

Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/02/2019																
CS/WS Alternate Menu	Total	1														
No School	1	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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/03/2019																
CS/WS Main Menu	Total	100														
Meatball Sub: ES 1819	SANDWIC	100	189	35	320	0.94	0.96	146.0	515	4.98	2	13.52	4.1	13.88	7.09	0.00
Sweet Potato Tots 0.5c 1819	0.5 cup	50	57	0	90	0.95	0.69	9.5	2381	2.86	5	0.95	8.1	2.38	0.48	0.00
Kiwi Fruit	1 each	75	25	0	1	1.22	0.13	13.8	35	37.74	4	0.46	5.97	0.21	0.01	0.00
Fresh Fruit Selection: MS/ES	1 EACH	25	13	0	0	0.64	0.04	3.5	20	4.02	*1	0.14	3.49	0.04	0.01	*0.00
Caesar Salad: Side FS 1819	1 cup	50	53	2	234	0.91	0.38	35.7	2277	1.04	1	1.86	4.82	3.04	0.73	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			602	52	1026	7.08	3.40	570.7	6672	69.40	*33	31.98	59.79	27.22	9.86	*0.00
% of Calories											*22.1%	21.3%	39.8%	40.7%	14.8%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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 - 09/04/2019																
CS/WS Main Menu	Total	100														
Chicken, Popcorn: ES 1617	100 serving	100	192	43	421	2.14	1.43	12.1	120	0.71	0	12.86	14.29	9.29	2.14	0.00
Potato Smiles, 6 svg, bid 1819	6 pieces	100	139	0	193	2.14	0.39	0.0	0	2.57	0	2.14	21.44	4.82	0.54	0.00
Cinnamon Apple Sauce	.5 CUP	100	63	0	2	1.22	0.13	5.0	6	1.57	13	0.16	16.24	0.16	0.03	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	15	10	1	14	0.00	0.00	32.1	54	0.26	1	0.86	1.39	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	20	11	0	0	0.52	0.03	2.8	16	3.22	*0	0.12	2.79	0.03	0.01	*0.00
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing:Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			688	60	1130	8.85	3.05	393.7	4142	20.18	*35	30.33	87.87	24.08	5.20	*0.00
% of Calories											*20.2%	17.6%	51.1%	31.5%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/05/2019																
CS/WS Main Menu	Total	200														
chicken, baked: 3oz, w/skin	3 oz	200	183	67	296	0.00	0.98	10.3	145	0.0	0	18.84	0.0	11.36	3.10	0.00
Sweet Potatoes, rstd, .5 cup	0.5 cup	175	86	0	40	1.31	0.40	25.4	15014	6.54	*0	1.22	16.83	1.66	0.23	0.00
Apple Crisp: 1/2 cup, ES 1718	0.5 cup	200	117	0	79	1.50	0.42	11.1	198	*0.23	*7	1.13	18.65	4.79	1.66	*0.00
Caesar Salad: Side FS 1819	1 cup	30	19	1	82	0.32	0.13	12.5	797	0.36	0	0.65	1.69	1.06	0.26	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	9	1	11	0.00	0.00	25.0	42	0.2	1	0.67	1.08	0.21	0.12	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	25	1	37	0.00	0.00	62.5	104	0.25	4	1.67	4.17	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	10	0	11	0.00	0.00	26.5	154	0.11	2	0.71	1.68	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	10	4	0	5	0.00	0.00	12.5	21	0.1	0	0.33	0.54	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	20	6	0	0	0.30	0.02	1.6	9	1.88	*0	0.07	1.63	0.02	0.00	*0.00
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	13	2	22	0.08	0.09	2.5	13	0.1	0	0.75	1.09	0.65	0.19	0.00
Bagel & Cream Cheese: 1819	1 each	10	3	1	4	0.00	0.00	0.8	13	0.0	0	0.08	0.04	0.19	0.15	0.00
SunButter Pullman: 1819	1 EA	10	17	0	17	0.33	0.12	5.8	1	0.0	1	0.54	2.08	0.75	0.08	0.00
Chicken Caesar: ES Alt 1819	1 each	10	14	3	40	0.23	0.10	4.5	266	0.17	0	1.03	1.35	0.49	0.11	0.00
