

Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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 - 02/01/2019															
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
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	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
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Fresh Fruit: TBD ES	.5 cup	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 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		830	19	1082	14.17	6.29	620.7	3959	25.30	*38	32.79	129.30	20.63	4.83	*0.00
% of Calories										*18.1%	15.8%	62.3%	22.4%	5.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 02/04/2019															
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

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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Sandwich: ES 1819	1 each	290	35	545	4.00	2.16	120.0	5	0.0	7	19.0	30.0	9.5	1.00	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Raw Veggie Side: 0.75c	3/4 cup	22	0	51	1.66	0.23	29.1	5283	3.9	2	0.72	4.67	0.18	0.03	0.00
Fresh Fruit: TBD ES	.5 cup	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 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		778	41	1142	7.83	3.12	453.5	2729	26.34	*42	27.50	109.28	26.83	7.38	*0.00
% of Calories										*21.6%	14.1%	56.2%	31.0%	8.5%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 02/05/2019															
	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)
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	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

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Base Menu Spreadsheet

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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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Raw Veggie Side: 0.75c	3/4 cup	22	0	51	1.66	0.23	29.1	5283	3.9	2	0.72	4.67	0.18	0.03	0.00
Fresh Fruit: TBD ES	.5 cup	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 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		584	32	771	5.85	2.85	357.1	10045	48.21	47	21.44	84.82	17.45	4.56	0.00
% of Calories										32.2%	14.7%	58.0%	26.9%	7.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 02/06/2019															
CS/WS Main Menu	Total														
Early Dismissal: No Lunch	1 ea	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CS/WS Alternate Menu	Total														
Early Dismissal: No Lunch	1 ea	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 - 02/07/2019															
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

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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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Carrot & Celery Sticks 0.5c	1/2 cup	17	0	46	1.34	0.15	22.7	5063	2.74	2	0.5	3.78	0.13	0.02	0.00
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Fresh Fruit: TBD ES	.5 cup	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 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		604	41	550	7.03	3.87	432.3	3534	67.90	*31	31.32	80.51	18.75	6.16	*0.00
% of Calories										*20.8%	20.7%	53.3%	28.0%	9.2%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 02/08/2019															
	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)
CS/WS Main Menu	Total														
Pizza French Bread bid 1819	1 each	290	20	600	3.00	2.70	350.0	750	3.6	4	17.0	33.0	11.0	4.50	0.00
3 Bean Salad: .5 c	0.5 CUP	196	0	502	11.44	2.76	60.8	834	35.23	*3	*9.77	30.21	4.48	1.31	*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

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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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
3 Bean Salad: .5 c	0.5 CUP	196	0	502	11.44	2.76	60.8	834	35.23	*3	*9.77	30.21	4.48	1.31	*0.00
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Fresh Fruit: TBD ES	.5 cup	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 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		717	31	1391	15.95	5.81	714.2	5647	53.71	*35	*36.62	98.07	20.25	6.71	*0.00
% of Calories										*19.5%	*20.4%	54.8%	25.4%	8.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 02/11/2019															
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
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
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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Sandwich: ES 1819	1 each	290	35	545	4.00	2.16	120.0	5	0.0	7	19.0	30.0	9.5	1.00	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Potato Tots: 0.5c 1819	0.5 cup	141	0	389	1.77	0.32	0.0	0	1.06	0	1.77	17.67	7.07	1.33	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
Fresh Fruit: TBD ES	.5 cup	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 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		763	32	1358	9.11	3.85	364.8	1438	24.29	*29	31.05	96.41	26.51	5.06	*0.00
% of Calories										*15.0%	16.3%	50.5%	31.3%	6.0%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Tue - 02/12/2019															
CS/WS Main Menu	Total														
Macaroni and Cheese: 1819	1 cup	372	16	681	3.90	2.13	290.1	565	*0.24	*7	18.68	46.7	11.61	4.90	*0.14
Fish In Chips: ES1516	2 oz	115	18	130	1.00	0.54	0.0	10	3.0	2	6.0	10.0	5.5	0.50	0.00
Broccoli w/Parmesan:fzn, .75 c	0.75 cup	42	1	47	3.74	0.90	69.4	1433	85.26	2	4.37	6.68	0.85	0.31	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
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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Raw Veggie Side: 0.75c	3/4 cup	22	0	51	1.66	0.23	29.1	5283	3.9	2	0.72	4.67	0.18	0.03	0.00
Fresh Fruit: TBD ES	.5 cup	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 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		619	40	958	8.39	3.34	623.6	4121	*75.45	*31	34.64	78.53	18.32	5.59	*0.10
% of Calories										*20.3%	22.4%	50.7%	26.6%	8.1%	*0.1%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 02/13/2019															
	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)
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
Butternut Squash Soup: 1c 1516	1 cup	130	2	748	4.55	1.16	79.4	15114	*23.9	*5	2.37	23.32	4.02	1.55	*0.02
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

