8	872	5.86	3.10	187.8	6797	15.75	*2	8.38	32.06	17.57	4.53	0.00
broccoli & cauliflower 20/21	1 cup	20	67	0	71	5.22	1.30	78.2	706	155.81	*2	5.38	13.17	0.74	0.19	*0.00
Ranch Dressing:Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Pop Tart Snack 20/21	1 pastry	20	180	0	190	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Pop Tart Breakfast 20/21	pastry	10	360	0	380	6.00	3.60	200.0	1000	0.0	30	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			821	25	1178	*15.29	6.06	665.4	5995	135.02	*46 *22.5%	26.13 12.7%	131.00 63.8%	23.91 26.2%	6.05 6.6%	*0.00 *0.0%
Nutrient Guideline			622-744		1088											<10.00

Wed - 11/25/2020																
High School Lunch	Total	1														
No School	total 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
High School - Breakfast	Total	10														
Pop Tart Breakfast 20/21	pastry	10	360	0	380	6.00	3.60	200.0	1000	0.0	30	4.0	76.0	5.0	2.00	0.00
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			509	5	510	8.67	3.46	472.8	1698	20.87	*50 *39.1%	11.66 9.2%	106.18 83.4%	4.76 8.4%	1.86 3.3%	0.00 0.0%
Nutrient Guideline			622-744		1088											<10.00

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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 - 11/26/2020																
High School Lunch	Total	20														
Buffalo Crspy Chckn Wrap 20/21	1 EA	5	380	45	912	*4.54	4.22	182.3	5229	6.35	*1	24.49	38.01	15.27	5.06	0.00
Chicken Wrap Crispy HS MS 1617	1 EA	5	634	59	918	5.05	3.68	323.1	5112	3.29	*7	21.11	43.07	42.63	11.13	0.00
Greek Wrap: 20/21	wrap	10	311	8	872	5.86	3.10	187.8	6797	15.75	*2	8.38	32.06	17.57	4.53	0.00
broccoli & cauliflower 20/21	1 cup	20	67	0	71	5.22	1.30	78.2	706	155.81	*2	5.38	13.17	0.74	0.19	*0.00
Ranch Dressing:Lt PC 1617	pc	20	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Pop Tart Snack 20/21	1 pastry	20	180	0	190	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast No School	Total 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 % of Calories			907	33	1416	*17.30	6.85	702.9	7675	181.95	*40 *17.7%	31.22 13.8%	131.52 58.0%	31.66 31.4%	7.66 7.6%	*0.00 *0.0%
Nutrient Guideline			622-744		1088											<10.00

Fri - 11/27/2020																
High School Lunch	Total	20														
Chicken Fajita Wrap 20/21	wrap	5	293	89	609	2.90	2.02	272.8	4115	14.69	4	21.26	14.28	17.41	8.95	0.00
Egg Salad Sandwich 20/21	sandwiche	15	231	190	424	2.35	2.09	68.1	1008	1.47	*3	12.24	24.7	9.84	1.89	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Pop Tart Snack 20/21	1 pastry	20	180	0	190	3.00	1.80	100.0	500	0.0	15	2.0	38.0	2.5	1.00	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast No School	Total 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 % of Calories			808	162	1093	14.59	5.56	532.9	5305	148.21	*43 *21.2%	30.54 15.1%	123.86 61.3%	23.74 26.5%	4.53 5.0%	0.00 0.0%
Nutrient Guideline			622-744		1088											<10.00

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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 - 11/30/2020																
High School Lunch	Total	20														
Ham & Swiss on a Bulkie	1 EA	15	317	52	551	4.00	2.56	324.0	389	0.6	6	25.25	33.21	13.33	5.71	0.00
Veggie Wrap: MS 20/21	wrap	5	379	20	792	6.94	3.49	282.4	7000	15.75	1	16.96	41.76	17.94	6.61	0.00
Cucumber, Tomato& Peppers20/21	1 cup	20	44	0	7	3.18	0.68	20.7	2422	125.89	6	1.7	9.18	0.36	0.06	0.00
Hummus	2 oz	20	121	0	243	2.02	0.73	0.0	0	0.0	0	4.05	12.15	7.09	0.00	0.00
Potato Chips: 0.5 oz 1617	BAG (0.5 oz)	20	61	0	56	1.01	0.36	0.0	0	2.43	0	1.01	9.11	3.04	0.00	0.00
Fresh Fruit Selection: Whole	1 EACH	20	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	0.00
Cookies, Chk Chp Otis 20/21	1 each	20	169	10	129	0.99	1.79	0.0	0	0.0	14	1.98	22.82	7.94	3.97	0.00
Milk, Shelf Stable 20/21	1 carton	20	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
High School - Breakfast	Total	10														
Muffins: Choc Chip HS BFast	Svg (1 muffin)	10	308	8	424	1.80	0.75	1.3	110	0.0	*22	3.33	53.42	10.74	5.78	*0.04
Fresh Fruit Selection: HS	1 EACH	10	80	0	1	3.53	0.21	20.1	118	22.96	*7	0.83	20.8	0.23	0.05	0.00
Milk, Shelf Stable 20/21	1 carton	10	120	5	180	0.00	0.00	300.0	750	0.0	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			785	44	1020	12.15	4.68	543.0	3877	111.14	*46 *23.4%	31.21 15.9%	116.82 59.6%	25.73 29.5%	8.61 9.9%	*0.01 *0.0%
Nutrient Guideline			622-744		1088										<10.00	
Weighted Average			730	44	981	*12.42	4.50	482.5	7230	86.68	*42 *52.4%	23.90 13.1%	114.30 62.6%	22.06 27.2%	5.81 7.2%	*0.00 *0.0%

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Weston Public Schools

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

Combined: High School Lunch/High School - Breakfast

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	730		622 - 744	100%														
Cholesterol (mg)	44																	
Sodium 1 (mg)	981		1088															
Sodium 2 (mg)	981		863						118	Correction Required - Sodium too High								
Fiber (g)	12.42					Missing												
Iron (mg)	4.50																	
Calcium (mg)	482.5																	
Vitamin A (IU)	7230																	
Sugars (g)	42	23.27%				Missing												
Vitamin C (mg)	86.68																	
Protein (g)	23.90	13.10%																
Carbohydrate (g)	114.30	62.63%																
Total Fat (g)	22.06	27.19%																
Saturated Fat (g)	5.81	7.17%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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