Weber School District Child Nutrition

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Generated on: 1/23/2017 2:56:54 PM

	Portion Size	Carb (g)
Wed - 03/01/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned,ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #43	1	*N/A*
Grilled Cheese Gold Fish	1 each	29.72
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Sweet & Sour Chicken	Serving	19.6
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Carrots Baby Fresh	1/4 CUP	4.0
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		106.38
% of Calories		67.9%
Nutrient Guideline		

Thu - 03/02/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #44	1	*N/A*
Country Fried Steak JTM	1 EACH	11.4
Chicken Nuggets Gold Kist, 5 e	5 each	12.99
Salad, Side--Elem Green	1/2 CUP	0.76
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/4 c	1/4 CUP	6.64
Rolls 51%/ 2oz	1 EACH	30.79
Craisins, Strawberry	packet	28.0
Kiwifruit, Fresh	1 EACH	11.14
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Weighted Daily Average		112.41
% of Calories		63.7%
Nutrient Guideline		

Fri - 03/03/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #35	1	*N/A*
Pancakes, Cinnamon Glazed	PKG	35.0
Egg, Hard Boiled	1 EACH	0.56
Bacon, 2 ea	2 Each	0.0
Hash Brown Potatoes	1/2 CUP	20.41
Applesauce, Cinnamon unsweet	1/2 Cup	14.0
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		108.55
% of Calories		69.8%
Nutrient Guideline		

Mon - 03/06/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 CUP	2.57
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #1	1	0.0
Chicken Nuggets, Proview	5 Each	14.01
Breakfast Casserole	1 cup	24.78
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
Broccoli,raw: fresh 1/4 c	1/4 CUP	1.05
Rolls 51%/ 2oz	1 EACH	30.79
Beans Baked, 1/2 c	1/2 CUP	30.42
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Salsa	1 OZ	1.97
BBQ Ken's	1 oz	11.81
Weighted Daily Average		99.38
% of Calories		65.0%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 03/07/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
LUNCH Elementary	Total	
Menu #2	1	0.0
Turkey & Cheese Sub Wheat 51%	1 EACH	31.79
Hawaiian Haystacks	1/2 CUP	8.73
Chow Mein Noodles	1/8 CUP	6.48
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Apples,Fresh 1/2 each	1/2 each	9.53
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		85.95
% of Calories		60.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 03/08/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned,ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #3	1	0.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Wsd Bowl Elementary	1 each	39.06
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
Orange Fresh, 1/2	1/2 EACH	5.64
Applesauce, canned: Sweet	1/2 CUP	23.65
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.97
Weighted Daily Average		101.54
% of Calories		67.1%
Nutrient Guideline		

Thu - 03/09/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #4	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Potato Wedges, 1/2 c	1/2 CUP	27.35
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Peaches: canned,ex light syrup	1/2 CUP	13.31
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Mayonnaise, PC Packet	1 EACH	0.97
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		108.86
% of Calories		62.4%
Nutrient Guideline		

Fri - 03/10/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #5	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
Apples,Fresh 1/2 each	1/2 each	9.53
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		84.78
% of Calories		61.1%
Nutrient Guideline		

Mon - 03/13/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 CUP	2.57
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #6	1	0.0
Mandarin Orange Chicken	serving	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Corn Dog Chicken	1 EACH	30.0
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh 1/2 each	1/2 each	9.53
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Weighted Daily Average		101.37
% of Calories		70.5%
Nutrient Guideline		

Tue - 03/14/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
LUNCH Elementary	Total	
Menu #7	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Hash Brown Potatoes	1/2 CUP	20.41
Egg, Hard Boiled	1 EACH	0.56
Sausage,Pork,Patty frz	1 EACH	0.75
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
Carrots Baby Fresh	1/4 CUP	4.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
Weighted Daily Average		114.50
% of Calories		67.2%
Nutrient Guideline		

Wed - 03/15/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned,ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #8	1	0.0
Mini Corn Dogs	6 EA	33.1
Chili 3/4 cup	3/4 CUP	28.58
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Banana, 1/2	1/2 each	15.0
Mandarin Oranges	1/2 CUP	21.26
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Mustard: individual PC	1 EACH	0.35
Ketchup	1 OZ	8.34
Weighted Daily Average		98.39
% of Calories		65.7%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Generated on: 1/23/2017 2:56:54 PM

	Portion Size	Carb (g)
Thu - 03/16/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #9	1	0.0
Penne Pasta	3/4 CUP	27.0
Spaghetti Sauce, Meatless 1/2	1/2 Cup	12.8
Meatballs Cooked	4 EACH	5.48
Chicken Strips, Proview	3 Each	14.01
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Craisins, Strawberry	packet	28.0
Orange Fresh, 1/2	1/2 EACH	5.64
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		121.97
% of Calories		70.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 03/17/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #10	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Hawaiian Primo Pizza 10 cut	slice	30.21
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Apples,Fresh 1/2 each	1/2 each	9.53
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
Beans Baked, 1/2 c	1/2 CUP	30.42
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Mayonnaise, PC Packet	1 EACH	0.97
Mustard Yellow Prepared	1 tsp	0.32
Ranch Dressing: yogurt	1 FL OZ	3.31
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		85.81
% of Calories		60.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 03/20/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 CUP	2.57
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #11	1	0.0
Meatball Sub	1 EACH	39.51
Turkey Club Sandwich ELEM	1 EACH	32.78
Salad, Side--Elem S/R/C	1/2 CUP	0.8
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Beans Baked, 1/2 c	1/2 CUP	30.42
Pears: canned,light syrup	1/2 CUP	13.57
Orange Fresh, 1/2	1/2 EACH	5.64
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli,raw: fresh 1/4 c	1/4 CUP	1.05
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Weighted Daily Average		94.02
% of Calories		58.6%
Nutrient Guideline		

