

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Wed - 11/01/2017		
High School Lunch	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Meatball Sub, High School	SANDWICH	40.48
French Fries: oven bkd, 1c	1 CUP	34.0
Cajun Chicken Pasta- Up	1.5 cups	33.66
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		122.33
% of Calories		57.8%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Thu - 11/02/2017		
High School Lunch	Total	
Menu #4	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1c	1 CUP	54.7
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		133.19
% of Calories		64.1%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Fri - 11/03/2017		
High School Lunch	Total	
Menu #5	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Combo Primo Pizza 8 cut	1 slice	34.16
Mandarin Orange Chicken	serving	21.11
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh	1/4 CUP	4.0
Beans Baked, 1/2 c	1/2 CUP	30.42
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	5.1
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		132.35
% of Calories		62.1%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Mon - 11/06/2017		
High School Lunch	Total	
Menu #6	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Cheese Burger Wheat 51%	1 EACH	33.1
Salad, Side--Green	1 CUP	1.52
French Fries: oven bkd, 1c	1 CUP	34.0
Tomato Grape	1/4 CUP	0.99
Celery Sticks	1/4 CUP	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		124.84
% of Calories		57.4%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Tue - 11/07/2017		
High School Lunch	Total	
Menu #7	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Taco Crisp	2 each	18.11
Taco Soft Shell	1 EACH	27.71
Tater Tots, 1 CUP	1 CUP	34.07
Rolls 51%/ 2oz	1 EACH	30.79
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce Cup, Cinnamon	1/2 CUP	14.0
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Weighted Daily Average		108.60
% of Calories		52.5%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Wed - 11/08/2017		
High School Lunch	Total	
Menu #8	1	0.0
Chicken Sandwich 51%	EACH	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
French Fries: oven bkd, 1c	1 CUP	34.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	33.21
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Beans Baked, 1/2 c	1/2 CUP	30.42
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		130.62
% of Calories		61.5%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Thu - 11/09/2017		
High School Lunch	Total	
Menu #9	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1c	1 CUP	54.7
Turkey Roast 3 oz	3 OZ	0.08
Potatoes Whipped	1/2 CUP	18.2
Gravy, Chicken, 1/2 c	1/2 CUP	8.27
Mac & Cheese SEC	8 oz	36.29
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Jello	1/2 cup	17.39
Weighted Daily Average		125.61
% of Calories		62.1%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 8

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Fri - 11/10/2017		
High School Lunch	Total	
Menu #10	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1 CUP	49.02
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Broccoli Normandy 1/2	1/2 cup	2.67
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Rice Krispies Treat -Large	1 Each	30.0
Weighted Daily Average		121.84
% of Calories		62.6%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 9

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Mon - 11/13/2017		
High School Lunch	Total	
Menu #11	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Chicken Nuggets, Adv. Pierre	5 Each	12.12
French Fries: oven bkd, 1c	1 CUP	34.0
Chicken Parmesan	1 Each	56.77
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Celery Sticks, 1/2 c	1/2 CUP	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		123.33
% of Calories		58.3%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 10

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Tue - 11/14/2017		
High School Lunch	Total	
Menu #12	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Enchilada, Red Sauce	1 Each	31.8
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Beans, Black, 1/2 c	1/2 CUP	17.01
Spanish Rice	1/3 Cup	12.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce, canned: Sweet	1/2 CUP	23.65
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Pumpkin Chocolate Chip Cookies	1 Each	16.79
Weighted Daily Average		119.28
% of Calories		56.4%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 11

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Wed - 11/15/2017		
High School Lunch	Total	
Menu #13	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Chicken Alfredo Sauce 2-3/4 C	3/4 Cup	15.05
Noodles, Penne	1 CUP	25.92
Rolls 51%/ 2oz	1 EACH	30.79
Breakfast Casserole	1 cup	24.78
Eggo Waffle-2	2	34.96
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Weighted Daily Average		112.31
% of Calories		54.8%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Thu - 11/16/2017		
High School Lunch	Total	
Menu #14	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Corn Dog Chicken	1 EACH	30.0
Potato Wedges, 1c	1 CUP	54.7
Hamburger Gravy, 3/4 c	3/4 CUP	10.07
Potatoes Whipped	1/2 CUP	18.2
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		131.00
% of Calories		65.5%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 13

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Fri - 11/17/2017		
High School Lunch	Total	
Menu #15	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Sweet N' Sour Chicken	Serving	20.0
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Broccoli Normandy 1/2	1/2 cup	2.67
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		123.42
% of Calories		64.0%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Mon - 11/20/2017		
High School Lunch	Total	
Menu #16	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Wrap Chicken Strip	1 EACH	37.13
Steak N Things Sand. DELI Beef	2 oz	33.68
French Fries: oven bkd, 1c	1 CUP	34.0
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Celery Sticks, 1/2 c	1/2 CUP	2.36
Peas: frozen, warmed, 1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Buffalo Sauce Mild	1 OZ	1.24
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Weighted Daily Average		121.10
% of Calories		56.9%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Tue - 11/21/2017		
High School Lunch	Total	
Menu #17	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Meaty Nachos- Beef	Serving	40.47
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Refried Beans Seasoned	1/2 CUP	18.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce Cup, Strawberry	1/2 CUP	14.0
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Weighted Daily Average		113.81
% of Calories		53.9%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Mon - 11/27/2017		
High School Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Chicken Strips, Adv. Pierre	3 Each	12.12
French Fries: oven bkd, 1c	1 CUP	34.0
Spaghetti Sauce, Meatless 3/4	3/4 Cup	17.47
Meatballs Cooked, 5 ea	5 each	6.85
Noodles, Penne	1 CUP	25.92
Salad, Side--Green	1 CUP	1.52
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Celery Sticks, 1/2 c	1/2 CUP	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		131.68
% of Calories		62.1%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 10/30/2017 10:03:22 AM

	Portion Size	Carb (g)
Tue - 11/28/2017		
High School Lunch	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Fiesta Taco Bowl	1 EACH	43.96
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Beans, Black, 1/2 c	1/2 CUP	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce, canned: Plain	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Weighted Daily Average		115.59
% of Calories		55.4%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 18

Generated on: 10/30/2017 10:03:23 AM

	Portion Size	Carb (g)
Wed - 11/29/2017		
High School Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Chicken Bacon Ranch Wrap	1 each	39.0
French Fries: oven bkd, 1c	1 CUP	34.0
Baked Ziti	1.25 cup	31.21
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Jello	1/2 cup	17.39
Weighted Daily Average		123.18
% of Calories		59.2%
Nutrient Guideline		

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.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 19

Generated on: 10/30/2017 10:03:23 AM

	Portion Size	Carb (g)
Thu - 11/30/2017		
High School Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
FISH FILET SANDWICH Wheat 51%	1 EACH	48.81
Potato Wedges, 1c	1 CUP	54.7
Pork Roast	2 OZ	0.0
Potatoes Whipped	1/2 CUP	18.2
Gravy, Brown, 1/2 c	1/2 CUP	10.0
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
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
Mustard Yellow Prepared	1 tsp	0.32
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		132.30
% of Calories		62.5%
Nutrient Guideline		

Weighted Average		123.49
		59.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	123.49	59.39%						

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.