

Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:41:04 AM

	Portion Size	Carb (g)
Mon - 04/10/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #31	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Meaty Nachos- Beef	Serving	40.47
Salad, Side--S/R/C	1 CUP	1.6
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Beans, Black, 1/2 c	1/2 CUP	17.01
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Ketchup	1 OZ	8.34
Buffalo Sauce Mild	1 OZ	1.24
Ranch Dressing: yogurt	1 FL OZ	3.31
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.33
% of Calories		51.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/11/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #7	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Buffalo Chicken, BD-8	Slice	34.93
Chicken Fajita	1/2 cup	28.62
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
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
Salsa	1 OZ	1.97
Sour Cream	1 OZ	1.89
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		90.18
% of Calories		55.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 04/12/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	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
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #18	1	0.0
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	20.76
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	12.89
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Cheese Burger Wheat 51%	1 EACH	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Tomatoes, Fresh, Sliced	1 EACH	0.37
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		108.84
% of Calories		60.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/13/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #9	1	0.0
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Salad, Side--S/R/C	1 CUP	1.6
Rolls 51%/ 2oz	1 EACH	30.79
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Applesauce Cup, Strawberry	1/2 CUP	14.0
Green Beans: canned, ckd, 1/2 c	1/2 cup	0.17
Kiwifruit, Fresh	1 EACH	11.14
Apples, Fresh	1 EACH	19.06
Tomato Grape	1/4 CUP	0.99
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
BBQ Sauce	1 OZ	16.0
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		101.25
% of Calories		59.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/17/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #22	1	*N/A*
Chicken Nuggets, Adv. Pierre	5 Each	12.12
Taco Crisp	2 each	18.11
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Salad, Side--S/R/C	1 CUP	1.6
Cinnamon Bites	1 Each	19.85
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		84.28
% of Calories		51.5%
Nutrient Guideline		

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Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 04/18/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #30	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--S/R/C	1 CUP	1.6
Applesauce Cup, Cinnamon	1/2 CUP	14.0
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Onions, Fresh Sliced	SLICE	3.03
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		106.92
% of Calories		59.2%
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	Portion Size	Carb (g)
Wed - 04/19/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	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
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #2	1	0.0
Baked Ziti	1.25 cup	31.21
Rolls 51%/ 2oz	1 EACH	30.79
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
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
Tomatoes, Fresh, Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
Ketchup	1 OZ	8.34
Buffalo Sauce	1 OZ	1.66
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		127.53
% of Calories		62.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/20/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #34	1	*N/A*
Wsd Bowl High School & Jr High	1 Each	45.36
Bread Pull Apart 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--S/R/C	1 CUP	1.6
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		119.48
% of Calories		65.4%
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	Portion Size	Carb (g)
Fri - 04/21/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #5	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Four Meat, BD-8	Slice	36.06
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--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Bananas	1 EACH	30.0
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Broccoli Normandy, Fresh HS	1/2 CUP	3.26
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
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		114.90
% of Calories		66.6%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 04/24/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #1	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #29	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	39.11
Salad, Side--S/R/C	1 CUP	1.6
Peaches: canned, ex light syrup	1/2 CUP	13.31
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
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
Sour Cream	1 OZ	1.89
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Tomatoes, Fresh, Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		104.55
% of Calories		59.8%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 04/25/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #2	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #23	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Buffalo Chicken, BD-8	Slice	34.93
Enchilada, Red Sauce	1 Each	31.8
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Carrots: frzn, boiled, 1/2 c	1/2 CUP	6.49
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Sour Cream	1 OZ	1.89
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		95.43
% of Calories		55.8%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

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	Portion Size	Carb (g)
Wed - 04/26/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #3	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
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #12	1	0.0
Mac & Cheese SEC	8 oz	36.29
Hamburger Wheat 51%	1 EACH	32.08
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--S/R/C	1 CUP	1.6
Beans Baked, 1/2 c	1/2 CUP	30.42
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
Pears: canned, light syrup	1/2 CUP	13.57
Apples, Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Tomatoes, Fresh, Sliced	1 EACH	0.37
Onions, Fresh Sliced	SLICE	3.03
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		102.87
% of Calories		58.3%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 04/27/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #4	1	0.0
Pancakes, Cinnamon Glazed	1 EACH	35.0
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
POPTART, BROWN SUGAR CINN	PACKAGE	34.93
POPTART, STRAWBERRY	PACKAGE	37.91
Yogurt, strawberry	1 EACH	20.0
Sausage Link, 2	2 EACH	1.14
Mandarin Oranges	1/2 CUP	21.26
Apples, Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP, PANCAKE	1 EACH	19.01
LUNCH Jr High	Total	
Menu #19	1	0.0
Chicken, Roasted 8 piece	2 oz serving	0.0
Potatoes Whipped	1/2 CUP	18.2
Gravy, Chicken, 1/2 c	1/2 CUP	8.27
Rolls 51%/ 2oz	1 EACH	30.79
Pulled Pork Sandwich	1 EACH	43.27
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--S/R/C	1 CUP	1.6
Applesauce Cup, Strawberry	1/2 CUP	14.0
Apples, Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Green Beans: canned, ckd, 1/2 c	1/2 cup	0.17
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Onions, Fresh Sliced	SLICE	3.03
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		108.14
% of Calories		66.7%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 04/28/2017		
BREAKFAST Jr High	Total	
Breakfast Menu #5	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
Pancake 'n Sausage	1 EACH	17.0
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
Scrambled Eggs, USDA	1/4 cup	0.33
Strawberry Cup	.5 Cup	21.0
Apples,Fresh	1 EACH	19.06
Bananas	1 EACH	30.0
Orange Fresh	1 EACH	11.28
Craisins, Strawberry	packet	28.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
SYRUP,PANCAKE	1 EACH	19.01
Ketchup	1 OZ	8.34
LUNCH Jr High	Total	
Menu #10	1	0.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Combo Primo Pizza 8 cut	1 slice	34.16
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
Salad, Side--S/R/C	1 CUP	1.6
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Kiwifruit, Fresh	1 EACH	11.14
Orange Fresh	1 EACH	11.28
Broccoli Normandy, Fresh HS	1/2 CUP	3.26
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		104.65
% of Calories		63.4%
Nutrient Guideline		

Weighted Average		104.67
		59.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	104.67	59.77%						

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