

Weber School District Child Nutrition

Jul 3, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

Summer Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 07/05/2017		
Summer Lunch	Total	
Menu #6	1	0.0
Chicken Nuggets, Adv. Pierre	5 Each	12.12
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Carrots Baby Fresh	1/4 CUP	4.0
Mandarin Oranges	1/2 CUP	21.26
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ketchup	1 OZ	8.34
BBQ Ken's	1 oz	11.81
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		100.13
% of Calories		61.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 07/06/2017		
Summer Lunch	Total	
Menu #7	1	0.0
Taco Crisp Elementary	1 each	10.09
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Cinnamon Bites-High School	1 Each	34.76
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Beans, Black, 1/2 c	1/2 CUP	17.01
APPLE SLICES, PACKAGE	PKG	7.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Salsa	1 OZ	1.97
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		76.49
% of Calories		45.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 07/07/2017		
Summer Lunch	Total	
Menu #10	1	0.0
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
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Craisins, Strawberry	packet	28.0
Bananas	1 EACH	30.0
JUICE FRUITABLE	1 EACH	22.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
Ranch Dressing: yogurt	1 FL OZ	3.31

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	Portion Size	Carb (g)
Weighted Daily Average		116.52
% of Calories		75.1%
Nutrient Guideline		

Mon - 07/10/2017		
Summer Lunch	Total	
Menu #11	1	0.0
Chicken Strips, Adv. Pierre	3 Each	12.12
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Pears: canned,light syrup	1/2 CUP	13.57
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
BBQ Ken's	1 oz	11.81
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		82.81
% of Calories		55.5%
Nutrient Guideline		

Tue - 07/11/2017		
Summer Lunch	Total	
Menu #12	1	0.0
Mac & Cheese	6 oz	27.22
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Broccoli,raw: fresh 1/4 c	1/4 CUP	1.05
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	6.53
Peaches: canned,ex light syrup	1/2 CUP	13.31
Creamie Chocolate	1 EACH	14.0
Creamie Banana	1 EACH	14.0
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		80.24
% of Calories		53.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 07/12/2017		
Summer Lunch	Total	
Menu #13	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Watermelon, Chunks 1/2 cup	1/2 CUP	6.04
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		99.73
% of Calories		52.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 07/13/2017		
Summer Lunch	Total	
Menu #14	1	0.0
Mini Corn Dogs	6 EA	33.1
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Potato Wedges, 1/2 c	1/2 CUP	27.35
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Beans Baked, 1/2 c	1/2 CUP	30.42
Mandarin Oranges	1/2 CUP	21.26
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Mustard: individual PC	1 EACH	0.35
Ketchup	1 OZ	8.34
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		128.31
% of Calories		71.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 07/14/2017		
Summer Lunch	Total	
Menu #15	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Strawberries, Fresh 1/2 cup	1/2 CUP	5.53
APPLE SLICES, PACKAGE	PKG	7.0
Chocolate Chip Cookie	1 EACH	18.51
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		74.40
% of Calories		52.4%
Nutrient Guideline		

Mon - 07/17/2017		
Summer Lunch	Total	
Menu #1	1	0.0
Popcorn Chicken, Adv. Pierre	10 Each	12.12
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
Carrots Baby Fresh	1/4 CUP	4.0
Kiwifruit, Fresh	1 EACH	11.14
Peaches: canned,ex light syrup	1/2 CUP	13.31
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ketchup	1 OZ	8.34
BBQ Ken's	1 oz	11.81
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		90.69
% of Calories		59.5%
Nutrient Guideline		

Tue - 07/18/2017		
Summer Lunch	Total	
Menu #2	1	0.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Watermelon, Chunks 1/2 cup	1/2 CUP	6.04
APPLE SLICES, PACKAGE	PKG	7.0
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ketchup	1 OZ	8.34
Salsa, Commodity	1 FL OZ	2.24
Ranch Dressing: yogurt	1 FL OZ	3.31

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	Portion Size	Carb (g)
Weighted Daily Average		89.57
% of Calories		66.0%
Nutrient Guideline		

Wed - 07/19/2017		
Summer Lunch	Total	
Menu #3	1	0.0
Ham & Cheese Sub Summer	1 EACH	29.63
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Vegetable Cup	1/2 Cup	7.69
Bananas	1 EACH	30.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Chocolate Chip Cookie	1 EACH	18.51
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
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		99.74
% of Calories		65.7%
Nutrient Guideline		

Thu - 07/20/2017		
Summer Lunch	Total	
Menu #4	1	0.0
Waffle Snack'n Cinnamon	1 EACH	36.84
Waffle Snack'n Maple	1 EACH	37.74
Egg, Hard Boiled	1 EACH	0.56
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Mandarin Oranges	1/2 CUP	21.26
JUICE FRUITABLE	1 EACH	22.0
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ketchup	1 OZ	8.34
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Weighted Daily Average		114.02
% of Calories		67.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 07/21/2017		
Summer Lunch	Total	
Menu #5	1	0.0
Pizza Cheese Bid Daddy's (10)	SLICE	30.94
Pizza Pepp Big Daddy's (10)	SLICE	33.66
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Carrots Baby Fresh	1/4 CUP	4.0
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	6.53
Orange Fresh, 1/2	1/2 EACH	5.64
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		90.10
% of Calories		59.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 07/25/2017		
Summer Lunch	Total	
Menu #6	1	0.0
Chicken Nuggets, Adv. Pierre	5 Each	12.12
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Carrots Baby Fresh	1/4 CUP	4.0
Mandarin Oranges	1/2 CUP	21.26
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Ketchup	1 OZ	8.34
BBQ Ken's	1 oz	11.81
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		100.13
% of Calories		61.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 07/26/2017		
Summer Lunch	Total	
Menu #8	1	0.0
Cheese Burger Wheat 51%	1 EACH	33.1
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
Tomato Grape	1/4 CUP	0.99
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	6.53
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		114.29
% of Calories		54.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 07/27/2017		
Summer Lunch	Total	
Menu #9	1	0.0
FISH FILET SANDWICH Wheat 51%	1 EACH	47.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Broccoli, raw: fresh 1/4 c	1/4 CUP	1.05
Carrots Baby Fresh	1/4 CUP	4.0
Bananas	1 EACH	30.0
Chocolate Chip Cookie	1 EACH	18.51
JUICE FRUITABLE	1 EACH	22.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
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		132.64
% of Calories		60.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 07/28/2017		
Summer Lunch	Total	
Menu #10	1	0.0
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
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Craisins, Strawberry	packet	28.0
Strawberries, Fresh 1/2 cup	1/2 CUP	5.53
JUICE FRUITABLE	1 EACH	22.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		95.73
% of Calories		70.1%
Nutrient Guideline		

Weighted Average		99.15
		60.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	99.15	60.46%						

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