

Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BREAKFAST High School

Portion Values - Detailed

Page 1

Generated on: 3/23/2017 3:30:54 PM

	Portion Size	Sodm (mg)
Mon - 04/10/2017		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		537
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Tue - 04/11/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Yogurt, strawberry	1 EACH	50
Sausage,Pork,Patty frz 2 ea	2 EACH	172
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Weighted Daily Average		453
% of Calories		
Nutrient Guideline		640

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BREAKFAST High School

Portion Values - Detailed

Page 2

Generated on: 3/23/2017 3:30:54 PM

	Portion Size	Sodm (mg)
Wed - 04/12/2017		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Thu - 04/13/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmellow Mateys	1 Each	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Yogurt, strawberry	1 EACH	50
Sausage,Pork,Patty frz 2 ea	2 EACH	172
Mandarin Oranges	1/2 CUP	21
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Weighted Daily Average		489
% of Calories		
Nutrient Guideline		640

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BREAKFAST High School

Portion Values - Detailed

Page 3

Generated on: 3/23/2017 3:30:54 PM

	Portion Size	Sodm (mg)
Mon - 04/17/2017		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		537
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Tue - 04/18/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Yogurt, strawberry	1 EACH	50
Sausage,Pork,Patty frz 2 ea	2 EACH	172
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Weighted Daily Average		453
% of Calories		
Nutrient Guideline		640

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	Portion Size	Sodm (mg)
Wed - 04/19/2017		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Thu - 04/20/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Yogurt, strawberry	1 EACH	50
Sausage,Pork,Patty frz 2 ea	2 EACH	172
Mandarin Oranges	1/2 CUP	21
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Weighted Daily Average		489
% of Calories		
Nutrient Guideline		640

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BREAKFAST High School

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 04/21/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Strawberry Cup	.5 Cup	0
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		476
% of Calories		
Nutrient Guideline		640

Mon - 04/24/2017		
BREAKFAST High School	Total	
Breakfast Menu #1	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP,PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		537
% of Calories		
Nutrient Guideline		640

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BREAKFAST High School

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 04/25/2017		
BREAKFAST High School	Total	
Breakfast Menu #2	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Yogurt, strawberry	1 EACH	50
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		453
% of Calories		
Nutrient Guideline		640

	Portion Size	Sodm (mg)
Wed - 04/26/2017		
BREAKFAST High School	Total	
Breakfast Menu #3	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		479
% of Calories		
Nutrient Guideline		640

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BREAKFAST High School

Portion Values - Detailed

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Generated on: 3/23/2017 3:30:54 PM

	Portion Size	Sodm (mg)
Thu - 04/27/2017		
BREAKFAST High School	Total	
Breakfast Menu #4	1	0
French Toast Sticks, 4 each	4 EACH	370
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Marshmallow Mateys	1 Each	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Yogurt, strawberry	1 EACH	50
Sausage, Pork, Patty frz 2 ea	2 EACH	172
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Weighted Daily Average		489
% of Calories		
Nutrient Guideline		640

Fri - 04/28/2017		
BREAKFAST High School	Total	
Breakfast Menu #5	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Pancake 'n Sausage	1 EACH	310
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Strawberry Cup	.5 Cup	0
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Craisins, Strawberry	packet	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, PANCAKE	1 EACH	3
Ketchup	1 OZ	267
Weighted Daily Average		476
% of Calories		
Nutrient Guideline		640

Weighted Average		487
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BREAKFAST High School

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Sodm (mg) Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	487		640					

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Weber School District Child Nutrition

