

Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 8/7/2019 8:21:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/03/2019			
Junior High Lunch	Total	4800	
Menu #12	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Chicken Nuggets, Adv. Pierre	5 Each	1600	313
Potato Wedges, 1/2 c	1/2 CUP	2800	39
Rolls 51%/ 2oz	1 EACH	1400	205
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans Baked, 1/2 c	1/2 CUP	1050	452
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	500	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1022
% of Calories			
Nutrient Guideline			1360

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

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 2

Generated on: 8/7/2019 8:21:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/04/2019			
Junior High Lunch	Total	4800	
Menu #13	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Chicken Bacon Wrap	1 each	1600	824
Tater Tots, 1/2 CUP	1/2 CUP	2800	330
Chicken Quesidalla	1 Each	1600	457
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce cup, plain	1/2	2000	20
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	900	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk,1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1146
% of Calories			
Nutrient Guideline			1360

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 3

Generated on: 8/7/2019 8:21:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/05/2019			
Junior High Lunch	Total	4800	
Menu #14	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Cheese Burger Wheat 51%	1 EACH	1600	664
French Fries: ovn bkd, 1/2c	1/2 CUP	2300	20
Turkey Roast	2 oz	1600	29
Potatoes Whipped	1/2 CUP	1200	119
Chicken Gravy	1/2 CUP	1200	520
Rolls 51%/ 1.5 oz	1 EACH	1375	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	300	2
Celery Sticks	1/4 CUP	300	26
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	69
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk,1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
SideKicks BlueRasp-Lemon Fruit	Container	2000	44
SideKicks Fruit Cup Kiwi-Straw	Container	2000	44
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1025
% of Calories			
Nutrient Guideline			1360

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Sep 2, 2019 thru Sep 30, 2019

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Junior High Lunch

Portion Values - Detailed

Page 4

Generated on: 8/7/2019 8:21:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/06/2019			
Junior High Lunch	Total	4800	
Menu #15	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Potato Wedges, 1/2 c	1/2 CUP	1200	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Sweet N' Sour Chicken	Serving	1600	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1200	2
Rolls 51%/ 2oz	1 EACH	1200	205
Salad, Side-Secondary	1 CUP	2000	13
Tomato Grape	1/4 CUP	1000	2
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2000	13
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	1500	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	1500	82
Tomatoes,Fresh,Sliced	1 EACH	500	0
Lettuce,Shred, 1/8 c	1/8 CUP	500	1
Chocolate Chip Cookie	1 EACH	2050	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			983
% of Calories			
Nutrient Guideline			1360

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 5

Generated on: 8/7/2019 8:21:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 09/09/2019			
Junior High Lunch	Total	4800	
Menu #16	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Burrito, Bean & Cheese, 5 oz	1 EACH	1000	444
Burrito, Beef & Bean, 5.2 oz	1 EACH	600	401
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	20
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	1600	964
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	1600	0
Cheese Combo (Chdr & Mozz)	1 OZ	1200	115
Pretzel Bites	4	1200	131
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk,1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	450	68
Sour Cream	1 OZ	300	47
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1049
% of Calories			
Nutrient Guideline			1360

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Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 8/7/2019 8:21:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/10/2019			
Junior High Lunch	Total	4800	
Menu #17	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Potato Wedges, 1/2 c	1/2 CUP	2400	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Hawaiian Haystacks	1/2 CUP	1600	337
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	2
Rolls 51%/ 2oz	1 EACH	1400	205
Cheese Combo (Chdr & Mozz)	1 OZ	1200	115
Chow Mein Noodles	1/8 cup	1200	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	800	1
Celery Chopped 1/8 cup	1/8 cup	800	12
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Peas: frozen,warmed,1/4 c	1/4 CUP	1000	34
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk,1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Rice Krispies Treat -Large	1 Each	2200	140
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1044
% of Calories			
Nutrient Guideline			1360

