

Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 04/10/2017		
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, Marshmallow 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, USDA	1/4 cup	0.33
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 #21	1	*N/A*
Popcorn Chicken	14 EACH	13.0
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Baked Ziti	1.25 cup	31.21
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh 1/2 each	1/2 each	9.53
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
Weighted Daily Average		103.36
% of Calories		62.8%
Nutrient Guideline		

Tue - 04/11/2017		
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, Marshmallow 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 #22	1	*N/A*
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
Potato Wedges, 1/2 c	1/2 CUP	27.35
Hamburger Gravy	1/2 CUP	7.56
Potatoes Whipped	1/2 CUP	18.2
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
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		99.90
% of Calories		66.7%
Nutrient Guideline		

Wed - 04/12/2017		
	Portion Size	Carb (g)
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, Marshmallow 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, USDA	1/4 cup	0.33
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 #23	1	*N/A*
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Sweet & Sour Chicken	Serving	18.13
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
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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
Salsa	1 OZ	1.97
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		93.07
% of Calories		69.7%
Nutrient Guideline		

Thu - 04/13/2017		
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, Marshmallow 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 #24	1	*N/A*
Chili 3/4 cup	3/4 CUP	26.79
Cheese Combo 1/2 oz	1/2 OZ	0.13
Breakfast Casserole	1 cup	24.78
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Pears: canned,light syrup	1/2 CUP	13.57
Kiwifruit, Fresh	1 EACH	11.14
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
Ketchup	1 OZ	8.34

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	Portion Size	Carb (g)
Weighted Daily Average		94.65
% of Calories		61.9%
Nutrient Guideline		

Mon - 04/17/2017		
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, Marshmallow Mateys	1 Each	47.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
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 #26	1	*N/A*
Chicken Nuggets, Proview	5 Each	14.01
Turkey Club Sandwich ELEM	1 EACH	32.78
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Potato Wedges, 1/2 c	1/2 CUP	27.35
Pears: canned, light syrup	1/2 CUP	13.57
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
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		85.35
% of Calories		65.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/18/2017		
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, Marshmallow 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		
Menu #27	Total	
Cheese Burger Wheat 51%	1	*N/A*
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
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
Mandarin Oranges	1/2 CUP	21.26
Banana, 1/2	1/2 each	15.0
Celery Sticks	1/4 CUP	1.18
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
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
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		101.87
% of Calories		60.3%
Nutrient Guideline		

Wed - 04/19/2017		
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, Marshmallow Mateys	1 Each	47.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
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 #28	1	*N/A*
Taco Crisp Elementary	1 each	10.09
Cheese Combo 1/2 oz	1/2 OZ	0.13
Cinnamon Bites	1 Each	19.85
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		88.23
% of Calories		55.0%
Nutrient Guideline		

Thu - 04/20/2017		
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 #29	1	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	13.0
Country Fried Steak JTM	1 EACH	11.4
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/4 c	1/4 CUP	6.64
Rolls 51%/ 2oz	1 EACH	30.79
Apples,Fresh 1/2 each	1/2 each	9.53
Peaches: canned,ex light syrup	1/2 CUP	13.31
Broccoli,raw: fresh 1/4 c	1/4 CUP	1.05
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
BBQ Ken's	1 oz	11.81
Weighted Daily Average		98.80
% of Calories		60.7%
Nutrient Guideline		

Fri - 04/21/2017		
	Portion Size	Carb (g)
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, Marshmallow 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, USDA	1/4 cup	0.33
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 #30	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Mac & Cheese	6 oz	27.22
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Applesauce, canned: Sweet	1/2 CUP	23.65
Craisins, Strawberry	packet	28.0
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
Creamie Variety: ban, choc	1 EACH	14.0

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	Portion Size	Carb (g)
Weighted Daily Average		89.99
% of Calories		60.1%
Nutrient Guideline		