Yogurt, ES1819	1 each	10	3	0	2	0.00	0.00	6.2	0	0.0	0	0.17	0.58	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	8	0	3	0.12	0.06	0.8	0	0.0	0	0.25	0.46	0.62	0.08	0.00
Cheese: String Cheese bid 1516	1 each	10	3	1	8	0.00	0.00	8.3	8	0.0	0	0.33	0.04	0.21	0.12	0.00
Veggie and Hummus ES Alt 1819	serving	40	21	0	31	0.48	0.31	2.9	51	4.85	*0	0.81	2.02	1.28	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	5	0	1	0.16	0.03	1.9	86	4.93	1	0.1	1.26	0.03	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	15	7	1	8	0.00	0.00	18.7	31	0.15	1	0.5	0.81	0.16	0.09	0.00
Milk, chocolate ff, 8 oz carto	cartons	20	10	0	15	0.00	0.00	25.0	42	0.1	2	0.67	1.67	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	1	0	2	0.00	0.00	5.0	8	0.04	0	0.13	0.22	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	0	0	1	0.00	0.00	2.2	2	0.0	0	0.04	0.06	0.0	0.00	0.00
Weighted Daily Average			565	77	716	4.84	2.66	272.1	17004	*20.00	*19	30.69	57.94	23.47	6.22	*0.00
% of Calories											*13.8%	21.7%	41.0%	37.4%	9.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

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Weighted Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/06/2019																
CS/WS Main Menu	Total	200														
Taste Test Day Winner!	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza: Big Daddy 1819	slice	200	300	29	525	1.67	2.25	375.0	417	0.0	7	17.5	28.33	13.33	5.83	0.00
Garden Salad: ES 1819	1.375 cup	100	35	0	97	2.32	0.93	34.6	9442	*4.38	2	1.35	5.15	1.35	0.19	0.00
Bean Salad 2: 0.5 c	.5 Cup	50	31	0	44	1.33	0.38	8.7	114	3.76	*0	1.26	4.92	0.77	0.10	0.00
Mixed Fruit in Light Syrup	.5 CUP	100	28	0	3	0.66	0.15	2.5	5	1.56	*N/A*	0.21	7.32	0.04	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	25	11	1	14	0.00	0.00	31.2	52	0.25	1	0.83	1.35	0.26	0.16	0.00
Milk, chocolate ff, 8 oz carto	cartons	100	50	2	75	0.00	0.00	125.0	208	0.5	8	3.33	8.33	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	25	9	1	14	0.00	0.00	31.2	52	0.25	1	0.83	1.35	0.0	0.00	0.00
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	13	2	22	0.08	0.09	2.5	13	0.1	0	0.75	1.09	0.65	0.19	0.00
Bagel & Cream Cheese: 1819	1 each	10	3	1	4	0.00	0.00	0.8	13	0.0	0	0.08	0.04	0.19	0.15	0.00
SunButter Pullman: 1819	1 EA	10	17	0	17	0.33	0.12	5.8	1	0.0	1	0.54	2.08	0.75	0.08	0.00
Chicken Caesar: ES Alt 1819	1 each	10	14	3	40	0.23	0.10	4.5	266	0.17	0	1.03	1.35	0.49	0.11	0.00
Yogurt, ES1819	1 each	10	3	0	2	0.00	0.00	6.2	0	0.0	0	0.17	0.58	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	16	0	5	0.25	0.12	1.7	0	0.0	0	0.5	0.92	1.25	0.17	0.00
Cheese: String Cheese bid 1516	1 each	20	7	1	17	0.00	0.00	16.7	17	0.0	0	0.67	0.08	0.42	0.25	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	4	0	9	0.28	0.04	4.8	881	0.65	0	0.12	0.78	0.03	0.01	0.00
Ranch Dressing:Lt PC 1617	pc	40	7	0	16	0.00	0.00	3.3	1	0.0	0	0.0	0.33	0.58	0.08	0.00
Fresh Fruit: TBD ES	.5 cup	40	5	0	1	0.16	0.03	1.9	86	4.93	1	0.1	1.26	0.03	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	2	0	3	0.00	0.00	6.2	10	0.05	0	0.17	0.27	0.05	0.03	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	15	1	22	0.00	0.00	37.5	62	0.15	2	1.0	2.5	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	1	0	2	0.00	0.00	5.0	8	0.04	0	0.13	0.22	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	0	0	1	0.00	0.00	2.2	2	0.0	0	0.04	0.06	0.0	0.00	0.00
Weighted Daily Average			571	40	932	7.30	4.20	707.5	11649	*16.79	*26	30.62	68.33	20.18	7.36	0.00