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Raw Veggie Side: 0.75c	3/4 cup	22	0	51	1.66	0.23	29.1	5283	3.9	2	0.72	4.67	0.18	0.03	0.00
Fresh Fruit: TBD ES	.5 cup	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 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		587	54	1380	7.32	2.01	464.5	16175	*32.82	*28	24.32	66.47	25.57	10.69	*0.01
% of Calories										*19.0%	16.6%	45.3%	39.2%	16.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 02/14/2019															
CS/WS Main Menu	Total														
Chicken BBQ: 2 oz, w/skin1617	2 oz	378	119	323	0.00	1.74	18.3	309	0.53	11	33.37	13.32	20.11	5.49	0.00
Broccoli w/Parmesan:fzn, .75 c	0.75 cup	42	1	47	3.74	0.90	69.4	1433	85.26	2	4.37	6.68	0.85	0.31	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
Slush, Cherry Lime Emoji 1718	serving	99	0	15	0.00	0.00	0.0	0	12.0	25	0.0	25.0	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
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
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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Carrot & Celery Sticks 0.5c	1/2 cup	17	0	46	1.34	0.15	22.7	5063	2.74	2	0.5	3.78	0.13	0.02	0.00
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Slush, Cherry Lime Emoji 1718	serving	99	0	15	0.00	0.00	0.0	0	12.0	25	0.0	25.0	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		761	103	938	6.55	3.19	437.8	3942	89.87	*57	43.41	91.99	24.96	6.18	*0.00
% of Calories										*29.8%	22.8%	48.3%	29.5%	7.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Fri - 02/15/2019															
	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)
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
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
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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	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
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Fresh Fruit: TBD ES	.5 cup	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 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		834	42	1153	12.96	6.69	858.6	1751	37.23	*44	37.94	114.64	26.38	8.75	*0.00
% of Calories										*21.2%	18.2%	55.0%	28.5%	9.4%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 02/18/2019															
CS/WS Main Menu	Total serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
No School															
CS/WS Alternate Menu	Total serving	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
No School															
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 - 02/19/2019															
CS/WS Main Menu	Total day	*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*
Winter Recess															
CS/WS Alternate Menu	Total day	*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*
Winter Recess															

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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 % 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 - 02/20/2019															
CS/WS Main Menu Winter Recess	Total day	*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*
CS/WS Alternate Menu Winter Recess	Total day	*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	

