

Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

CS/WS Alternate Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/01/2024																
CS/WS Alternate Menu	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Florets 0.75c 22	0.75 Cup	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	

Tue - 04/02/2024																
CS/WS Alternate Menu	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
Raw Veggie Side: 0.75c	3/4 cup	10	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			558	49	808	6.70	3.50	468.0	4690	*32.15	38	31.13	73.29	16.99	4.53	0.00
% of Calories											27.2%	22.3%	52.6%	27.4%	7.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/03/2024																
CS/WS Alternate 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

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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CS/WS Alternate Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Thu - 04/04/2024																
CS/WS Alternate Menu	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot Sticks: .75 cup	.75 cup	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

Fri - 04/05/2024																
CS/WS Alternate Menu	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Garden Salad: ES 19/20	1 cup	20	68	0	95	6.02	2.43	90.2	24236	*11.44	7	3.53	13.75	0.78	0.12	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Hood 23/24	carton	5	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	35	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00

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

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			587	49	845	9.31	4.63	506.4	16065	*37.24	41	32.66	79.07	17.35	4.58	0.00
% of Calories											27.9%	22.3%	53.9%	26.6%	7.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/08/2024																
CS/WS Alternate Menu	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	15	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	5	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot & Celery Sticks: 1 c	1 cup	10	62	0	169	4.99	0.57	82.8	19453	10.21	7	1.84	14.23	0.46	0.08	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			605	39	784	7.76	3.52	473.3	7569	33.28	40	28.46	85.34	18.42	4.74	0.00
% of Calories											26.4%	18.8%	56.4%	27.4%	7.1%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/09/2024																
CS/WS Alternate Menu	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	20	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 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)	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			602	49	798	7.81	3.71	462.8	4069	33.71	*38	32.47	84.13	17.37	4.58	0.00
% of Calories											*24.9%	21.6%	55.9%	26.0%	6.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/10/2024																
CS/WS Alternate Menu	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
Sweet Potato Fry 0.75c Bid1819	0.75 cup	30	160	0	184	2.45	0.44	24.5	4295	2.95	6	1.23	23.32	6.14	1.23	0.00
Baked Beans: ES 1819, .5 c	0.5 cup	15	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 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			712	49	990	10.10	4.45	495.4	7168	33.73	44	34.16	97.14	21.76	5.44	0.00
% of Calories											24.8%	19.2%	54.6%	27.5%	6.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/11/2024																
CS/WS Alternate Menu	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Florets 0.75c 22	0.75 Cup	15	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 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			565	49	810	7.27	3.69	478.9	4180	64.90	38	31.95	74.68	17.10	4.54	0.00
% of Calories											26.5%	22.6%	52.8%	27.2%	7.2%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 04/12/2024																
CS/WS Alternate Menu	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
Raw Veggie Side: 0.75c	3/4 cup	10	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			558	49	808	6.70	3.50	468.0	4690	*32.15	38	31.13	73.29	16.99	4.53	0.00
% of Calories											27.2%	22.3%	52.6%	27.4%	7.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/15/2024																
CS/WS Alternate Menu	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			550-650		1230											<10.00

Tue - 04/16/2024																
CS/WS Alternate Menu	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			550-650		1230											<10.00

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

CS/WS Alternate 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 ¹ (g)
Wed - 04/17/2024																
CS/WS Alternate Menu	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			550-650		1230											<10.00
Thu - 04/18/2024																
CS/WS Alternate Menu	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			550-650		1230											<10.00
Fri - 04/19/2024																
CS/WS Alternate Menu	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			550-650		1230											<10.00

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

CS/WS Alternate Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/22/2024																
CS/WS Alternate Menu	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	

Tue - 04/23/2024																
CS/WS Alternate Menu	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Broccoli Florets 0.75c 22	0.75 Cup	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	