% of Calories											*18.4%	21.4%	47.9%	31.8%	11.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Weighted 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 - 09/09/2019																
CS/WS Main Menu	Total	100														
French Toast Sticks: ES 1819	2 sticks	100	57	2	62	0.48	0.17	9.5	0	0.0	2	1.43	9.05	1.67	0.24	0.00
Sausage, links: bid 1819	70 serving(2 each)	70	50	13	125	0.00	0.18	0.0	0	0.0	0	3.5	0.5	3.5	1.50	0.00
Potato Tots: 0.5c 1819	0.5 cup	80	81	0	222	1.01	0.18	0.0	0	0.61	0	1.01	10.1	4.04	0.76	0.00
Orange Juice	.5 CUP	90	39	0	2	0.24	0.10	8.8	34	26.87	7	0.54	9.23	0.1	0.01	0.00
Fresh Fruit Selection: MS/ES	1 EACH	10	5	0	0	0.26	0.01	1.4	8	1.61	*0	0.06	1.39	0.02	0.00	*0.00
Syrup: bid 1819	95 serving (1 .5oz)	95	81	0	0	0.00	0.00	0.0	0	0.0	13	0.0	20.8	0.0	0.00	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Chickpeas: Honey Cin, 0.5cup	0.5 cup	50	95	0	60	2.34	0.73	17.9	13	1.99	*5	2.55	16.42	2.49	0.20	*0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	50 cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	20 carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	10 carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	0 carton	0	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																
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	40 pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	40 .5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	5 carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	30 cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	4 carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	1 carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			704	33	998	7.16	2.46	446.0	4301	43.27	*50	25.07	103.01	21.59	5.20	*0.00
% of Calories											*28.3%	14.2%	58.5%	27.6%	6.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/10/2019																
CS/WS Main Menu																
	Total	100														
Chicken Teriyaki:USDAstrip1819	3 oz	100	87	40	256	0.00	0.26	0.0	0	0.87	5	11.59	6.15	1.81	0.36	0.00
Rice, Brown: 0.5c 1819	0.5 cup	75	84	0	42	0.94	0.17	1.6	49	0.29	*0	1.88	17.5	0.85	0.00	*0.00
Vegetables Mix 0.75c	0.75 cup	75	10	0	6	0.80	0.11	6.0	133	6.92	0	0.8	1.61	0.0	0.00	0.00
Fortune Cookie	COOKIE	100	79	0	7	0.00	0.51	0.0	32	0.0	6	0.0	17.86	0.0	0.00	0.00
Pineapple Tidbits	0.5 CUP	80	40	0	6	0.57	0.20	11.4	0	5.11	*N/A*	0.57	9.66	0.0	0.00	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	15	10	1	14	0.00	0.00	32.1	54	0.26	1	0.86	1.39	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	20	11	0	0	0.52	0.03	2.8	16	3.22	*0	0.12	2.79	0.03	0.01	*0.00
CS/WS Alternate Menu																
	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			593	56	823	5.79	2.73	370.7	2793	35.70	*32	30.19	89.37	12.18	2.35	*0.00
% of Calories											*21.4%	20.4%	60.3%	18.5%	3.6%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/11/2019																
CS/WS Main Menu	Total	100														
Rotini with Meat Sauce 1819	1.5 cup	100	275	20	268	4.15	2.13	40.2	1134	15.55	7	10.08	35.77	9.96	2.52	0.00
Kale Chips 1819	0.5 cup	50	25	0	143	0.99	0.41	41.4	2751	33.05	1	1.18	2.41	1.59	0.12	0.00
Celery Sticks: .5 c	.5 CUP	50	4	0	21	0.42	0.05	10.6	119	0.82	0	0.18	0.79	0.05	0.01	0.00