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/23/2017 3:31:35 PM

	Portion Size	Sodm (mg)
Mon - 04/10/2017		
High School Lunch	Total	
Menu #26	1	*N/A*
Chicken Strips, Adv. Pierre	3 Each	313
Potato Wedges, 1/2 c	1/2 CUP	39
Rolls 51%/ 2oz	1 EACH	205
Navajo Taco	1 EACH	727
Cheese Combo (Chdr & Mozz)	1 OZ	115
Lettuce,Shred, 1/4 c	1/4 CUP	2
Salad, Side--S/R/C	1 CUP	13
Beans, Black, 1/2 c	1/2 CUP	383
Tomato Grape	1/4 CUP	2
Pears: canned,light syrup	1/2 CUP	10
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Orange Fresh	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Apples,Fresh	1 EACH	1
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Ranch Dressing: yogurt	1 FL OZ	178
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Ketchup	1 OZ	267
Salsa, Commodity	1 FL OZ	138
Sour Cream	1 OZ	47
Weighted Daily Average		1224
% of Calories		
Nutrient Guideline		1420

Tue - 04/11/2017		
High School Lunch	Total	
Menu #27	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
Teriyaki Chicken	3 3/8 oz	415
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	13
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44

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High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		937
Nutrient Guideline		1420

Wed - 04/12/2017		
High School Lunch	Total	
Menu #38	1	*N/A*
Spaghetti Noodles Cooked	1 CUP	0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	964
Cheese Combo (Chdr & Mozz)	1 OZ	115
Bread Sticks 51% 2 oz	1 EACH	205
Pulled Pork Sandwich	1 EACH	771
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Bananas	1 EACH	0
Green Beans: canned,ckd, 1/2 c	1/2 cup	16
Peaches: canned,ex light syrup	1/2 CUP	10
JUICE FRUITABLE	1 EACH	20
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
Onions, Fresh Sliced	SLICE	1
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1400
Nutrient Guideline		1420

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High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 04/13/2017		
High School Lunch	Total	
Menu #19	1	0
Roast Beef	3 OZ	55
Potatoes Whipped	1/2 CUP	119
Gravy, Brown, 1/2 c	1/2 CUP	323
Rolls 51%/ 2oz	1 EACH	205
Wrap Chicken Strip	1 EACH	607
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Applesauce, canned: Sweet	1/2 CUP	26
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Lettuce,Shred, 1/8 c	1/8 CUP	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1102
% of Calories		
Nutrient Guideline		1420

Mon - 04/17/2017		
High School Lunch	Total	
Menu #41	1	*N/A*
Chicken Parmesan	1 Each	1381
Rolls 51%/ 2oz	1 EACH	205
Hot Dog Wrap: Wheat 51%	1 EACH	837
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178

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Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1774
Nutrient Guideline		1420

Tue - 04/18/2017		
High School Lunch	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Taco Crisp	2 each	619
Taco Soft Shell	1 EACH	737
Cheese Combo (Chdr & Mozz)	1 OZ	115
Cinnamon Bites-High School	1 Each	205
Lettuce,Shred, 1/4 c	1/4 CUP	2
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Refried Beans Seasoned	1/2 CUP	583
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Salsa	1 OZ	69
Sour Cream	1 OZ	47
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Weighted Daily Average % of Calories		1103
Nutrient Guideline		1420

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Weber School District Child Nutrition

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Base Menu Spreadsheet

High School Lunch

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	Portion Size	Sodm (mg)
Wed - 04/19/2017		
High School Lunch	Total	
Menu #33	1	*N/A*
Cheese Burger Wheat 51%	1 EACH	664
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Mandarin Orange Chicken	serving	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Carrots Baby Fresh	1/4 CUP	20
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Broccoli Normandy, Fresh HS	1/2 CUP	20
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Lettuce,Shred, 1/8 c	1/8 CUP	1
Tomatoes,Fresh,Sliced	1 EACH	0
Onions, Fresh Sliced	SLICE	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Creamie Banana	1 EACH	39
Creamie Chocolate	1 EACH	39
Creamie Orange	BAR	50
Weighted Daily Average % of Calories		927
Nutrient Guideline		1420