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Weston Public Schools

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

CS/WS Alternate Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/24/2024																
CS/WS Alternate Menu	Total	40														
Ham & Cheese on Ciabatta 22	1 EA	10	342	55	754	3.96	2.91	219.8	792	0.24	5	22.97	37.93	12.2	6.29	0.00
Bagel & Cream Cheese 22/23	1 each	10	199	15	264	3.98	1.43	58.8	0	0.0	6	7.97	28.85	5.99	3.00	0.00
Sunflower Seeds 23/24	bag	10	190	0	65	3.00	1.00	21.0	0	0.0	5	6.0	11.0	15.0	1.50	0.00
Yogurt, Dannon 22/23	1 each	10	60	5	70	0.00	0.00	100.0	0	0.0	9	4.0	12.0	0.0	0.00	0.00
SunButter & Jelly WW 22/23	1 EA	10	390	0	335	4.00	2.84	60.0	0	0.0	14	13.0	44.0	19.0	3.00	0.00
Cheese: String Cheese bid 1516	1 each	10	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 22	1 each	10	397	94	849	6.38	2.90	168.9	9926	6.33	4	35.18	34.22	13.71	3.47	0.00
Carrot Sticks: .75 cup	.75 cup	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	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/25/2024																
CS/WS Alternate Menu	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
Raw Veggie Side: 0.75c	3/4 cup	10	20	0	43	1.62	0.33	26.8	2974	*2.5	2	0.98	4.37	0.12	0.03	0.00
Black Beans: 0.5c HS 19/20	0.5 cup	10	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 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			590	49	852	8.17	5.55	511.0	4707	*32.66	*38	32.82	78.08	17.61	4.57	*0.00
% of Calories											*25.9%	22.3%	53.0%	26.9%	7.0%	*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

CS/WS Alternate Menu

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)
Fri - 04/26/2024																
CS/WS Alternate Menu	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	20	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 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			602	49	798	7.81	3.71	462.8	4069	33.71	*38	32.47	84.13	17.37	4.58	0.00
% of Calories											*24.9%	21.6%	55.9%	26.0%	6.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 04/29/2024																
CS/WS Alternate Menu	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
Sweet Potato Fry 0.75c Bid1819	0.75 cup	30	160	0	184	2.45	0.44	24.5	4295	2.95	6	1.23	23.32	6.14	1.23	0.00
Baked Beans BBQ: .5c ES 19/20	.5 cup	10	118	0	190	5.42	1.95	43.4	0	0.1	7	6.5	22.99	0.54	0.00	0.00
Fresh Fruit 1/2 Cup	.5 cup	40	31	0	5	0.97	0.19	11.6	517	29.58	6	0.61	7.57	0.17	0.02	0.00
Milk, 1%Lowfat Hood 23/24	carton	5	110	15	125	0.00	0.10	310.0	750	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, choc ff, Hood 23/24	cartons	35	130	5	220	0.00	0.50	290.0	750	0.0	22	8.0	24.0	0.0	0.00	0.00
Weighted Daily Average			702	49	983	9.49	4.23	490.5	7168	33.75	44	33.44	95.43	21.70	5.44	0.00
% of Calories											25.0%	19.1%	54.4%	27.8%	7.0%	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

CS/WS Alternate Menu

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)
Tue - 04/30/2024																
CS/WS Alternate Menu																
	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
Carrot & Celery Sticks 0.5c	1/2 cup	10	17	0	46	1.34	0.15	22.7	5063	2.74	2	0.5	3.78	0.13	0.02	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
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			557	49	809	6.64	3.45	466.9	5212	32.21	38	31.01	73.14	16.99	4.53	0.00
% of Calories											27.3%	22.3%	52.5%	27.5%	7.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			595	48	839	7.95	3.90	481.5	7424	*41.15	*39 *59.6%	31.94 21.5%	80.21 54.0%	17.83 27.0%	4.68 7.1%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	595		550 - 650	100%				
Cholesterol (mg)	48							
Sodium 1 (mg)	839		1230					
Sodium 2 (mg)	839		935					
Fiber (g)	7.95							
Iron (mg)	3.90							
Calcium (mg)	481.5							
Vitamin A (IU)	7424							
Sugars (g)	39	26.50%			Missing			
Vitamin C (mg)	41.15				Missing			
Protein (g)	31.94	21.49%						
Carbohydrate (g)	80.21	53.96%						
Total Fat (g)	17.83	26.99%						
Saturated Fat (g)	4.68	7.08%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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