Tue - 03/21/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #12	1	0.0
Popcorn Chicken	10 Each	13.01
Rolls 51%/ 2oz	1 EACH	30.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Navajo Taco	1 EACH	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh 1/2 each	1/2 each	9.53
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		104.39
% of Calories		66.0%
Nutrient Guideline		

Wed - 03/22/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned,ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #13	1	0.0
Chicken, Roasted 8 piece	2 oz serving	0.0
Rolls 51%/ 2oz	1 EACH	30.79
Corn Dog Chicken	1 EACH	30.0
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Craisins, Strawberry	packet	28.0
Banana, 1/2	1/2 each	15.0
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		53.71
% of Calories		65.4%
Nutrient Guideline		

Thu - 03/23/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #14	1	0.0
Meaty Nachos- Beef	Serving	40.47
Cheese Burger Wheat 51%	1 EACH	33.1
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Mandarin Oranges	1/2 CUP	21.26
Kiwifruit, Fresh	1 EACH	11.14
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Beans, Black, 1/2 c	1/2 CUP	17.01
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Mustard: individual PC	1 EACH	0.35
Ketchup	1 OZ	8.34
Salsa	1 OZ	1.97

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	Portion Size	Carb (g)
Weighted Daily Average		93.10
% of Calories		54.0%
Nutrient Guideline		

Fri - 03/24/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #15	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Buffalo Chicken, BD-10	Slice	27.94
Chicken Nuggets Gold Kist, 5 e	5 each	12.99
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
Apples,Fresh 1/2 each	1/2 each	9.53
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Kellogg's Rice Krispies Treat	1 Each	30.0
Weighted Daily Average		85.50
% of Calories		58.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 03/27/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 CUP	2.57
Applesauce, canned: Sweet	1/2 CUP	23.65
Orange Fresh, 1/2	1/2 EACH	5.64
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #16	1	0.0
Hot Dog on Wheat Bun 51 %	1 EACH	34.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	12.89
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	20.76
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Mandarin Oranges	1/2 CUP	21.26
Banana, 1/2	1/2 each	15.0
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Mustard: individual PC	1 EACH	0.35
Ketchup	1 OZ	8.34
Weighted Daily Average		107.94
% of Calories		68.0%
Nutrient Guideline		

Tue - 03/28/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0.0
Muffin Blueberry	1 EACH	32.0
Muffin Chocolate Choc Chip	1 EACH	32.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #17	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Taco Crisp Elementary	1 each	10.09
Cheese Combo 1/2 oz	1/2 OZ	0.13
Cinnamon Bites	1 Each	19.85
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Beans, Black, 1/2 c	1/2 CUP	17.01
Craisins, Strawberry	packet	28.0
Broccoli: fresh, boiled, 1/4c	1/4 CUP	1.12
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Mayonnaise, PC Packet	1 EACH	0.97
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Salsa	1 OZ	1.97
Weighted Daily Average		84.19
% of Calories		54.7%
Nutrient Guideline		

Wed - 03/29/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Peaches: canned,ex light syrup	1/2 cup	13.31
Banana, 1/2	1/2 each	15.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #35	1	*N/A*
Pancakes, Cinnamon Glazed	PKG	35.0
Egg, Hard Boiled	1 EACH	0.56
Bacon, 2 ea	2 Each	0.0
Hash Brown Potatoes	1/2 CUP	20.41
Applesauce, Cinnamon unsweet	1/2 Cup	14.0
Orange Fresh, 1/2	1/2 EACH	5.64
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
Weighted Daily Average		110.25
% of Calories		70.9%
Nutrient Guideline		

Thu - 03/30/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0.0
Waffle Snack'n Blueberry	1 EACH	38.64
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
Sausage Link, 2	2 EACH	1.14
Yogurt, strawberry	1 EACH	20.0
Strawberry Cup	.5 Cup	21.0
Kiwifruit, Fresh	1 EACH	11.14
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #19	1	0.0
Turkey Roast	2 oz	0.0
Chicken Nuggets Gold Kist, 5 e	5 each	12.99
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Potatoes Whipped	1/2 CUP	18.2
Gravy, Chicken, 1/4 c	1/4 CUP	4.13
Rolls 51%/ 2oz	1 EACH	30.79
Orange Fresh, 1/2	1/2 EACH	5.64
Peaches: canned,ex light syrup	1/2 CUP	13.31
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
Weighted Daily Average		93.57
% of Calories		60.4%
Nutrient Guideline		

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Weber School District Child Nutrition

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Generated on: 1/23/2017 2:56:55 PM

	Portion Size	Carb (g)
Fri - 03/31/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0.0
Pancake 'n Sausage	1 EACH	17.0
Cereal,Frosted Mini-Wheats,Bow	BOWL	45.76
Cereal, Marshmellow Mateys	1 Each	47.0
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
SCRAMBLED EGGS	1/4 cup	0.63
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh 1/2 each	1/2 each	9.53
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
LUNCH Elementary	Total	
Menu #20	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Four Meat, BD-10	Slice	28.85
Grilled Cheese Gold Fish	1 each	29.72
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Kiwifruit, Fresh	1 EACH	11.14
Pears: canned,light syrup	1/2 CUP	13.57
Carrots:frzn, boiled, 1/4 c	1/4 CUP	3.25
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		81.82
% of Calories		56.9%
Nutrient Guideline		

Weighted Average		97.32
		63.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	97.32	63.70%						

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**
*** - denotes combined nutrient totals with either missing or incomplete nutrient data**
[1] - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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