

Weston Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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 - 01/01/2019															
CS/WS Main Menu	Total														
Happy New Year!	1 each	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	

	Portion Size	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 - 01/02/2019															
CS/WS Main Menu	Total														
Hot Dog in WW Roll: bid 1819	1 hot dog	329	35	589	1.99	2.15	79.6	5	0.0	4	12.96	26.86	18.99	7.00	0.00
Potato Fries 0.75c Bid1819	0.75 cup	267	0	328	2.05	0.74	0.0	0	7.38	0	4.1	43.08	9.23	1.03	0.00
Cinnamon Apple Sauce	.5 CUP	88	0	3	1.71	0.18	7.0	9	2.2	19	0.22	22.74	0.22	0.04	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Ketchup: Heinz PC	2 each	20	0	170	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		853	41	1250	7.55	3.17	398.6	591	22.50	*44	25.69	125.65	28.93	8.31	*0.00
% of Calories										*20.6%	12.1%	58.9%	30.5%	8.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	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 - 01/03/2019															
CS/WS Main Menu	Total														
Spaghetti WG & Mtbal : ES 1516	1.5 CUP	431	35	241	3.84	3.80	43.0	307	3.17	*4	22.24	54.5	15.33	6.03	*0.00
Broccoli: garlic 0.5c 1819	0.5 cup	38	0	53	1.42	0.41	26.3	339	48.66	1	1.56	3.73	2.44	0.18	0.00
Orange Smiles: 0.5c 1819	1/2 EACH	55	0	2	1.80	0.18	29.9	649	26.94	11	0.8	13.17	0.3	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		634	41	451	7.06	4.39	399.2	1794	80.58	*31	32.60	87.90	18.70	6.58	*0.00
% of Calories										*19.3%	20.6%	55.5%	26.5%	9.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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 - 01/04/2019															
CS/WS Main Menu	Total														
Pizza, ovenbaked, ES	slices 2.6 o	364	35	755	5.52	4.84	553.4	809	21.58	*0	21.79	35.34	15.62	8.07	*0.00
Corn Niblets: .5 cup	.5 CUP	66	0	1	2.01	0.40	2.0	164	2.92	*N/A*	2.1	15.92	0.55	0.08	0.00
Carrot Celery Sticks: .25 c	0.25 CUP	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.02	0.00
Grapes, fresh seedless	0.5 cup	56	0	2	0.76	0.24	11.8	84	3.36	14	0.53	14.41	0.29	0.10	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		613	41	952	9.20	5.58	883.3	5311	31.29	*32	32.76	86.14	16.93	8.49	*0.00
% of Calories										*20.6%	21.4%	56.2%	24.9%	12.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 01/07/2019															
CS/WS Main Menu	Total														
French Toast Sticks: ES 1819	2 each	160	7	173	1.33	0.48	26.7	0	0.0	7	4.0	25.33	4.67	0.67	0.00
Sweet Potato Tots 0.5c 1819	0.5 cup	160	0	253	2.67	1.92	26.7	6667	8.0	13	2.67	22.67	6.67	1.33	0.00
Carrot Celery Sticks: .25 c	0.25 CUP	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.02	0.00
Sausage, links: bid 1819	servicing(2 each)	100	25	250	0.00	0.36	0.0	0	0.0	0	7.0	1.0	7.0	3.00	0.00
Orange Juice	.5 CUP	61	0	2	0.37	0.16	13.7	52	41.8	10	0.85	14.36	0.15	0.02	0.00
Syrup: bid 1819	servicing (1.5oz)	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		605	30	758	5.29	2.93	291.7	10823	52.87	52	18.70	92.99	17.19	4.51	0.00
% of Calories										34.2%	12.4%	61.5%	25.6%	6.7%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