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 7

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/11/2019			
Junior High Lunch	Total	4800	
Menu #18	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Turkey Club Sandwich wheat 51%	1 EACH	1600	1211
Tater Tots, 1/2 CUP	1/2 CUP	2500	330
Chicken Alfredo Sauce-3/4 C	3/4 Cup	1600	788
Penne Pasta	3/4 CUP	1600	0
Rolls 51%/ 1.5 oz	1 EACH	1000	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	300	2
Beans Baked, 1/2 c	1/2 CUP	500	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1000	51
Applesauce Cup, Strawberry	1/2 CUP	1000	15
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	0	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	300	267
Mustard: individual PC	1 EACH	300	69
Mayonnaise, PC Packet	1 EACH	300	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1405
% of Calories			
Nutrient Guideline			1360

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 8

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/12/2019			
Junior High Lunch	Total	4800	
Menu #19	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Rib-B-Q Sandwich wheat 51%	1 EACH	1600	678
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	20
Wsd Bowl High School & Jr High	1 Each	1600	726
Rolls 51%/ 1.5 oz	1 EACH	1075	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	600	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average % of Calories			1037
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 9

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/13/2019			
Junior High Lunch	Total	4800	
Menu #20	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Tater Tots, 1/2 CUP	1/2 CUP	1300	330
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Teriyaki Chicken 4.5 oz	4.5 oz	1600	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1300	2
Rolls 51%/ 1.5 oz	1 EACH	1300	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	1500	13
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Pumpkin Chocolate Chip Cookies	1 Each	4000	80
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1128
% of Calories			
Nutrient Guideline			1360

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Page 10

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 09/16/2019			
Junior High Lunch	Total	4800	
Menu #21	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Corn Dog Chicken	1 EACH	1600	390
Potato Wedges, 1/2 c	1/2 CUP	2500	39
Chicken Fajita	1/2 cup	1600	387
Cheese Combo (Chdr & Mozz)	1 OZ	1000	115
Rolls 51%/ 2oz	1 EACH	1200	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Beans, Black, 1/2 c	1/2 CUP	500	383
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
Sugar Cookies	1 EACH	1600	56
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			932
% of Calories			
Nutrient Guideline			1360

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Junior High Lunch

Portion Values - Detailed

Page 11

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/17/2019			
Junior High Lunch	Total	4800	
Menu #22	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1400	20
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Chicken Tetrazzini	1 cup	1600	696
Rolls 51%/ 2oz	1 EACH	1400	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	500	2
Celery Sticks	1/4 CUP	500	26
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	1000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Creamie Variety: ban, choc	1 EACH	2000	39
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1047
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 12

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/18/2019			
Junior High Lunch	Total	4800	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Ham & Cheese Sub Wheat 51%	1 EACH	1600	1154
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	20
Breakfast Casserole	1 cup	1600	694
Waffle, Maple	2.8 oz	1200	260
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	350	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mayonnaise, PC Packet	1 EACH	500	82
Mustard: individual PC	1 EACH	500	69
SYRUP, MAPLE CHEF'S MARK	1 EACH	1200	45
Salsa	1 OZ	1200	68
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1234
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/19/2019			
Junior High Lunch	Total	4800	
Menu #24	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Hot Dog Wrap: Wheat 50% SEC	1 EACH	1600	837
French Fries: ovn bkd, 1/2c	1/2 CUP	3200	20
Pork Roast	2 OZ	1600	26
Potatoes Whipped	1/2 CUP	1000	119
Gravy, Brown, 1/2 c	1/2 CUP	1600	323
Rolls 51%/ 2oz	1 EACH	3000	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Beans Baked, 1/2 c	1/2 CUP	750	452
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
APPLESAUCE,SWEETENED	1/2 Cup	1000	20
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	800	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average % of Calories			1135
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 14

