

# Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

## Base Menu Spreadsheet

CS/WS Main Menu

### 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 <sup>1</sup> (g)
Mon - 04/01/2024																
CS/WS Main Menu	Total	180														
Ravioli, Breaded Mini ES 22/23	5 each	180	182	30	535	3.03	2.02	63.6	0	0.0	3	10.09	33.31	2.52	0.50	0.00
Marinara Sauce: ES, MS, HS 1617	0.25 cup	180	51	0	289	2.21	0.84	34.7	327	11.33	*6	2.16	9.3	0.73	0.11	*0.00
Garlic Texas Toast ES 23	1 slice	180	100	0	125	1.00	1.10	10.0	0	0.0	1	3.0	14.0	3.5	0.50	0.00
Broccoli w/Parmesan:fzn, .75 c	0.75 cup	120	43	2	38	3.74	0.90	66.4	1427	85.26	2	4.37	6.68	0.91	0.37	0.00
Fresh Fruit Selection: Whole	1 EACH	180	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			525	36	1136	11.78	5.09	387.3	1905	74.06	*35	24.94	95.51	7.84	1.57	*0.00
% of Calories											*27.0%	19.0%	72.8%	13.4%	2.7%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/02/2024																
CS/WS Main Menu	Total	170														
Chicken BBQ: 2 oz, 23/24	3 oz	170	189	92	281	0.00	0.70	19.4	*0	0.34	7	17.45	8.48	8.73	2.91	0.00
Dinner Roll: ES 1, WW 22	1 each	120	63	0	113	2.00	0.60	23.0	0	0.0	1	3.0	12.0	0.0	0.00	0.00
Veg, Mixd, 4 Way: frzn. 22	.5 CUP	120	85	0	40	4.99	0.93	28.3	4850	3.63	4	3.24	15.17	1.29	0.12	0.00
Potato Tots: 0.5C 23	0.5 cup	100	172	0	364	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	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	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			545	97	774	7.68	2.57	301.7	*4072	7.87	32	30.03	69.44	15.43	4.09	0.00
% of Calories											23.8%	22.0%	50.9%	25.5%	6.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/03/2024																
CS/WS Main Menu	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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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CS/WS Main Menu

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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 <sup>1</sup> (g)
Thu - 04/04/2024																
CS/WS Main Menu	Total	180														
Rotini WG/Meat Sauce ES 1c	1 cup	180	327	24	423	8.03	4.11	31.4	1520	25.33	10	18.57	49.13	9.65	0.92	1.79
Carrots, Honey Cinn .75c 19/20	0.75 CUP	180	120	0	194	5.86	1.02	68.1	28841	4.13	*8	1.04	21.96	3.85	1.30	*0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			589	29	779	15.91	5.60	331.9	30973	33.48	*40	26.20	99.87	13.91	2.42	*1.79
% of Calories											*27.0%	17.8%	67.9%	21.3%	3.7%	*2.7%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/05/2024																
CS/WS Main Menu	Total	180														
Pizza Stuffed Crust Max 23/24	slice	180	311	20	642	3.01	2.61	361.2	502	0.0	4	15.05	35.12	12.04	4.01	0.00
Garden Salad: ES 19/20	1 cup	120	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 EACH	140	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			506	25	867	9.39	4.72	654.6	17277	*12.27	31	24.05	74.95	12.99	4.30	0.00
% of Calories											24.3%	19.0%	59.3%	23.1%	7.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/08/2024																
CS/WS Main Menu	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
Fries, Crinkle 0.75C 23/24	0.75 cup	120	123	0	36	1.03	0.31	10.3	0	0.0	1	1.03	20.51	4.62	0.51	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	carton	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	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			640	64	770	7.66	2.73	463.1	3661	1.13	*23	30.38	88.51	18.19	3.64	*0.00
% of Calories											*14.6%	19.0%	55.3%	25.6%	5.1%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Tue - 04/09/2024																
CS/WS Main Menu	Total	180														
Chicken Soft Taco 23	1 EACH	180	321	75	759	3.26	2.02	282.8	785	9.05	*3	29.35	30.73	10.47	4.58	*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
Salsa: Commodity	0.25 cup	100	17	0	31	0.95	0.51	9.5	0	0.57	2	0.95	3.31	0.0	0.00	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			527	80	938	7.49	3.10	522.1	1535	15.81	*25	38.21	74.61	11.34	4.85	*0.00
% of Calories											*19.2%	29.0%	56.6%	19.4%	8.3%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/10/2024																
CS/WS Main Menu	Total	200														
Hot Dog in WW Roll: bid 1819	1 hot dog	200	329	35	589	1.99	2.15	79.6	5	0.0	4	12.96	26.86	18.99	7.00	0.00
Ketchup: Heinz PC (2 ea) 23/24	2 each	130	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Sweet Potato Fry 0.5c Bid1819	0.5 cup	180	124	0	143	1.91	0.34	19.1	3341	2.29	5	0.95	18.14	4.77	0.95	0.00
Baked Beans: ES 1819, .5 c	0.5 cup	100	105	0	146	5.23	1.88	41.8	0	0.0	5	6.28	19.87	0.52	0.00	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			628	40	1059	7.85	3.81	326.2	3572	5.12	32	22.83	81.22	23.90	8.03	0.00
% of Calories											20.3%	14.6%	51.8%	34.3%	11.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 04/11/2024																
CS/WS Main Menu	Total	180														
Macaroni and Cheese: 1 Cup	1 cup	180	464	44	571	4.22	2.29	398.2	626	0.21	*7	19.57	50.43	19.78	9.50	*0.08
Broccoli: garlic 0.75c	0.75 cup	100	58	0	80	2.16	0.62	39.8	514	73.73	1	2.36	5.66	3.7	0.34	0.00
Fresh Fruit Selection: Whole	1 Each	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			617	48	753	7.11	3.02	619.8	1436	44.56	*26	26.52	77.80	22.23	9.88	*0.08
% of Calories											*16.7%	17.2%	50.5%	32.4%	14.4%	*0.1%
Nutrient Guideline			550-650		1230											<10.00