Thu - 02/21/2019															
CS/WS Main Menu Winter Recess	Total day	*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*
CS/WS Alternate Menu Winter Recess	Total day	*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 - 02/22/2019															
CS/WS Main Menu Winter Recess	Total day	*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*
CS/WS Alternate Menu Winter Recess	Total day	*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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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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 % 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 - 02/25/2019															
CS/WS Main Menu	Total														
Mozzarella Sticks: ES 1617	1 serving, 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	1 serving (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
CS/WS Alternate Menu	Total														
Turkey Sandwich: ES 1819	1 each	290	35	545	4.00	2.16	120.0	5	0.0	7	19.0	30.0	9.5	1.00	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Raw Veggie Side: 0.75c	3/4 cup	22	0	51	1.66	0.23	29.1	5283	3.9	2	0.72	4.67	0.18	0.03	0.00
Fresh Fruit: TBD ES	.5 cup	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 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 % of Calories		724	26	1263	10.60	3.70	843.4	6359	137.03	*37 *20.4%	32.09 17.7%	91.43 50.5%	26.44 32.9%	5.08 6.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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 - 02/26/2019															
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
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Raw Veggie Side: 0.75c	3/4 cup	22	0	51	1.66	0.23	29.1	5283	3.9	2	0.72	4.67	0.18	0.03	0.00
Fresh Fruit: TBD ES	.5 cup	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 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		114	13	126	1.58	0.64	85.1	640	15.26	*7	7.29	15.33	2.85	0.58	*0.00
% of Calories										*24.1%	25.5%	53.7%	22.4%	4.6%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Wed - 02/27/2019															
CS/WS Main Menu	Total														
Chicken, Popcorn: ES 1617	serving	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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Potato Smiles, 4 svg, bid 1819	4 pieces	130	0	180	2.00	0.36	0.0	0	2.4	0	2.0	20.01	4.5	0.50	0.00
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Fresh Fruit: TBD ES	.5 cup	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 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		170	14	287	2.09	0.68	96.1	331	6.89	*9	7.24	22.91	5.64	1.19	*0.00
% of Calories										*21.4%	17.0%	53.9%	29.8%	6.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 02/28/2019															
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
STRAWBERRIES,FRZ,UNSWTN	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
D USDA															
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

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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate 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)
CS/WS Alternate Menu	Total														
Turkey Croissant: ES 1819	1 each	321	40	537	2.01	2.17	60.4	307	2.5	4	18.03	26.15	15.55	4.52	0.00
Bagel & Cream Cheese: 1819	1 each	60	15	95	0.00	0.00	20.0	300	0.0	0	2.0	1.0	4.5	3.50	0.00
Yogurt, ES1819	1 each	70	5	60	0.00	0.00	150.0	0	0.0	10	4.0	14.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	190	0	65	3.00	1.44	20.0	0	0.0	5	6.0	11.0	15.0	2.00	0.00
SunButter Pullman: 1819	1 EA	410	0	405	8.00	2.88	140.0	15	0.0	19	13.0	50.0	18.0	2.00	0.00
Cheese: String Cheese bid 1516	1 each	80	15	200	0.00	0.00	200.0	200	0.0	0	8.0	1.0	5.0	3.00	0.00
Chicken Caesar: ES Alt 1819	1 each	328	61	963	5.52	2.33	106.8	6375	4.12	3	24.8	32.4	11.7	2.76	0.00
Black Bean & Corn Salad: .5 c	0.5 CUP	154	0	132	8.99	2.47	48.1	308	9.81	*1	*7.93	27.96	2.24	0.36	*0.00
Broccoli, raw ES Alt 1819	0.25 cup	126	5	423	0.57	0.16	30.1	137	19.62	*N/A*	1.61	10.36	8.98	1.49	*0.00
Fresh Fruit: TBD ES	.5 cup	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 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		137	12	226	2.93	1.06	88.9	417	11.95	*5	*7.06	17.00	4.69	1.42	*0.00
% of Calories										*14.7%	*20.6%	49.7%	30.8%	9.3%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Weighted Average		457	28	701	6.02	2.39	357.6	3394	*36.01	*24 *47.7%	*20.60 *18.0%	60.70 53.2%	14.51 28.6%	3.90 7.7%	*N/A*
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Weston Public Schools

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Combined: CS/WS Main Menu/CS/WS Alternate Menu

Portion Values - Detailed

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Generated on: 1/31/2019 8:39:03 AM

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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	457		550 - 650	83%				93	Correction Required - Calories are Low								
Cholesterol (mg)	28																
Sodium 1 (mg)	701		1230														
Sodium 2 (mg)	701		935														
Fiber (g)	6.02																
Iron (mg)	2.39																
Calcium (mg)	357.6																
Vitamin A (IU)	3394																
Sugars (g)	24	21.21%				Missing											
Vitamin C (mg)	36.01					Missing											
Protein (g)	20.60	18.04%				Missing											
Carbohydrate (g)	60.70	53.17%															
Total Fat (g)	14.51	28.61%															
Saturated Fat (g)	3.90	7.68%	<10.00%														
Trans Fat ¹ (g)	*N/A*					Missing											

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