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/20/2019			
Junior High Lunch	Total	4800	
Menu #25	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Potato Wedges, 1/2 c	1/2 CUP	1200	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Mandarin Orange Chicken	3.92 serving	1600	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1500	2
Rolls 51%/ 2oz	1 EACH	1100	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	500	2
Cucumber, Raw	1/4 CUP	500	1
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	1500	13
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Chocolate Chip Cookie	1 EACH	2300	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			926
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 09/23/2019			
Junior High Lunch	Total	4800	
Menu #1	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Popcorn Chicken-Tyson	10 Each	1600	488
Tater Tots, 1/2 CUP	1/2 CUP	2400	330
Taco Crisp	2 each	1600	619
Cheese Combo (Chdr & Mozz)	1 OZ	1250	115
Rolls 51%/ 2oz	1 EACH	2150	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Refried Beans Seasoned	1/2 CUP	2400	583
Peaches: canned,ex light syrup	1/2 CUP	1500	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	4000	178
Barbecue Sauce BULL'S EYE	1 OZ	500	205
Buffalo Sauce Mild	1 OZ	500	136
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	500	68
Sour Cream	1 OZ	500	47
CINNAMON ROLLS	1 EACH	4500	305
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1790
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 16

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/24/2019			
Junior High Lunch	Total	4800	
Menu #2	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Meatball Sub	1 EACH	1600	597
French Fries: ovn bkd, 1/2c	1/2 CUP	2000	20
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Carrots Baby Fresh	1/4 CUP	1000	20
Cucumber, Raw	1/4 CUP	1000	1
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	4000	178
Barbecue Sauce BULL'S EYE	1 OZ	500	205
Buffalo Sauce Mild	1 OZ	500	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	650	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			995
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 17

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/25/2019			
Junior High Lunch	Total	4800	
Menu #3	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Turkey Club Sandwich wheat 51%	1 EACH	1600	1211
Potato Wedges, 1/2 c	1/2 CUP	4000	39
Fiesta Chicken Bowl	1/2 Cup	1600	410
Cheese Combo (Chdr & Mozz)	1 OZ	1500	115
Rolls 51%/ 2oz	1 EACH	1200	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans Baked, 1/2 c	1/2 CUP	1000	452
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Applesauce Cup, Cinnamon	1/2 CUP	2000	15
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	4000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Sour Cream	1 OZ	1000	47
Salsa	1 OZ	1000	68
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1445
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 18

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/26/2019			
Junior High Lunch	Total	4800	
Menu #4	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1000	20
Country Fried Steak JTM	1 EACH	1600	340
Chicken Strips, Adv. Pierre	3 Each	1600	313
Rolls 51%/ 2oz	1 EACH	2400	205
Potatoes Whipped	1/2 CUP	2100	119
Gravy, Country, 1/2 c	1/2 CUP	2100	314
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Cucumber, Raw	1/4 CUP	1000	1
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	69
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk,1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
SideKicks BlueRasp-Lemon Fruit	Container	2000	44
SideKicks Fruit Cup Kiwi-Straw	Container	2000	44
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1115
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 19

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/27/2019			
Junior High Lunch	Total	4800	
Menu #5	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Tater Tots, 1/2 CUP	1/2 CUP	1600	330
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Mandarin Orange Chicken	3.92 serving	1600	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	2
Rolls 51%/ 1.5 oz	1 EACH	1600	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	1500	10
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Chocolate Chip Cookie	1 EACH	4500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1089
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 20

Generated on: 8/7/2019 8:21:50 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 09/30/2019			
Junior High Lunch	Total	4800	
Menu #6	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Chicken Bacon Wrap	1 each	1600	824
Potato Wedges, 1/2 c	1/2 CUP	1600	39
Meaty Nachos- Beef	Serving	1600	778
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Cucumber, Raw	1/4 CUP	700	1
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	2000	180
Milk, 1% Lowfat	HALF PINT	800	125
JUICE FRUITABLE	1 EACH	2000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	300	68
Sour Cream	1 OZ	300	47
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1061
% of Calories			
Nutrient Guideline			1360

Weighted Average			1130
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1130		1360					

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