

Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 09/04/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #12 | 1 | 1 | 0.0 |
| Navajo Taco | 1 EACH | 10630 | 57.58 |
| Salad, Side-Elem | 1/2 CUP | 3500 | 0.8 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 5000 | 9.07 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 4000 | 13.22 |
| Apples,Fresh 1/2 each | 1/2 each | 2000 | 9.53 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 10000 | 0.25 |
| Sour Cream | 1 OZ | 2500 | 1.89 |
| Salsa | 1 OZ | 2500 | 1.96 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 2000 | 1.01 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Sugar Cookies | 1 EACH | 6500 | 15.76 |
| Weighted Daily Average | | | 93.20 |
| % of Calories | | | 54.7% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 09/05/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #13 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 10630 | 46.79 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 10000 | 17.0 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Broccoli: fresh, boiled, 1/4c | 1/4 CUP | 2000 | 1.12 |
| Beans Baked, 1/2 c | 1/2 CUP | 2000 | 29.2 |
| Peaches: canned,ex light syrup | 1/2 CUP | 4000 | 13.31 |
| Banana, 1/2 | 1/2 each | 2000 | 15.0 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 1000 | 8.34 |
| Mustard: individual PC | 1 EACH | 1000 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 1000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 1000 | 0.37 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1000 | 0.32 |
| Weighted Daily Average | | | 91.65 |
| % of Calories | | | 53.1% |
| Nutrient Guideline | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

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| | Portion Size | Reimb Qty | Carb (g) |
|-----------------------------|--------------|-----------|----------|
| Thu - 09/06/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #14 | 1 | 1 | 0.0 |
| Chicken Alfredo Sauce-3/4 C | 3/4 Cup | 10630 | 15.05 |
| Penne Pasta 1/2 Cup | 1/2 CUP | 10000 | 20.25 |
| Rolls 51%/ 2oz | 1 EACH | 8000 | 30.79 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Carrots Baby Fresh | 1/4 CUP | 2000 | 4.0 |
| Cucumber, Raw | 1/4 CUP | 2000 | 1.18 |
| Pears: canned,light syrup | 1/2 CUP | 3500 | 13.57 |
| Craisins, Strawberry | packet | 2000 | 28.0 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Weighted Daily Average | | | 81.53 |
| % of Calories | | | 45.0% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Fri - 09/07/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #15 | 1 | 1 | 0.0 |
| Pizza, Pepp, Primo (10 cut) | slice | 2630 | 28.0 |
| Pizza, Cheese, Primo (10 cut) | slice | 8000 | 28.0 |
| Bread Sticks 51% 2 oz | 1 EACH | 8000 | 30.79 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Green Beans: canned,ckd 1/4 c | 1/4 cup | 2000 | 0.08 |
| Mandarin Oranges | 1/2 CUP | 4000 | 21.26 |
| Kiwifruit, Fresh | 1 EACH | 2000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 5000 | 3.31 |
| Chocolate Chip Cookie | EACH | 8000 | 18.26 |
| Weighted Daily Average | | | 90.01 |
| % of Calories | | | 55.1% |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet