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	Portion Size	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 - 01/08/2019															
CS/WS Main Menu	Total														
Chicken Teriyaki:USDAstrip1819	3 oz	122	56	358	0.00	0.37	0.0	0	1.22	7	16.22	8.61	2.53	0.51	0.00
Rice, Brown: 0.5c 1819	0.5 cup	157	0	78	1.76	0.33	3.0	91	0.54	*1	3.51	32.67	1.59	0.00	*0.00
Vegetables Mix 0.75c	0.75 cup	19	0	11	1.50	0.20	11.2	248	12.92	0	1.5	3.0	0.0	0.00	0.00
Pineapple Tidbits	0.5 CUP	70	0	10	0.99	0.36	19.9	0	8.95	*N/A*	0.99	16.9	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Weighted Daily Average		520	62	623	6.05	1.35	343.8	896	36.45	*25	30.63	88.83	4.60	0.75	*0.00
% of Calories										*19.4%	23.6%	68.4%	8.0%	1.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 01/09/2019															
CS/WS Main Menu	Total														
Chicken Tenders: ES1819	2 each	190	10	530	1.00	0.36	0.0	0	0.0	0	14.0	12.0	9.0	1.50	0.00
Potato Red Roasted: ES 0.5c	1/2 Cup	81	0	99	1.95	0.76	11.5	2	18.11	1	1.91	16.22	1.2	0.10	0.00
Cucumber Coins	0.25 cup	6	0	1	0.33	0.10	6.5	34	1.5	1	0.28	1.01	0.07	0.01	0.00
Bread Texas Toast bid ES1819	1 slice	90	0	110	1.00	0.72	0.0	200	0.0	0	3.0	15.0	2.5	0.00	0.00
Pears: can,light syrup 1819	0.5 CUP	69	0	0	1.98	0.00	0.0	0	3.57	11	0.0	15.88	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Ketchup: Heinz PC	2 each	20	0	170	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	116	5	132	0.00	0.00	317.5	1852	1.27	19	8.46	20.11	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		608	16	1066	8.07	2.04	331.3	1082	36.01	*34	27.68	93.79	13.39	1.93	*0.00
% of Calories										*22.6%	18.2%	61.7%	19.8%	2.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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 - 01/10/2019															
CS/WS Main Menu	Total														
Rotini with Meat Sauce 1819	1.5 cup	430	45	389	5.51	3.16	54.7	1588	21.77	9	16.71	46.92	19.07	5.62	0.00
Broccoli with Parmesan:fzn, .5	0.5 CUP	28	1	32	2.50	0.60	46.3	955	56.85	1	2.91	4.45	0.57	0.33	0.00
Grapes, fresh seedless	0.5 cup	56	0	2	0.76	0.24	11.8	84	3.36	14	0.53	14.41	0.29	0.10	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	116	5	132	0.00	0.00	317.5	1852	1.27	19	8.46	20.11	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		667	51	578	10.56	4.10	426.0	3454	94.82	*42	28.65	93.46	20.54	6.37	*0.00
% of Calories										*25.2%	17.2%	56.1%	27.7%	8.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/11/2019															
CS/WS Main Menu	Total														
Pizza 5" Round The Max 1819	1 each	340	10	700	3.00	4.50	250.0	200	0.0	5	17.0	43.0	10.0	3.50	0.00
Chickpeas: Honey Cin, 0.5cup	0.5 cup	266	0	168	6.55	2.04	50.0	36	5.58	*13	7.15	45.97	6.97	0.55	*0.00
Carrot Celery Sticks: .25 c	0.25 CUP	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.02	0.00
Apples, sliced	0.5 cup	95	0	2	4.40	0.22	11.0	98	8.41	*N/A*	0.47	25.13	0.31	0.05	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		827	16	1064	14.87	6.86	627.1	4588	17.42	*36	32.95	134.58	17.74	4.35	*0.00
% of Calories										*17.3%	15.9%	65.1%	19.3%	4.7%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/14/2019															