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Base Menu Spreadsheet

High School Lunch

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	Portion Size	Sodm (mg)
Thu - 04/20/2017		
High School Lunch	Total	
Menu #34	1	*N/A*
Popcorn Chicken, Adv. Pierre	10 Each	313
Potatoes Whipped	1/2 CUP	119
Gravy, Brown, 1/4 c	1/4 CUP	162
Bread Pull Apart 51% 2oz	1 EACH	205
Rib-B-Q Sandwich wheat 51%	1 EACH	678
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Applesauce Cup, Strawberry	1/2 CUP	15
Green Beans: canned,ckd, 1/2 c	1/2 cup	16
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Bananas	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Onions, Fresh Sliced	SLICE	1
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Weighted Daily Average		1188
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 04/21/2017		
High School Lunch	Total	
Menu #2	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Four Meat, BD-8	Slice	651
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--S/R/C	1 CUP	13
Celery Sticks	1/4 CUP	26
Carrots Baby Fresh	1/4 CUP	20
Mandarin Oranges	1/2 CUP	21
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Apples,Fresh	1 EACH	1
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Tomatoes,Fresh,Sliced	1 EACH	0
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ketchup	1 OZ	267
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1276
% of Calories		
Nutrient Guideline		1420

Mon - 04/24/2017		
High School Lunch	Total	
Menu #6	1	0
Chicken Alfredo Sauce 2 -1/2 C	1/2 Cup	525
Penne Pasta	3/4 CUP	0
Rolls 51%/ 2oz	1 EACH	205
Meatball Sub, High School	SANDWICH	638
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Craisins, Strawberry	packet	0
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	13
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Green Peppers, chopped	1 Tbsp	0
Onions, Fresh Sliced	SLICE	1
Ranch Dressing: yogurt	1 FL OZ	178

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		996
Nutrient Guideline		1420

Tue - 04/25/2017		
High School Lunch	Total	
Menu #22	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
Hawaiian Primo Pizza 8 cut	1 slice	889
Chicken Nuggets, Adv. Pierre	5 Each	313
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1135
Nutrient Guideline		1420

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Weber School District Child Nutrition

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High School Lunch

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	Portion Size	Sodm (mg)
Wed - 04/26/2017		
High School Lunch	Total	
Menu #8	1	0
Pulled Pork Sandwich	1 EACH	771
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Enchilada, Red Sauce	1 Each	693
SPANISH RICE	1/3 CUP	125
Salad, Side--S/R/C	1 CUP	13
Pears: canned,light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Apples,Fresh	1 EACH	1
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Refried Beans Seasoned	1/2 CUP	583
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Onions, Fresh Sliced	SLICE	1
Ranch Dressing: yogurt	1 FL OZ	178
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Salsa	1 OZ	69
Sour Cream	1 OZ	47
Weighted Daily Average % of Calories		1260
Nutrient Guideline		1420

	Portion Size	Sodm (mg)
Thu - 04/27/2017		
High School Lunch	Total	
Menu #14	1	0
Hamburger Gravy, 3/4 c	3/4 CUP	378
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Malibu Chicken Sandwich 51%	1 EACH	1136
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--S/R/C	1 CUP	13
Carrots Baby Fresh	1/4 CUP	20
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Mandarin Oranges	1/2 CUP	21
Green Beans: canned,ckd, 1/2 c	1/2 cup	16
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Onions, Fresh Sliced	SLICE	1
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Pumpkin Chocolate Chip Cookies	1 Each	80

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Weber School District Child Nutrition

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1379
Nutrient Guideline		1420

Fri - 04/28/2017		
High School Lunch	Total	
Menu #30	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
ChBurger Bacon PrimPizza 8 cut	1 slice	782
Teriyaki Chicken	3 3/8 oz	415
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Broccoli Normandy, Fresh HS	1/2 CUP	20
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		920
Nutrient Guideline		1420

Weighted Average		1187
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1187		1420					

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