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| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------|--------------|-----------|----------|
| Mon - 09/10/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #16 | 1 | 1 | 0.0 |
| Ham & Cheese Sub Wheat 51% | 1 EACH | 10630 | 31.64 |
| Sun Chips Original | Package | 10000 | 18.0 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Applesauce cup, plain | 1/2 | 4000 | *N/A* |
| Orange Fresh, 1/2 | 1/2 EACH | 2000 | 5.64 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Mayonnaise, PC Packet | 1 EACH | 1000 | 0.97 |
| Mustard: individual PC | 1 EACH | 1000 | 0.35 |
| Tomatoes, Fresh, Sliced | 1 EACH | 1000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 1000 | 0.32 |
| Creamie Variety: ban, choc | 1 EACH | 10000 | 14.0 |
| Weighted Daily Average | | | 76.73 |
| % of Calories | | | 50.1% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Tue - 09/11/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #17 | 1 | 0 | 0.0 |
| Taco Crisp Elementary | 1 each | 10630 | 10.09 |
| Rolls 51%/ 2oz | 1 EACH | 10000 | 30.79 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Refried Beans Seasoned | 1/2 CUP | 2000 | 18.02 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 2000 | 9.07 |
| Mandarin Oranges | 1/2 CUP | 4000 | 21.26 |
| Apples, Fresh 1/2 each | 1/2 each | 2000 | 9.53 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Sour Cream | 1 OZ | 1500 | 1.89 |
| Salsa | 1 OZ | 1500 | 1.96 |
| Tomatoes, Fresh, diced, 1/8 c | 1/8 CUP | 1000 | 1.01 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 1000 | 0.32 |
| Pudding Chocolate | 1 EACH | 4500 | 20.05 |
| Pudding Vanilla | 1 EACH | 4500 | 18.04 |
| Weighted Daily Average | | | 84.28 |
| % of Calories | | | 54.3% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 09/12/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #18 | 1 | 1 | 0.0 |
| Cheese Burger Wheat 51% | 1 EACH | 10630 | 33.1 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 10000 | 17.04 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Carrots Baby Fresh | 1/4 CUP | 2000 | 4.0 |
| Celery Sticks | 1/4 CUP | 2000 | 1.18 |
| Peaches: canned,ex light syrup | 1/2 CUP | 4000 | 13.31 |
| Banana, 1/2 | 1/2 each | 2000 | 15.0 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Ketchup | 1 OZ | 1000 | 8.34 |
| Mustard: individual PC | 1 EACH | 1000 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 1000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 1000 | 0.37 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1000 | 0.32 |
| Weighted Daily Average | | | 72.45 |
| % of Calories | | | 45.4% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|---------------------------|--------------|-----------|----------|
| Thu - 09/13/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #19 | 1 | 0 | 0.0 |
| French Toast Sticks BC/WG | serving | 10630 | 42.8 |
| SCRAMBLED EGGS | 1/4 cup | 5000 | 0.63 |
| Hash Brown Potatoes | 1/2 CUP | 5000 | 20.41 |
| Sausage Link, 2 | 2 EACH | 4000 | 1.14 |
| Pears: canned,light syrup | 1/2 CUP | 5000 | 13.57 |
| Craisins, Strawberry | packet | 4000 | 28.0 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| SYRUP, MAPLE CHEF'S MARK | 1 EACH | 10000 | 30.66 |
| Ketchup | 1 OZ | 2000 | 8.34 |
| Weighted Daily Average | | | 113.43 |
| % of Calories | | | 71.9% |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet

Elementary Lunch-1

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 09/14/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #20 | 1 | 0 | 0.0 |
| Teriyaki Chicken 4.5 oz | 4.5 oz | 10630 | 10.38 |
| Rice, Br & Wh 50/50 Ckd, 1/2 c | 1/2 CUP | 10000 | 24.51 |
| Rolls 51%/ 2oz | 1 EACH | 10000 | 30.79 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Broccoli: fresh, boiled, 1/4c | 1/4 CUP | 2000 | 1.12 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 4000 | 13.22 |
| Kiwifruit, Fresh | 1 EACH | 2000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 2500 | 3.31 |
| Sugar Cookies | 1 EACH | 10000 | 15.76 |
| Weighted Daily Average | | | 98.72 |
| % of Calories | | | 60.5% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|-----------|-------|-------|
| Mon - 09/17/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #21 | 1 | 0 | *N/A* |
| Chicken Strips: Goldkist 4 ea | 4 each | 10630 | 17.33 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 10000 | 17.0 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Beans Baked, 1/2 c | 1/2 CUP | 2000 | 29.2 |
| Applesauce Cup, Cinnamon | 1/2 CUP | 4000 | 14.0 |
| Orange Fresh, 1/2 | 1/2 EACH | 2000 | 5.64 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3500 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 3500 | 10.24 |
| SideKicks BlueRasp-Lemon Fruit | Container | 4500 | 19.64 |
| SideKicks Fruit Cup Kiwi-Straw | Container | 4500 | 19.64 |
| Weighted Daily Average | | | 81.62 |
| % of Calories | | | 53.0% |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 09/18/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #22 | 1 | 0 | *N/A* |
| Mac & Cheese | 6 oz | 10630 | 30.0 |
| Mini Corn Dogs | 6 EA | 10000 | 33.1 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Carrots Baby Fresh | 1/4 CUP | 2000 | 4.0 |
| Celery Sticks | 1/4 CUP | 2000 | 1.18 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 3000 | 13.22 |
| Apples,Fresh 1/2 each | 1/2 each | 2000 | 9.53 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 4000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Ketchup | 1 OZ | 1000 | 8.34 |
| Mustard: individual PC | 1 EACH | 1000 | 0.35 |
| Weighted Daily Average | | | 84.07 |
| % of Calories | | | 52.4% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 09/19/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #23 | 1 | 0 | *N/A* |
| Chicken Sandwich 51% | 1 EACH | 10630 | 46.79 |
| Potato Wedges, 1/2 c | 1/2 CUP | 10000 | 27.35 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Green Beans: canned,ckd 1/4 c | 1/4 cup | 2000 | 0.08 |
| Peaches: canned,ex light syrup | 1/2 CUP | 4000 | 13.31 |
| Banana, 1/2 | 1/2 each | 2000 | 15.0 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 2000 | 3.31 |
| Ketchup | 1 OZ | 1000 | 8.34 |
| Mustard: individual PC | 1 EACH | 1000 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 1000 | 0.97 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1000 | 0.32 |
| Tomatoes,Fresh.Sliced | 1 EACH | 1000 | 0.37 |
| Weighted Daily Average | | | 95.20 |
| % of Calories | | | 56.9% |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|----------------------------|--------------|-----------|----------|
| Thu - 09/20/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #24 | 1 | 0 | *N/A* |
| Hamburger Gravy, 3/4 c | 3/4 CUP | 10630 | 10.07 |
| Potatoes Whipped | 1/2 CUP | 10000 | 18.33 |
| Rolls 51%/ 2oz | 1 EACH | 10000 | 30.79 |
| Salad, Side-Elem | 1/2 CUP | 3500 | 0.8 |
| Peas: frozen,warmed,1/4 c | 1/4 CUP | 2000 | 6.79 |
| Pears: canned,light syrup | 1/2 CUP | 2000 | 13.57 |
| Craisins, Strawberry | packet | 2000 | 28.0 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Creamie Variety: ban, choc | 1 EACH | 10000 | 14.0 |
| Weighted Daily Average | | | 92.12 |
| % of Calories | | | 62.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|-----------|-------|-------|
| Fri - 09/21/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #25 | 1 | 0 | *N/A* |
| Pizza, Cheese, Primo (10 cut) | slice | 8000 | 28.0 |
| Pizza, Pepp, Primo (10 cut) | slice | 2630 | 28.0 |
| Bread Sticks 51% 2 oz | 1 EACH | 8000 | 30.79 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 2500 | 9.07 |
| Mandarin Oranges | 1/2 CUP | 4000 | 21.26 |
| Kiwifruit, Fresh | 1 EACH | 2000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 4000 | 3.31 |
| Pumpkin Chocolate Chip Cookies | 1 Each | 9000 | 16.59 |
| Weighted Daily Average | | | 92.12 |
| % of Calories | | | 56.5% |
| Nutrient Guideline | | | |

