

Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 9:21:07 AM

	Portion Size	Carb (g)
Mon - 04/09/2018		
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		

	Portion Size	Carb (g)
Tue - 04/10/2018		
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	1/4 CUP	4.0
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	18.26
Weighted Daily Average		104.44
% of Calories		64.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/11/2018		
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	15.18
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		73.21
% of Calories		49.8%
Nutrient Guideline		

Thu - 04/12/2018		
Elementary Lunch	Total	
Menu #4	1	0.0
Hamburger Gravy	1/2 CUP	7.56
Potatoes Whipped	1/2 CUP	18.33
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	19.73
Weighted Daily Average		93.41
% of Calories		58.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/13/2018		
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
Beans Baked, 1/2 c	1/2 CUP	30.42
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
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
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		71.73
% of Calories		51.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 04/16/2018		
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
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ketchup	1 OZ	8.34
CINNAMON ROLLS	1 EACH	61.26
Weighted Daily Average		88.00
% of Calories		56.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/17/2018		
Elementary Lunch	Total	
Menu #7	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 S/R/C	1/2 CUP	0.8
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli Normandy 1/2 C	1/2 cup	4.72
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		89.84
% of Calories		63.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/18/2018		
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
Tomato Grape	1/4 CUP	0.99
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		85.29
% of Calories		54.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/19/2018		
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
Carrot Sticks	1/4 cup	2.9
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
Weighted Daily Average		82.99
% of Calories		51.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 04/20/2018		
Elementary Lunch	Total	
Menu #10	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 Green	1/2 CUP	0.76
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
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
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Jello	1/2 cup	17.39
Weighted Daily Average		101.29
% of Calories		62.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/23/2018		
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	8 oz	36.29
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		83.75
% of Calories		51.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/24/2018		
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
Snickerdoodles	1 EACH	19.73
Weighted Daily Average		86.73
% of Calories		55.9%
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	Portion Size	Carb (g)
Wed - 04/25/2018		
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-1/2 C	1/2 Cup	9.39
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		82.18
% of Calories		53.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/26/2018		
Elementary Lunch	Total	
Menu #14	1	0.0
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Salad, Side--Elem Green	1/2 CUP	0.76
Potatoes Whipped	1/2 CUP	18.33
Gravy, Country, 1/4 c	1/4 CUP	6.64
Rolls 51%/ 2oz	1 EACH	30.79
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
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,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
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
Weighted Daily Average		86.72
% of Calories		55.4%
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Fri - 04/27/2018		
Elementary Lunch	Total	
Menu #15	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
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
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
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
Chocolate Chip Cookie	EACH	18.26
Weighted Daily Average		85.84
% of Calories		58.5%
Nutrient Guideline		

Mon - 04/30/2018		
Elementary Lunch	Total	
Menu #16	1	0.0
French Toast Sticks BC/WG	serving	42.8
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
Tomato Grape	1/4 CUP	0.99
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
Weighted Daily Average		106.07
% of Calories		64.5%
Nutrient Guideline		

Weighted Average		87.47
		56.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.47	56.30%						

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