Orange Smiles: 0.5c 1819	0.5 cup	90	35	0	1	1.15	0.12	19.2	417	17.32	7	0.51	8.47	0.19	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	10	5	0	0	0.26	0.01	1.4	8	1.61	*0	0.06	1.39	0.02	0.00	*0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing:Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			642	38	962	9.81	3.80	521.2	8676	80.55	*38	27.99	84.35	21.59	5.14	*0.00
% of Calories											*23.6%	17.4%	52.6%	30.3%	7.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

Page 8

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/12/2019																
CS/WS Main Menu	Total	100														
Cheeseburger, USDA ES1516	svg (2 sliders)	50	105	21	153	0.85	0.74	17.1	4	0.0	1	6.64	6.9	5.41	2.24	0.27
Hamburger, USDA ES1516	burger	50	87	16	93	1.07	1.08	21.4	4	0.86	1	5.89	10.36	3.21	1.34	0.27
Potato Fries 0.5c Bid1819	0.5 cup	50	62	0	76	0.48	0.17	0.0	0	1.71	0	0.95	10.0	2.14	0.24	0.00
Cinnamon Apple Sauce	.5 CUP	75	47	0	1	0.92	0.10	3.7	5	1.18	10	0.12	12.18	0.12	0.02	0.00
Fresh Fruit Selection: MS/ES	1 EACH	25	13	0	0	0.64	0.04	3.5	20	4.02	*1	0.14	3.49	0.04	0.01	*0.00
Ketchup: Heinz PC	2 each	50	7	0	61	0.00	0.00	0.0	7	0.0	1	0.0	2.14	0.0	0.00	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	25	20	2	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.45	0.27	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	10	8	0	9	0.00	0.00	22.7	132	0.09	1	0.6	1.44	0.0	0.00	0.00
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	15	12	1	14	0.00	0.00	32.1	54	0.26	1	0.86	1.39	0.27	0.16	0.00
Milk, chocolate ff, 8 oz carto	cartons	20	17	1	26	0.00	0.00	42.9	71	0.17	3	1.14	2.86	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			609	53	892	6.92	3.56	408.2	2717	27.14	*34	29.31	79.35	20.69	6.00	*0.54
% of Calories											*22.3%	19.2%	52.1%	30.6%	8.9%	*0.8%
Nutrient Guideline			550-650		1230										<10.00	

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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 - 09/13/2019																
CS/WS Main Menu	Total	100														
Pizza French Bread bid 1819	1 each	100	207	14	429	2.14	1.93	250.0	536	2.57	3	12.14	23.57	7.86	3.21	0.00
Garden Salad: ES 1819	1.25 cup	50	27	0	75	1.81	0.72	27.0	7357	*3.41	2	1.05	4.01	1.05	0.15	0.00
Pears: can,light syrup 1819	0.5 CUP	100	50	0	0	1.42	0.00	0.0	0	2.55	8	0.0	11.34	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	25	20	2	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.45	0.27	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	25	16	1	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.0	0.00	0.00
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing:Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			545	31	891	7.66	3.51	661.5	10580	*20.27	34	27.99	70.54	16.95	5.47	0.00
% of Calories											24.9%	20.5%	51.8%	28.0%	9.0%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 09/16/2019																
CS/WS Main Menu	Total	100														
Lasagna Rollup: ESMS 1 ea 1819	1 each	100	249	18	596	2.87	1.31	291.8	1571	21.46	*9	13.77	28.18	8.55	3.43	0.00
Carrots, honey cinn: 0.5c1617	0.5 CUP	100	38	0	91	1.65	0.28	18.1	8228	*1.55	*3	0.3	6.89	1.28	0.40	*0.00
Orange Smiles: 0.5c 1819	1/2 EACH	90	35	0	1	1.15	0.12	19.2	417	17.32	7	0.51	8.47	0.19	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	10	5	0	0	0.26	0.01	1.4	8	1.61	*0	0.06	1.39	0.02	0.00	*0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			625	36	1216	8.76	2.80	738.9	14471	*54.13	*43	30.62	80.46	19.82	6.33	*0.00
