

Weber School District Child Nutrition

Dec 1, 2017 thru Dec 29, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 12/11/2017 11:23:22 AM

	Portion Size	Carb (g)
Fri - 12/01/2017		
Elementary Lunch	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
FISH FILET SANDWICH Wheat 51%	1 EACH	48.81
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Broccoli: fresh, boiled, 1/4c	1/4 CUP	1.12
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Pumpkin Chocolate Chip Cookies	1 Each	16.79
Weighted Daily Average		82.87
% of Calories		51.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 12/04/2017		
Elementary Lunch	Total	
Menu #1	1	0.0
Chicken Tetrizzini	1 cup	24.52
Rolls 51%/ 2oz	1 EACH	30.79
Meatball Sub	1 EACH	39.51
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Carrots:frzn, boiled, 1/4 c	1/4 CUP	3.25
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		78.07
% of Calories		48.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 12/05/2017		
Elementary Lunch	Total	
Menu #2	1	0.0
Sweet N' Sour Chicken	Serving	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Hot Dog on Wheat Bun 51 %	1 EACH	34.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Beans Baked, 1/2 c	1/2 CUP	30.42
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		105.38
% of Calories		65.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 12/06/2017		
Elementary Lunch	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Breakfast Casserole	1 cup	24.78
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
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Applesauce, canned: Plain	1/2 CUP	21.26
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
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Salsa	1 OZ	1.96
Weighted Daily Average		101.60
% of Calories		55.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 12/07/2017		
Elementary Lunch	Total	
Menu #4	1	0.0
Hamburger Gravy	1/2 CUP	7.56
Potatoes Whipped	1/2 CUP	18.2
Rolls 51%/ 2oz	1 EACH	30.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem Green	1/2 CUP	0.76
Carrots Baby Fresh	1/4 CUP	4.0
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Pears: canned,light syrup	1/2 CUP	13.57
Craisins, Strawberry	packet	28.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Snickerdoodles	1 EACH	20.01
Weighted Daily Average		93.52
% of Calories		58.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 12/08/2017		
Elementary Lunch	Total	
Menu #5	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Four Meat, BD-10	Slice	28.85
Turkey & Cheese Sub ELEM	1 EACH	31.79
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		69.46
% of Calories		50.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 12/11/2017		
Elementary Lunch	Total	
Menu #6	1	0.0
Grilled Cheese Gold Fish	1 each	29.72
Chicken Nuggets, Adv. Pierre	5 Each	12.12
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
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 Sauce	1 OZ	16.0
Ketchup	1 OZ	8.34
CINNAMON ROLLS	1 EACH	61.26
Weighted Daily Average		107.63
% of Calories		58.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 12/12/2017		
Elementary Lunch	Total	
Menu #10	1	0.0
Italian Dunkers	1/2 CUP	8.95
Teriyaki Chicken 4.5 oz	4.5 oz	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
Banana, 1/2	1/2 each	15.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Jello	1/2 cup	17.39
Weighted Daily Average		87.04
% of Calories		62.2%
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	Portion Size	Carb (g)
Wed - 12/13/2017		
Elementary Lunch	Total	
Menu #8	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Hawaiian Haystacks	1/2 CUP	8.73
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Chow Mein Noodles	1/8 cup	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Celery Chopped 1/8 cup	1/8 cup	0.55
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Beans Baked, 1/2 c	1/2 CUP	30.42
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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
Mustard: individual PC	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
Weighted Daily Average		85.85
% of Calories		55.1%
Nutrient Guideline		

Thu - 12/14/2017		
Elementary Lunch	Total	
Menu #9	1	0.0
Cheese Burger Wheat 51%	1 EACH	33.1
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Baked Ziti	1.25 cup	31.21
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
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Pears: canned,light syrup	1/2 CUP	13.57
Craisins, Strawberry	packet	28.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
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
Rice Krispies Treat -Large	1 Each	30.0

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	Portion Size	Carb (g)
Weighted Daily Average		87.17
% of Calories		52.1%
Nutrient Guideline		

Fri - 12/15/2017		
Elementary Lunch	Total	
Menu #7	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
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
Broccoli: fresh, boiled, 1/4c	1/4 CUP	1.12
Cucumber, Raw	1/4 CUP	1.18
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		87.83
% of Calories		63.1%
Nutrient Guideline		

Mon - 12/18/2017		
Elementary Lunch	Total	
Menu #11	1	0.0
Popcorn Chicken, Adv. Pierre	10 Each	12.12
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Mac & Cheese	6 oz	27.22
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Carrots:frzn, boiled, 1/4 c	1/4 CUP	3.25
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Weighted Daily Average		80.67
% of Calories		53.0%
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	Portion Size	Carb (g)
Tue - 12/19/2017		
Elementary Lunch	Total	
Menu #12	1	0.0
Breakfast Casserole	1 cup	24.78
Rolls 51%/ 2oz	1 EACH	30.79
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
Potato Wedges, 1/2 c	1/2 CUP	27.35
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
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		84.46
% of Calories		55.2%
Nutrient Guideline		

Wed - 12/20/2017		
Elementary 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
Chicken Alfredo Sauce 2 -1/2 C	1/2 Cup	7.35
Penne Pasta 1/2 Cup	1/2 CUP	20.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Applesauce Cup, Strawberry	1/2 CUP	14.0
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
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
Weighted Daily Average		81.16
% of Calories		52.7%
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	Portion Size	Carb (g)
Thu - 12/21/2017		
Elementary Lunch	Total	
Menu #16	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
SCRAMBLED EGGS (Rogers Jug)	1/4 cup	0.19
Bacon, 2 ea	2 Each	0.0
Hash Brown Potatoes	1/2 CUP	20.41
Salad, Side--Elem Green	1/2 CUP	0.76
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
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
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Salsa	1 OZ	1.96
Weighted Daily Average		106.44
% of Calories		67.7%
Nutrient Guideline		

Weighted Average		89.28 56.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.28	56.60%						

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