CS/WS Main Menu	Total														
Chicken Sand Crispy: ES 1516	1 each	416	25	671	6.00	3.60	60.0	110	2.4	3	22.0	45.0	15.0	2.50	0.00
Sweet Potato Tots 0.75c 1819	0.75 cup	249	0	395	4.16	2.99	41.6	10389	12.47	21	4.16	35.32	10.39	2.08	0.00
Peaches: canned,light syrup	0.5 CUP	58	0	10	0.00	0.29	4.6	259	2.9	11	0.0	13.44	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	116	5	132	0.00	0.00	317.5	1852	1.27	19	8.46	20.11	0.0	0.00	0.00
Weighted Daily Average		820	29	1187	11.06	6.93	325.0	11272	24.46	*47	32.01	111.27	25.54	4.65	*0.00
% of Calories										*22.7%	15.6%	54.3%	28.0%	5.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/15/2019															
CS/WS Main Menu	Total														
Beef Nachos ES1819	serving	388	58	931	3.09	2.06	59.1	802	8.19	*3	18.89	30.19	21.0	6.89	*0.00
Black Bean & Corn Salad: .5 c	.5 CUP	154	0	132	8.99	2.47	48.1	308	9.81	*1	*7.93	27.96	2.24	0.36	*0.00
Fresh Melon	.5 cup	65	0	32	1.58	0.35	13.9	3191	50.86	15	1.28	16.04	0.31	0.08	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	116	5	132	0.00	0.00	317.5	1852	1.27	19	8.46	20.11	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Taste Test Tuesday at Country!	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		705	63	1232	13.66	4.89	393.6	4765	70.51	*32	*35.31	88.77	24.12	7.68	*0.00
% of Calories										*18.1%	*20.0%	50.4%	30.8%	9.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Weston Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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 - 01/16/2019															
CS/WS Main Menu	Total														
Chicken Noodle Soup 1819	1 CUP	107	35	125	1.58	0.76	17.8	3541	2.86	*4	10.26	11.96	2.36	0.45	0.00
Corn Niblets: .5 cup	.5 CUP	66	0	1	2.01	0.40	2.0	164	2.92	*N/A*	2.1	15.92	0.55	0.08	0.00
Pretzel, Pumpkin 1617	1 each	140	0	150	3.00	1.80	20.0	0	1.2	1	5.0	30.0	0.5	0.00	0.00
STRAWBERRIES,FRZ,UNSWTN D USDA	0.5 cup	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		462	41	433	8.92	3.79	357.4	4255	54.30	*25	25.83	84.46	4.16	0.91	0.00
% of Calories										*21.6%	22.3%	73.1%	8.1%	1.8%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/17/2019															
CS/WS Main Menu	Total														
Meatball Sub: ES 1819	SANDWIC	265	49	448	1.31	1.35	204.4	721	6.97	3	18.93	5.74	19.43	9.92	0.00
Sweet Potato Tots 0.75c 1819	0.75 cup	249	0	395	4.16	2.99	41.6	10389	12.47	21	4.16	35.32	10.39	2.08	0.00
Kiwi Fruit	1 each	46	0	2	2.28	0.24	25.8	66	70.45	7	0.87	11.14	0.4	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Taste Test Day at Woodland!	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		671	55	1000	7.75	4.57	574.1	11677	91.67	45	31.95	68.71	30.84	12.40	0.00
% of Calories										27.1%	19.1%	41.0%	41.4%	16.6%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/18/2019															
CS/WS Main Menu	Total														
No School	serving	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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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 - 01/21/2019															
CS/WS Main Menu	Total serving														
No School		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