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CS/WS Main Menu

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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 <sup>1</sup> (g)
Fri - 04/12/2024																
CS/WS Main Menu	Total	200														
Pizza: Big Daddy Primo 24	slice	200	360	35	490	3.00	2.10	441.0	0	0.0	9	21.0	35.0	16.0	7.00	0.00
Garden Salad: ES 19/20	1 cup	100	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff. Hood 23/24	cartons	140	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			535	40	704	7.84	3.79	724.3	12744	*9.34	34 25.2%	29.49 22.1%	70.18 52.5%	16.76 28.2%	7.24 12.2%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/15/2024																
CS/WS Main Menu	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 % 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

Tue - 04/16/2024																
CS/WS Main Menu	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 % 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																
CS/WS Main Menu	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*

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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 <sup>1</sup> (g)
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																
CS/WS Main Menu 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																
CS/WS Main Menu 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

Mon - 04/22/2024																
CS/WS Main Menu Pancakes, Bake Crafters 23/24	Total serving(2 each)	180 180	180	10	220	6.00	1.40	60.0	0	0.0	10	4.0	30.0	4.0	0.00	0.00
Syrup: bid 23/24	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
Potato Tots: 0.5C 23	0.5 cup	150	172	0	364	1.01	0.51	0.0	0	1.22	0	2.03	19.24	9.11	1.52	0.00
Sausage, Chicken Jones 23/24	2 links	130	82	41	278	0.00	0.00	0.0	0	0.0	0	6.17	0.0	6.17	2.06	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
Orange Juice	.5 CUP	100	61	0	2	0.37	0.16	13.7	52	41.8	10	0.85	14.36	0.15	0.02	0.00
Milk, 1%Lowfat Hood 23/24	1 each	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

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			608	44	863	7.58	2.37	273.7	583	26.92	46 30.3%	16.39 10.8%	95.96 63.2%	16.53 24.5%	2.99 4.4%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/23/2024																
CS/WS Main Menu	Total	180														
Mozzarella Sticks (5 sticks)	svgs (5 sticks)	180	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	180	41	0	198	1.01	0.46	15.7	760	12.66	4	1.01	5.07	2.03	0.00	0.00
Broccoli: garlic 0.75c	0.75 cup	120	58	0	80	2.16	0.62	39.8	514	73.73	1	2.36	5.66	3.7	0.34	0.00
Garlic Texas Toast ES 23	1 slice	180	100	0	125	1.00	1.10	10.0	0	0.0	1	3.0	14.0	3.5	0.50	0.00
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 % of Calories			572	17	968	8.01	3.77	694.5	1632	65.84	27 19.1%	27.71 19.4%	76.74 53.7%	18.51 29.1%	4.08 6.4%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/24/2024																
CS/WS Main Menu	Total	180														
Chicken, Sweet & Sour ES 22/23	Servings	180	446	31	665	3.76	1.45	22.2	0	0.0	*14	15.76	63.26	15.69	2.57	*0.00
Green Beans:0.75cp, tasty19/20	0.75 cup	100	75	0	2	4.27	1.86	103.6	1180	8.79	2	2.14	8.54	3.98	0.28	0.00
Fresh Fruit Selection: Whole	1 Each	100	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			622	36	828	7.83	2.94	311.4	1263	8.28	*35 *22.8%	23.47 15.1%	94.89 61.0%	18.29 26.5%	2.92 4.2%	*0.00 *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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# Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