% of Calories											*27.3%	19.6%	51.5%	28.6%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/17/2019																
CS/WS Main Menu	Total	100														
Beef Nachos ES1819	serving	100	168	0	630	2.98	0.88	49.7	5098	7.17	*2	2.39	22.45	7.93	2.11	*0.00
Black Bean & Corn Salad: .5 c	0.5 CUP	50	55	0	47	3.21	0.88	17.2	110	3.5	*0	*2.83	9.99	0.8	0.13	*0.00
Fresh Melon	.5 cup	75	35	0	17	0.85	0.19	7.5	1710	27.25	8	0.69	8.59	0.16	0.04	0.00
Fresh Fruit Selection: MS/ES	1 EACH	25	13	0	0	0.64	0.04	3.5	20	4.02	*1	0.14	3.49	0.04	0.01	*0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			567	17	1215	10.65	3.43	461.4	9748	61.33	*33	*22.21	80.73	18.43	4.28	*0.00
% of Calories											*23.2%	*15.7%	57.0%	29.2%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/18/2019																
	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)
CS/WS Main Menu	Total	100														
Hot Dog in WW Roll: bid 1819	1 hot dog	100	235	25	420	1.42	1.54	56.8	4	0.0	3	9.26	19.19	13.56	5.00	0.00
Potato Fries 0.5c Bid1819	0.5 cup	100	124	0	152	0.95	0.34	0.0	0	3.43	0	1.91	20.0	4.29	0.48	0.00
Cinnamon Apple Sauce	.5 CUP	100	63	0	2	1.22	0.13	5.0	6	1.57	13	0.16	16.24	0.16	0.03	0.00
Celery Sticks: .5 c	.5 CUP	50	4	0	21	0.42	0.05	10.6	119	0.82	0	0.18	0.79	0.05	0.01	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Fresh Fruit Selection: MS/ES	1 EACH	20	11	0	0	0.52	0.03	2.8	16	3.22	*0	0.12	2.79	0.03	0.01	*0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk,Fat Free Garelick, 8 fl o	carton	15	10	1	14	0.00	0.00	32.1	54	0.26	1	0.86	1.39	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			720	42	1110	7.37	3.17	449.0	4145	21.14	*38	26.67	92.12	27.87	8.01	*0.00
% of Calories											*21.0%	14.8%	51.2%	34.8%	10.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/19/2019																
CS/WS Main Menu	Total	100														
Chicken Brocc Alf: HSMS 1819	1.75 cup	100	284	42	197	5.07	1.64	164.6	796	*20.24	*3	22.31	31.38	8.24	3.89	*0.16
Carrots: frozen, steamed	0.5 c	25	6	0	10	0.54	0.09	5.8	2730	0.38	*N/A*	0.1	1.27	0.11	0.02	0.00
Grapes, fresh seedless	0.5 cup	75	30	0	1	0.41	0.13	6.3	45	1.8	7	0.28	7.72	0.16	0.05	0.00
Caesar Salad: Side FS 1819	1 cup	25	26	1	117	0.45	0.19	17.8	1139	0.52	1	0.93	2.41	1.52	0.36	0.00
Fresh Fruit Selection: MS/ES	1 EACH	10	5	0	0	0.26	0.01	1.4	8	1.61	*0	0.06	1.39	0.02	0.00	*0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Base Menu Spreadsheet

Weighted Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

Generated on: 8/19/2019 10:37:31 AM

	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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	15	12	1	14	0.00	0.00	32.1	54	0.26	1	0.86	1.39	0.27	0.16	0.00
Milk, chocolate ff, 8 oz carto	cartons	20	17	1	26	0.00	0.00	42.9	71	0.17	3	1.14	2.86	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			615	59	701	9.15	3.28	558.1	6160	*43.41	*32	38.72	76.99	17.89	5.98	*0.16
% of Calories											*20.7%	25.2%	50.1%	26.2%	8.8%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/20/2019																
CS/WS Main Menu	Total	100														
Pizza: ovenbaked ES 1819	slices 2 oz	100	198	17	376	1.89	0.73	203.1	226	2.07	*2	10.03	19.91	8.54	4.15	0.00
Chickpeas: Honey Cin, 0.5cup	0.5 cup	100	190	0	120	4.68	1.46	35.7	25	3.98	*9	5.1	32.84	4.98	0.40	*0.00