	Portion Size	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 - 01/22/2019															
CS/WS Main Menu	Total serving(2 each)														
Pancakes: Aunt Jemima bid 1718		160	7	260	2.00	0.96	26.7	33	0.0	7	3.33	27.33	4.0	0.67	0.00
Potato tot, 0.75c 1819	0.75 cup	211	0	625	2.27	0.18	0.0	0	8.16	0	2.27	26.08	10.55	1.97	0.00
Sausage, links: bid 1819	serving(2 each)	100	25	250	0.00	0.36	0.0	0	0.0	0	7.0	1.0	7.0	3.00	0.00
Orange Juice	.5 CUP	61	0	2	0.37	0.16	13.7	52	41.8	10	0.85	14.36	0.15	0.02	0.00
Syrup: bid 1819	serving (1.5oz)	119	0	0	0.00	0.00	0.0	0	0.0	19	0.0	30.66	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		645	30	1187	4.64	1.57	255.6	441	51.16	37	17.38	95.88	20.32	5.13	0.00
% of Calories										23.1%	10.8%	59.4%	28.3%	7.2%	0.0%
Nutrient Guideline		550-650		1230											<10.00

	Portion Size	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 - 01/23/2019															
CS/WS Main Menu	Total														
Toasted Cheese Sandwich: 1819	1 EACH	223	51	547	0.00	0.00	0.0	0	0.0	2	10.12	4.05	18.22	10.12	0.00
Tomato Soup hmade: 0.75c CSWS	0.75 cup	51	0	218	1.89	0.63	53.8	626	*22.83	*6	0.66	8.91	1.52	0.57	*0.00
Carrot Celery Sticks: .25 c	.25 CUP	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.02	0.00
Ranch Dressing: Lt PC 1617	pc	40	0	95	0.00	0.00	20.0	5	0.0	1	0.0	2.0	3.5	0.50	0.00
Mixed Fruit in Light Syrup	.5 CUP	67	0	8	1.57	0.36	5.9	12	3.74	*N/A*	0.51	17.57	0.1	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Weston Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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		503	57	1052	4.38	1.09	394.4	4897	*30.24	*25	19.63	51.69	24.06	11.61	*0.00
% of Calories										*20.1%	15.6%	41.1%	43.1%	20.8%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/24/2019															
CS/WS Main Menu	Total														
Chicken Pasta:ES1819	1.75 cups	314	67	307	3.26	2.40	17.5	24	0.48	*2	27.73	33.7	7.7	1.35	*0.00
Broccoli: garlic 0.75c 1819	0.75 cup	58	0	80	2.16	0.62	39.8	514	73.73	1	2.36	5.66	3.7	0.28	0.00
Grapes, fresh seedless	0.5 cup	56	0	2	0.76	0.24	11.8	84	3.36	14	0.53	14.41	0.29	0.10	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Weighted Daily Average		576	73	544	7.98	3.36	378.8	1179	90.63	*33	39.02	80.02	12.43	2.11	*0.00
% of Calories										*23.3%	27.1%	55.6%	19.4%	3.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 01/25/2019															
CS/WS Main Menu	Total														
Pizza, oven baked: MSHS 1819	slice	344	30	692	3.19	1.41	322.6	500	8.25	*4	19.69	30.75	16.53	7.50	0.00
3 Bean Salad: .5 c	0.5 CUP	250	0	571	14.99	3.63	78.1	839	36.65	*3	*12.91	39.62	4.94	1.67	*0.00
Carrot Celery Sticks: .25 c	0.25 CUP	12	0	30	0.91	0.10	14.7	3754	1.87	1	0.33	2.66	0.08	0.02	0.00
Peaches: canned,light syrup	0.5 CUP	58	0	10	0.00	0.29	4.6	259	2.9	11	0.0	13.44	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		778	36	1465	19.09	5.43	723.3	5855	51.32	*35	*40.98	103.92	22.21	9.58	*0.00
% of Calories										*18.0%	*21.1%	53.4%	25.7%	11.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Weston Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/28/2019															
CS/WS Main Menu	Total														
Mozzarella Sticks: ES 1617	servicing,5 s tick	337	14	474	2.73	1.32	512.9	577	0.87	3	18.22	24.6	18.22	4.55	0.00
Marinara Sauce: Trattoria 1819	servicing(1/2 c)	160	0	780	4.00	1.44	80.0	3500	48.0	16	4.0	20.0	8.0	0.00	0.00
Green Beans: 0.5 cup, tasty	0.5 cup	29	0	1	1.61	0.71	39.3	443	3.38	1	0.82	3.29	1.44	0.20	0.00
Peach cup: USDA, frozen	1 each	118	0	8	2.20	0.46	4.0	355	118.0	*N/A*	0.79	29.98	0.16	0.03	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	116	5	132	0.00	0.00	317.5	1852	1.27	19	8.46	20.11	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		777	20	1418	11.44	3.98	944.5	5673	177.46	*37	32.12	100.66	28.38	5.09	*0.00
% of Calories										*18.9%	16.5%	51.8%	32.9%	5.9%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 01/29/2019															
CS/WS Main Menu	Total														
Chicken, Popcorn: ES 1617	servicing	269	60	590	3.00	2.00	17.0	168	1.0	0	18.0	20.0	13.0	3.00	0.00
Potato Smiles, 6 svg, bid 1819	6 pieces	195	0	270	3.00	0.54	0.0	0	3.6	0	3.0	30.02	6.75	0.75	0.00
Cinnamon Apple Sauce	.5 CUP	88	0	3	1.71	0.18	7.0	9	2.2	19	0.22	22.74	0.22	0.04	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Ketchup: Heinz PC	2 each	20	0	170	0.00	0.00	0.0	20	0.0	4	0.0	6.0	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Weighted Daily Average		721	66	1193	9.51	2.82	336.0	754	19.72	*40	29.63	105.73	20.46	4.04	*0.00
% of Calories										*22.2%	16.4%	58.7%	25.5%	5.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Weston Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

