

Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/01/2017		
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		
Menu #36	Total	
Turkey & cheese deli Sand	1	*N/A*
Cheese Burger Wheat 51%	Serving	31.81
Salad, Side--Elem S/R/C	1 EACH	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	0.8
Pineapple Chunks:canned,lt syr	1/2 CUP	17.0
Apples,Fresh 1/2 each	1/2 CUP	13.22
Carrot Sticks	1/2 each	9.53
Cucumber, Raw	1/4 cup	2.9
Milk, Chocolate Fat Free	1/4 CUP	1.18
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ketchup	1 EACH	22.0
Lettuce,Shred, 1/8 c	1 OZ	8.34
Mustard: individual PC	1/8 CUP	0.32
Ranch Dressing: yogurt	1 EACH	0.35
Mayonnaise, PC Packet	1 FL OZ	3.31
	1 EACH	0.97
Weighted Daily Average		90.49
% of Calories		57.5%
Nutrient Guideline		

Tue - 05/02/2017		
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 #37	1	*N/A*
Meatball Sub	1 EACH	39.51
Chicken Strips, Adv. Pierre	3 Each	12.12
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
Broccoli: frzn, boiled, 1/4 c	1/4 CUP	2.55
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
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		90.65
% of Calories		62.0%
Nutrient Guideline		

Wed - 05/03/2017		
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
LUNCH Elementary	Total	
Menu #38	1	*N/A*
Hot Dog on Wheat Bun 51 %	1 EACH	34.79
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Soup Chicken Noodle : scratch	1 CUP	21.16
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
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Kiwifruit, Fresh	1 EACH	11.14
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
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		94.99 64.1%
Nutrient Guideline		

Thu - 05/04/2017		
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 #39	1	*N/A*
Hamburger Gravy	1/2 CUP	7.56
Potatoes Whipped	1/2 CUP	18.2
Mandarin Orange Chicken	serving	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh 1/2 each	1/2 each	9.53
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
Weighted Daily Average % of Calories		96.78 71.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/05/2017		
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, 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 #40	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Four Meat, BD-10	Slice	28.85
Navajo Taco	1 EACH	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Lettuce, Shred, 1/4 c	1/4 CUP	0.63
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Pears: canned, light syrup	1/2 CUP	13.57
Banana, 1/2	1/2 each	15.0
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		88.92
% of Calories		61.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/08/2017		
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		
Menu #41	Total	
Rib-B-Q Sandwich wheat 51%	1 EACH	*N/A*
French Fries: ovn bkd, 1/2c	1/2 CUP	44.63
Baked Ziti	1.25 cup	17.0
Salad, Side--Elem S/R/C	1/2 CUP	31.21
Tomato Grape	1/2 CUP	0.8
Broccoli, raw: fresh 1/4 c	1/4 CUP	0.99
Mandarin Oranges	1/4 CUP	1.05
Apples, Fresh 1/2 each	1/2 CUP	21.26
Milk, Chocolate Fat Free	1/2 each	9.53
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ketchup	1 EACH	22.0
Lettuce, Shred, 1/8 c	1 OZ	8.34
Ranch Dressing: yogurt	1/8 CUP	0.32
Weighted Daily Average	1 FL OZ	3.31
% of Calories		93.40
Nutrient Guideline		64.0%

Tue - 05/09/2017		
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 Menu #42	Total	
Chicken, Roasted 8 piece	1	*N/A*
Rolls 51%/ 2oz	2 oz serving	0.0
Ham & Cheese Sub Wheat 51%	1 EACH	30.79
Salad, Side--Elem S/R/C	1 EACH	32.78
Potato Wedges, 1/2 c	1/2 CUP	0.8
Beans Baked, 1/2 c	1/2 CUP	27.35
Pears: canned,light syrup	1/2 CUP	30.42
Peas: frozen,warmed,1/4 c	1/2 CUP	13.57
Milk, Chocolate Fat Free	1/4 CUP	6.79
Milk,1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ranch Dressing: yogurt	1 EACH	22.0
Lettuce,Shred, 1/8 c	1 FL OZ	3.31
Mayonnaise, PC Packet	1/8 CUP	0.32
Mustard: individual PC	1 EACH	0.97
Ketchup	1 EACH	0.35
	1 OZ	8.34
Weighted Daily Average		96.05
% of Calories		64.5%
Nutrient Guideline		

Wed - 05/10/2017		
	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 #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	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
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		105.60
% of Calories		68.1%
Nutrient Guideline		

Thu - 05/11/2017		
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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	Portion Size	Carb (g)
LUNCH Elementary	Total	
Menu #44	1	*N/A*
Country Fried Steak JTM	1 EACH	11.4
Chicken Nuggets, Adv. Pierre	5 Each	12.12
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
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		111.90
% of Calories		64.1%
Nutrient Guideline		

Fri - 05/12/2017		
	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
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
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 Menu #30	Total 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
Weighted Daily Average		89.99
% of Calories		60.1%
Nutrient Guideline		

Mon - 05/15/2017		
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 #1	1	0.0
Chicken Nuggets, Adv. Pierre	5 Each	12.12
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

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		98.14
% of Calories		62.8%
Nutrient Guideline		

Tue - 05/16/2017		
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	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		85.42
% of Calories		60.3%
Nutrient Guideline		

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/17/2017		
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
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		99.14
% of Calories		67.0%
Nutrient Guideline		

Thu - 05/18/2017		
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

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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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		108.96
% of Calories		62.3%
Nutrient Guideline		

Fri - 05/19/2017		
	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, 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, 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

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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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		84.33
% of Calories		61.0%
Nutrient Guideline		

Mon - 05/22/2017		
	Portion Size	Carb (g)
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

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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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		101.46
% of Calories		71.0%
Nutrient Guideline		

Tue - 05/23/2017		
	Portion Size	Carb (g)
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	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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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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

Wed - 05/24/2017		
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
LUNCH Elementary	Total	
Salad, Side--Elem S/R/C	1/2 CUP	0.8
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
Weighted Daily Average		87.31
% of Calories		75.1%
Nutrient Guideline		

Thu - 05/25/2017		
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	
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		98.37
% of Calories		76.1%
Nutrient Guideline		

Fri - 05/26/2017		
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, 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
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	
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Weighted Daily Average		79.54
% of Calories		69.2%
Nutrient Guideline		

Weighted Average		95.80
		65.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	95.80	65.19%						

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