Garden Salad: ES 1819	1.375 cup	100	59	0	166	3.98	1.59	59.3	16186	*7.51	4	2.32	8.83	2.31	0.32	0.00
STRAWBERRIES,FRZ,UNSWT	0.5 cup	100	28	0	2	1.66	0.59	12.6	36	32.52	4	0.34	7.21	0.09	0.00	0.00
ND USDA																
Milk, 1%Lowfat Garelick, 8 fl	1 each	25	20	2	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.45	0.27	0.00
Milk, Fat Free Garelick, 8 fl o	carton	25	16	1	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.0	0.00	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			737	33	1050	14.49	5.22	695.3	19160	*57.81	*40	32.58	100.40	23.96	6.98	*0.00
% of Calories											*21.9%	17.7%	54.5%	29.3%	8.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/23/2019																
	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)
CS/WS Main Menu	Total	100														
Chicken Sand Crispy: ES 1819	1 each	100	227	19	329	2.77	2.19	55.4	70	2.47	1	11.19	28.25	9.42	1.88	0.00
Sweet Potato Fry 0.5c Bid1819	0.5 cup	50	44	0	51	0.68	0.12	6.8	1193	0.82	2	0.34	6.48	1.7	0.34	0.00
Pears: can, light syrup 1819	0.5 CUP	90	45	0	0	1.28	0.00	0.0	0	2.3	7	0.0	10.21	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	10	5	0	0	0.26	0.01	1.4	8	1.61	*0	0.06	1.39	0.02	0.00	*0.00
Cucumber Coins 0.5c 1516	0.5 c	75	6	0	1	0.34	0.11	6.8	35	1.56	1	0.29	1.05	0.08	0.01	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			624	37	909	8.16	3.52	478.8	5553	20.94	*34	27.85	82.89	21.00	4.72	*0.00
% of Calories											*21.9%	17.9%	53.2%	30.3%	6.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 09/24/2019																
CS/WS Main Menu	Total	100														
Pancakes: Aunt Jemima bid 1718	100 serving(2 each)	100	114	5	186	1.43	0.69	19.0	24	0.0	5	2.38	19.52	2.86	0.48	0.00
Potato Tots: 0.5c 1819	0.5 cup	100	101	0	278	1.26	0.23	0.0	0	0.76	0	1.26	12.62	5.05	0.95	0.00
Sausage, links: bid 1819	80 serving(2 each)	80	57	14	143	0.00	0.21	0.0	0	0.0	0	4.0	0.57	4.0	1.71	0.00
Orange Juice	.5 CUP	80	35	0	1	0.21	0.09	7.8	30	23.88	6	0.48	8.2	0.09	0.01	0.00
Syrup: bid 1819	80 serving (1 .5oz)	80	68	0	0	0.00	0.00	0.0	0	0.0	11	0.0	17.52	0.0	0.00	0.00
Caesar Salad: Side FS 1819	1 cup	25	26	1	117	0.45	0.19	17.8	1139	0.52	1	0.93	2.41	1.52	0.36	0.00
Fresh Fruit Selection: MS/ES	1 EACH	20	11	0	0	0.52	0.03	2.8	16	3.22	*0	0.12	2.79	0.03	0.01	*0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			676	36	1105	6.29	2.64	409.6	2652	47.14	*44	24.21	96.96	21.21	5.07	*0.00
% of Calories											*25.8%	14.3%	57.4%	28.2%	6.7%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 09/25/2019																
	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)
CS/WS Main Menu	Total	100														
Chicken Noodle Soup 1819	1 CUP	100	77	25	89	1.13	0.54	12.7	2530	2.04	*3	7.33	8.54	1.69	0.32	0.00
Corn Niblets: .5 cup	.5 CUP	100	47	0	1	1.44	0.28	1.4	117	2.09	*N/A*	1.5	11.37	0.39	0.06	0.00
Pretzel, Pumpkin 1617	1 each	100	100	0	107	2.14	1.29	14.3	0	0.86	1	3.57	21.43	0.36	0.00	0.00
Fresh Melon	.5 cup	100	46	0	23	1.13	0.25	10.0	2279	36.33	11	0.92	11.46	0.22	0.06	0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			567	43	748	8.67	3.45	446.8	9173	53.51	*37	29.29	88.32	12.44	2.93	0.00
% of Calories											*26.2%	20.7%	62.3%	19.8%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 09/26/2019																
CS/WS Main Menu	Total	100														
Mozzarella Sticks: ES 1819	1 serving,5 stick	100	241	10	338	1.95	0.94	366.3	412	0.62	2	13.01	17.57	13.01	3.25	0.00
