

Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Mon - 04/09/2018		
Junior High Lunch	Total	
Menu #16	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	39.11
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	27.67
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rölls 51%/ 1.5 oz	1 EACH	30.03
Salad, Side--S/R/C	1 CUP	1.6
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Salsa	1 OZ	1.96
Sour Cream	1 OZ	1.89
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		103.28
% of Calories		59.3%
Nutrient Guideline		

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Junior High Lunch

Portion Values - Detailed

Page 2

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Tue - 04/10/2018		
Junior High Lunch	Total	
Menu #17	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Steak N Things Sandwich	2 oz	32.75
Potato Wedges, 1/2 c	1/2 CUP	27.35
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Rice Krispies Treat -Large	1 Each	30.0
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		105.01
% of Calories		60.1%
Nutrient Guideline		

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Apr 9, 2018 thru Apr 30, 2018

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Junior High Lunch

Portion Values - Detailed

Page 3

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Wed - 04/11/2018		
Junior High Lunch	Total	
Menu #18	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Turkey & Cheese Sub Wheat 51%	1 EACH	31.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	15.05
Penne Pasta	3/4 CUP	27.0
Rolls 51%/ 1.5 oz	1 EACH	30.03
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	30.42
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Applesauce cup, plain	1/2	*N/A*
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		91.45
% of Calories		51.9%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 4

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Thu - 04/12/2018		
Junior High Lunch	Total	
Menu #19	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Lasagna	1 1/4 cup	41.08
Rolls 51%/ 1.5 oz	1 EACH	30.03
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		98.63
% of Calories		56.5%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 5

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Fri - 04/13/2018		
Junior High Lunch	Total	
Menu #20	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1/2 CUP	1/2 CUP	17.04
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	1/2 CUP	24.51
Rolls 51%/ 1.5 oz	1 EACH	30.03
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Chocolate Chip Cookie	1 EACH	18.26
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		92.30
% of Calories		54.9%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

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Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Mon - 04/16/2018		
Junior High Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Corn Dog Chicken	1 EACH	30.0
Potato Wedges, 1/2 c	1/2 CUP	27.35
Chicken Fajita	1/2 cup	28.62
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		99.24
% of Calories		59.9%
Nutrient Guideline		

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Junior High Lunch

Portion Values - Detailed

Page 7

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Tue - 04/17/2018		
Junior High Lunch	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Chicken Tetrizzini	1 cup	24.52
Rolls 51%/ 1.5 oz	1 EACH	30.03
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Celery Sticks	1/4 CUP	1.18
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Creamie Variety: ban, choc	1 EACH	14.0
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		89.89
% of Calories		50.9%
Nutrient Guideline		

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Page 8

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Wed - 04/18/2018		
Junior High Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Breakfast Casserole	1 cup	24.78
Eggo Waffle	1.00	14.0
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		91.34
% of Calories		56.7%
Nutrient Guideline		

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Junior High Lunch

Portion Values - Detailed

Page 9

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Thu - 04/19/2018		
Junior High Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Pork Roast	2 OZ	0.0
Potatoes Whipped	1/2 CUP	18.33
Gravy, Brown, 1/2 c	1/2 CUP	10.0
Fiesta Chicken Bowl	1/2 Cup	29.48
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Salad, Side--Green	1 CUP	1.52
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Beans, Black, 1/2 c	1/2 CUP	17.01
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		93.70
% of Calories		55.5%
Nutrient Guideline		

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Portion Values - Detailed

Page 10

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Fri - 04/20/2018		
Junior High Lunch	Total	
Menu #25	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
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--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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Snickerdoodles	1 EACH	19.73
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		98.73
% of Calories		58.9%
Nutrient Guideline		

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Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 11

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Mon - 04/23/2018		
Junior High Lunch	Total	
Menu #1	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Popcorn Chicken, Adv. Pierre	10 Each	12.12
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Taco Crisp	2 each	18.11
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Salsa	1 OZ	1.96
Sour Cream	1 OZ	1.89
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		86.39
% of Calories		49.6%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 12

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Tue - 04/24/2018		
Junior High Lunch	Total	
Menu #2	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Meatball Sub	1 EACH	39.51
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Sugar Cookies	1 EACH	15.76
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		93.67
% of Calories		52.7%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Wed - 04/25/2018		
Junior High Lunch	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Hot Dog Wrap: Wheat 50%	1 EACH	35.26
Turkey & Cheese Sub Wheat 51%	1 EACH	31.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	30.42
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		106.79
% of Calories		63.1%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 14

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Thu - 04/26/2018		
Junior High Lunch	Total	
Menu #4	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Rolls 51%/ 2oz	1 EACH	30.79
Potatoes Whipped	1/2 CUP	18.33
Gravy, Country, 1/2 c	1/2 CUP	13.29
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		95.93
% of Calories		55.3%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Fri - 04/27/2018		
Junior High Lunch	Total	
Menu #5	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Mandarin Orange Chicken	serving	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 1.5 oz	1 EACH	30.03
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		97.30
% of Calories		59.9%
Nutrient Guideline		

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 16

Generated on: 3/20/2018 9:26:34 AM

	Portion Size	Carb (g)
Mon - 04/30/2018		
Junior High Lunch	Total	
Menu #6	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Wrap Chicken Strip	1 EACH	36.12
Potato Wedges, 1/2 c	1/2 CUP	27.35
Meaty Nachos- Beef	Serving	40.47
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Salsa	1 OZ	1.96
Sour Cream	1 OZ	1.89
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		88.68
% of Calories		50.4%
Nutrient Guideline		

Weighted Average		95.77
		55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	95.77	55.90%						

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