## Base Menu Spreadsheet

CS/WS Main Menu

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/25/2024																
CS/WS Main Menu	Total	180														
Beef Nachos ES 19/20	180 serving		359	37	907	4.17	3.48	107.8	7126	10.03	3	13.8	31.57	20.51	6.67	1.49
Salsa: Commodity	0.25 cup	140	17	0	31	0.95	0.51	9.5	0	0.57	2	0.95	3.31	0.0	0.00	0.00
Black Beans: 0.5c HS 19/20	0.5 cup	100	128	0	176	5.87	8.23	172.2	67	2.05	*1	6.75	19.17	2.49	0.17	*0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	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			585	42	1190	10.19	8.92	443.2	7775	15.63	*27	24.87	73.57	22.31	6.96	*1.49
% of Calories											*18.5%	17.0%	50.3%	34.3%	10.7%	*2.3%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/26/2024																
CS/WS Main Menu	Total	200														
Pizza French Bread, Tony 23/24	1 Slice	200	300	15	430	3.00	2.30	320.1	0	0.0	8	17.0	32.01	11.0	3.50	0.00
Corn Niblets: .75 cup	.75 CUP	120	100	0	2	3.02	0.59	3.0	246	4.38	*N/A*	3.15	23.87	0.83	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	150	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Apple Crisp: 1/2 cup, ES 19/20	0.5 cup	120	135	0	70	1.02	1.28	11.4	365	0.63	*8	1.06	20.22	5.55	2.22	*0.00
Milk, 1%Lowfat Hood 23/24	carton	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			578	20	618	7.71	3.88	539.0	924	7.47	*33	25.54	86.92	15.23	5.09	*0.00
% of Calories											*22.9%	17.7%	60.1%	23.7%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/29/2024																
CS/WS Main Menu	Total	200														
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	80	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	120	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	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
Garden Salad: ES 19/20	1 cup	120	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit Selection: Whole	1 Each	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

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# Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

CS/WS Main Menu

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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			553	66	779	10.85	6.05	360.8	15026	*10.57	29 20.7%	30.56 22.1%	74.75 54.1%	14.62 23.8%	6.26 10.2%	0.90 1.5%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/30/2024																
CS/WS Main Menu	Total	200														
Chicken, Popcorn: ES 1617	serving	200	260	70	550	3.00	1.44	20.0	200	1.0	0	19.0	17.0	13.0	3.00	0.00
Potato Smiles, (6 / svg) 23/24	6 pieces	200	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	180	20	0	190	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Carrot Celery Sticks: .25 c	0.25 CUP	80	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.01	0.00
Ranch Dressing - PC	pc	80	25	0	110	0.00	0.00	0.0	0	0.0	1	0.0	2.0	2.0	0.00	0.00
Fresh Fruit Selection: Whole	1 Each	120	65	0	1	3.05	0.19	7.0	44	5.63	8	0.55	17.0	0.2	0.05	0.00
Milk, 1%Lowfat Hood 23/24	1 each	20	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	120	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			616	75	1203	7.64	2.51	247.3	2271	5.37	24 15.4%	27.50 17.9%	80.72 52.4%	21.54 31.5%	4.41 6.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			440	36	677	6.55	2.85	342.7	*5078	*16.13	*24 *48.2%	20.18 18.3%	62.41 56.7%	12.60 25.8%	3.51 7.2%	*N/A*
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# Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

CS/WS Main Menu

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	440		550 - 650	80%		110		Correction Required - Calories are Low									
Cholesterol (mg)	36																
Sodium 1 (mg)	677		1230														
Sodium 2 (mg)	677		935														
Fiber (g)	6.55																
Iron (mg)	2.85																
Calcium (mg)	342.7																
Vitamin A (IU)	5078					Missing											
Sugars (g)	24	21.42%				Missing											
Vitamin C (mg)	16.13					Missing											
Protein (g)	20.18	18.34%															
Carbohydrate (g)	62.41	56.74%															
Total Fat (g)	12.60	25.78%															
Saturated Fat (g)	3.51	7.18%	<10.00%														
Trans Fat <sup>1</sup> (g)	*N/A*					Missing											

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