Marinara Sauce: Trattoria 1819	1 serving(1/2 c)	50	57	0	279	1.43	0.51	28.6	1250	17.14	6	1.43	7.14	2.86	0.00	0.00
Broccoli: garlic 0.5c 1819	0.5 cup	50	14	0	19	0.51	0.15	9.4	121	17.38	0	0.56	1.33	0.87	0.06	0.00
Peaches: canned,light syrup	0.5 CUP	75	31	0	5	0.00	0.15	2.4	139	1.55	6	0.0	7.2	0.0	0.00	0.00
Fresh Fruit Selection: MS/ES	1 EACH	25	13	0	0	0.64	0.04	3.5	20	4.02	*1	0.14	3.49	0.04	0.01	*0.00
Caesar Salad: Side FS 1819	1 cup	30	32	1	141	0.54	0.23	21.4	1366	0.62	1	1.11	2.89	1.82	0.44	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	20	16	1	19	0.00	0.00	42.9	71	0.34	2	1.14	1.86	0.36	0.21	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, ff strawberry, 8 oz cart	carton	20	17	1	19	0.00	0.00	45.4	265	0.18	3	1.21	2.87	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	10	6	0	9	0.00	0.00	21.4	36	0.17	1	0.57	0.93	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	0	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

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	10	14	0	5	0.21	0.10	1.4	0	0.0	0	0.43	0.79	1.07	0.14	0.00
Cheese: String Cheese bid 1516	1 each	10	6	1	14	0.00	0.00	14.3	14	0.0	0	0.57	0.07	0.36	0.21	0.00
Veggie and Hummus ES Alt 1819	serving	40	36	0	54	0.82	0.53	4.9	88	8.31	*0	1.38	3.46	2.19	0.00	*0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	15	12	1	14	0.00	0.00	32.1	54	0.26	1	0.86	1.39	0.27	0.16	0.00
Milk, chocolate ff, 8 oz carto	cartons	20	17	1	26	0.00	0.00	42.9	71	0.17	3	1.14	2.86	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			651	27	1158	7.50	3.23	793.8	4752	60.20	*36	31.30	72.45	26.45	5.42	*0.00
% of Calories											*21.9%	19.2%	44.5%	36.6%	7.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 09/27/2019																
CS/WS Main Menu	Total	100														
Pizza 5" Round The Max 1819	1 each	100	243	7	500	2.14	3.21	178.6	143	0.0	4	12.14	30.71	7.14	2.50	0.00
Garden Salad: ES 1819	1.375 cup	50	30	0	83	1.99	0.80	29.7	8093	*3.75	2	1.16	4.41	1.15	0.16	0.00
3 Bean Salad: .5 c	0.5 CUP	50	70	0	179	4.08	0.98	21.7	298	12.58	*1	*3.49	10.79	1.6	0.47	*0.00
Pineapple Tidbits	0.5 CUP	100	50	0	7	0.71	0.26	14.2	0	6.39	*N/A*	0.71	12.07	0.0	0.00	0.00
Milk, 1%Lowfat Garelick, 8 fl	1 each	25	20	2	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.45	0.27	0.00
Milk, chocolate ff, 8 oz carto	cartons	50	43	2	64	0.00	0.00	107.1	179	0.43	6	2.86	7.14	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	25	16	1	23	0.00	0.00	53.6	89	0.43	2	1.43	2.32	0.0	0.00	0.00

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted 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)
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	23	3	38	0.14	0.15	4.3	22	0.18	0	1.29	1.87	1.11	0.32	0.00
Bagel & Cream Cheese: 1819	1 each	10	4	1	7	0.00	0.00	1.4	21	0.0	0	0.14	0.07	0.32	0.25	0.00
SunButter Pullman: 1819	1 EA	10	29	0	29	0.57	0.21	10.0	1	0.0	1	0.93	3.57	1.29	0.14	0.00
Chicken Caesar: ES Alt 1819	1 each	10	23	4	69	0.39	0.17	7.6	455	0.29	0	1.77	2.31	0.84	0.20	0.00
Yogurt, ES1819	1 each	10	5	0	4	0.00	0.00	10.7	0	0.0	1	0.29	1.0	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	27	0	9	0.43	0.21	2.9	0	0.0	1	0.86	1.57	2.14	0.29	0.00
Cheese: String Cheese bid 1516	1 each	20	11	2	29	0.00	0.00	28.6	29	0.0	0	1.14	0.14	0.71	0.43	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	6	0	15	0.47	0.07	8.3	1510	1.12	1	0.2	1.33	0.05	0.01	0.00