Mon - 04/24/2017		
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, Marshmallow Mateys	1 Each	47.0
POPART, BROWN SUGAR CINN	PACKAGE	34.93
POPART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Scrambled Eggs, USDA	1/4 cup	0.33
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 #31	1	*N/A*
Italian Dunkers	1/2 CUP	8.95
Bread Sticks 51% 2 oz	1 EACH	30.79
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Pears: canned, light syrup	1/2 CUP	13.57
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
Beans Baked, 1/2 c	1/2 CUP	30.42
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
Mayonnaise, PC Packet	1 EACH	0.97
Ketchup	1 OZ	8.34
Weighted Daily Average		99.06
% of Calories		61.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/25/2017		
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, Marshmallow 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		
Menu #32	Total	
Popcorn Chicken, Adv. Pierre	10 Each	*N/A*
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Chicken Tacos Elementary	1 each	9.92
Cheese Combo 1/2 oz	1/2 OZ	0.13
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Celery Sticks	1/4 CUP	1.18
Mandarin Oranges	1/2 CUP	21.26
APPLE SLICES, PACKAGE	PKG	7.0
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
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		87.00
% of Calories		60.1%
Nutrient Guideline		

Wed - 04/26/2017		
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, Marshmallow 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, USDA	1/4 cup	0.33
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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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #33	1	*N/A*
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
Pulled Pork Sandwich	1 EACH	43.27
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrot Sticks	1/4 cup	2.9
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Banana, 1/2	1/2 each	15.0
Peaches: canned,ex light syrup	1/2 CUP	13.31
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
JUICE FRUITABLE	1 EACH	22.0
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		99.35
% of Calories		64.0%
Nutrient Guideline		

Thu - 04/27/2017		
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, Marshmallow 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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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
LUNCH Elementary Menu #34	Total	
Teriyaki Chicken	1	*N/A*
Rice, Br & Wh 50/50 Ckd, 1/2 c	3 3/8 oz	7.79
Rolls 51%/ 2oz	1/2 CUP	24.51
Corn Dog Chicken	1 EACH	30.79
French Fries: ovn bkd, 1/2c	1 EACH	30.0
Salad, Side--Elem Green	1/2 CUP	17.0
Tomato Grape	1/2 CUP	0.76
Pineapple Chunks:canned,lt syr	1/4 CUP	0.99
Kiwifruit, Fresh	1/2 CUP	13.22
Peas: frozen,warmed,1/4 c	1 EACH	11.14
Milk, Chocolate Fat Free	1/4 CUP	6.79
Milk,1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ketchup	1 EACH	22.0
Mustard: individual PC	1 OZ	8.34
Ranch Dressing: yogurt	1 EACH	0.35
Chocolate Chip Cookie	1 FL OZ	3.31
Weighted Daily Average	1 EACH	18.51
% of Calories		108.56
Nutrient Guideline		65.5%

Fri - 04/28/2017		
	Portion Size	Carb (g)
BREAKFAST Elementary Breakfast Menu #5	Total	
Pancake 'n Sausage	1	0.0
Cereal,Frosted Mini-Wheats,Bow	1 EACH	17.0
Cereal, Marshmallow Mateys	BOWL	45.76
POPART, BROWN SUGAR CINN	1 Each	47.0
POPART, STRAWBERRY	PACKAGE	34.93
Yogurt, strawberry	PACKAGE	37.91
Scrambled Eggs, USDA	1 EACH	20.0
Pears: canned,light syrup	1/4 cup	0.33
Apples,Fresh 1/2 each	1/2 CUP	13.57
JUICE FRUITABLE	1/2 each	9.53
Milk,1% Lowfat	1 EACH	22.0
Milk, Chocolate Fat Free	HALF PINT	12.0
SYRUP, MAPLE CHEF'S MARK	HALF PINT	20.0
LUNCH Elementary Menu #35	1 EACH	30.66
Pancakes, Cinnamon Glazed	1 EACH	*N/A*
Egg, Hard Boiled	1 EACH	35.0
Bacon, 2 ea	1 EACH	0.56
Hash Brown Potatoes	2 Each	0.0
Applesauce, canned: Sweet	1/2 CUP	20.41
Orange Fresh, 1/2	1/2 CUP	23.65
Milk, Chocolate Fat Free	1/2 EACH	5.64
Milk,1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ketchup	1 EACH	22.0
SYRUP, MAPLE CHEF'S MARK	1 OZ	8.34
	1 EACH	30.66

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH
Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		107.59 70.4%
Nutrient Guideline		

Weighted Average		96.91 63.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	96.91	62.99%						

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