	Portion Size	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 - 01/30/2019															
CS/WS Main Menu															
	Total														
Cheeseburger, USDA ES1516	burger	296	53	423	2.39	2.28	47.7	12	0.0	3	18.6	19.32	15.15	6.28	0.75
Hamburger, USDA ES1516	burger	275	41	311	3.00	3.22	60.0	10	2.4	2	16.5	29.0	9.0	3.75	0.75
Potato Fries 0.75c Bid1819	0.75 cup	267	0	328	2.05	0.74	0.0	0	7.38	0	4.1	43.08	9.23	1.03	0.00
STRAWBERRIES,FRZ,UNSWTN D USDA	0.5 cup	39	0	2	2.32	0.83	17.7	50	45.53	5	0.48	10.09	0.12	0.01	0.00
Fresh Fruit Selection: MS/ES	1 EACH	75	0	1	3.61	0.20	19.5	113	22.52	*3	0.81	19.52	0.21	0.05	*0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	95	0	132	0.00	0.00	529.1	529	0.0	13	8.46	13.76	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	116	5	132	0.00	0.00	317.5	1852	1.27	19	8.46	20.11	0.0	0.00	0.00
Weighted Daily Average		682	47	775	8.15	4.65	294.1	574	61.52	*20	27.35	97.73	19.74	5.36	*0.75
% of Calories										*11.4%	16.0%	57.3%	26.0%	7.1%	*1.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 01/31/2019															
CS/WS Main Menu															
	Total														
Lasagna Rollup: ESMS 1 ea 1819	1 each	257	39	678	3.07	1.50	345.4	1222	12.0	*7	19.03	29.12	7.64	3.21	*0.00
Kale Chips 1819	0.5 cup	70	0	401	2.78	1.14	115.9	7703	92.53	2	3.3	6.75	4.45	0.34	0.00
Orange Smiles: 0.5c 1819	1/2 EACH	55	0	2	1.80	0.18	29.9	649	26.94	11	0.8	13.17	0.3	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk, chocolate ff, 8 oz carto	cartons	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		45	4	112	0.69	0.26	71.9	916	12.12	*3	2.83	5.96	1.18	0.36	*0.00
% of Calories										*28.2%	25.3%	53.3%	23.8%	7.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		636	41	917	8.80	3.69	437.5	4040	*55.35	*34 *47.7%	*28.18 *17.7%	89.91 56.6%	18.57 26.3%	5.51 7.8%	*0.04 *0.1%
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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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weston Public Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

CS/WS Main Menu

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	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	636		550 - 650	100%												
Cholesterol (mg)	41															
Sodium 1 (mg)	917		1230													
Sodium 2 (mg)	917		935													
Fiber (g)	8.80															
Iron (mg)	3.69															
Calcium (mg)	437.5															
Vitamin A (IU)	4040															
Sugars (g)	34	21.22%				Missing										
Vitamin C (mg)	55.35					Missing										
Protein (g)	28.18	17.74%				Missing										
Carbohydrate (g)	89.91	56.59%														
Total Fat (g)	18.57	26.30%														
Saturated Fat (g)	5.51	7.81%	<10.00%													
Trans Fat ¹ (g)	0.04	0.05%				Missing										

**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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