Ranch Dressing: Lt PC 1617	pc	40	11	0	27	0.00	0.00	5.7	1	0.0	0	0.0	0.57	1.0	0.14	0.00
Fresh Fruit: TBD ES	.5 cup	40	9	0	1	0.28	0.05	3.3	148	8.45	2	0.17	2.16	0.05	0.01	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	4	0	5	0.00	0.00	10.7	18	0.09	0	0.29	0.46	0.09	0.05	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	26	1	39	0.00	0.00	64.3	107	0.26	4	1.71	4.29	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	3	0	4	0.00	0.00	8.6	14	0.07	0	0.23	0.37	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	1	0	1	0.00	0.00	3.8	4	0.0	0	0.06	0.1	0.0	0.00	0.00
Weighted Daily Average			654	24	1156	11.21	6.10	628.6	11221	*34.46	*28	*32.30	89.60	17.94	5.23	*0.00
% of Calories											*17.2%	*19.8%	54.8%	24.7%	7.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 09/30/2019																
CS/WS Main Menu	Total	1														
No School	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CS/WS Alternate Menu	Total	40														
Turkey Croissant: ES 1819	1 each	10	78	10	131	0.49	0.53	14.7	75	0.61	1	4.4	6.38	3.79	1.10	0.00
Bagel & Cream Cheese: 1819	1 each	10	15	4	23	0.00	0.00	4.9	73	0.0	0	0.49	0.24	1.1	0.85	0.00
SunButter Pullman: 1819	1 EA	10	100	0	99	1.95	0.70	34.1	4	0.0	5	3.17	12.2	4.39	0.49	0.00
Chicken Caesar: ES Alt 1819	1 each	10	80	15	235	1.35	0.57	26.1	1555	1.0	1	6.05	7.9	2.85	0.67	0.00
Yogurt, ES1819	1 each	10	17	1	15	0.00	0.00	36.6	0	0.0	2	0.98	3.41	0.0	0.00	0.00
Sunflower Seeds: bid 1819	1 oz	20	93	0	32	1.46	0.70	9.8	0	0.0	2	2.93	5.37	7.32	0.98	0.00
Cheese: String Cheese bid 1516	1 each	20	39	7	98	0.00	0.00	97.6	98	0.0	0	3.9	0.49	2.44	1.46	0.00
Raw Veggie Side: 0.75c	3/4 cup	40	21	0	50	1.62	0.23	28.4	5155	3.81	2	0.7	4.55	0.18	0.03	0.00
Ranch Dressing: Lt PC 1617	pc	40	39	0	93	0.00	0.00	19.5	5	0.0	1	0.0	1.95	3.41	0.49	0.00
Fresh Fruit: TBD ES	.5 cup	40	30	0	5	0.95	0.19	11.3	504	28.86	6	0.6	7.39	0.17	0.02	0.00
Milk, 1%Lowfat Garelick, 8 fl	carton	5	13	1	16	0.00	0.00	36.6	61	0.29	1	0.98	1.59	0.3	0.18	0.00
Milk, chocolate ff, 8 oz carto	cartons	30	88	4	132	0.00	0.00	219.5	366	0.88	13	5.85	14.63	0.0	0.00	0.00
Milk, Fat Free Garelick, 8 fl o	carton	4	9	0	13	0.00	0.00	29.3	49	0.23	1	0.78	1.27	0.0	0.00	0.00
Milk, ff lactaid, 8 oz carton	carton	1	2	0	3	0.00	0.00	12.9	13	0.0	0	0.21	0.34	0.0	0.00	0.00

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Weston Public Schools

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			624	42	943	7.82	2.92	581.2	7956	35.68	37	31.02	67.70	25.95	6.28	0.00
% of Calories											23.4%	19.9%	43.4%	37.4%	9.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			629	42	984	8.27	3.46	529.7	8176	*41.15	*35 *50.2%	*29.55 *18.8%	81.46 51.8%	21.05 30.1%	5.70 8.2%	*0.03 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	629		550 - 650	100%				
Cholesterol (mg)	42							
Sodium 1 (mg)	984		1230					
Sodium 2 (mg)	984		935				49	Correction Required - Sodium too High
Fiber (g)	8.27							
Iron (mg)	3.46							
Calcium (mg)	529.7							
Vitamin A (IU)	8176							
Sugars (g)	35	22.32%			Missing			
Vitamin C (mg)	41.15				Missing			
Protein (g)	29.55	18.79%			Missing			
Carbohydrate (g)	81.46	51.81%						
Total Fat (g)	21.05	30.12%						
Saturated Fat (g)	5.70	8.16%	<10.00%					
Trans Fat ¹ (g)	0.03	0.05%			Missing			

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