| | | | |
|-----------------------------|-----------|-------|-------|
| Mon - 09/24/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #26 | 1 | 0 | *N/A* |
| Meaty Nachos- Beef | Serving | 10630 | 40.47 |
| Salad, Side-Elem | 1/2 CUP | 3500 | 0.8 |
| Carrots:frzn, boiled, 1/4 c | 1/4 CUP | 2000 | 3.25 |
| Beans, Black, 1/2 c | 1/2 CUP | 2500 | 17.01 |
| Applesauce Cup, Strawberry | 1/2 CUP | 3000 | 14.0 |
| Orange Fresh, 1/2 | 1/2 EACH | 2000 | 5.64 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------------|--------------|-----------|----------------|
| Weighted Daily Average % of Calories | | | 63.65 40.1% |
| Nutrient Guideline | | | |

| Tue - 09/25/2018 | | | |
|--------------------------------------|-----------|-------|----------------|
| Elementary Lunch-1 Menu #27 | Total | 10630 | |
| Breakfast Casserole | 1 | 0 | *N/A* |
| Waffle Snack'n Cinnamon | 1 cup | 10630 | 24.78 |
| Pineapple Chunks:canned,lt syr | 1 EACH | 10000 | 36.84 |
| Banana, 1/2 | 1/2 CUP | 4000 | 13.22 |
| Milk, Chocolate Fat Free | 1/2 each | 4000 | 15.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 20.0 |
| JUICE FRUITABLE | HALF PINT | 1000 | 12.0 |
| | 1 EACH | 3000 | 22.0 |
| Weighted Daily Average % of Calories | | | 83.04 54.1% |
| Nutrient Guideline | | | |

| Wed - 09/26/2018 | | | |
|--------------------------------------|-----------|-------|----------------|
| Elementary Lunch-1 Menu #28 | Total | 10630 | |
| Cheese Burger Wheat 51% | 1 | 0 | *N/A* |
| Tater Tots, 1/2 CUP | 1 EACH | 10630 | 33.1 |
| Salad, Side-Elem | 1/2 CUP | 10000 | 17.04 |
| Cucumber, Raw | 1/2 CUP | 5000 | 0.8 |
| Carrots Baby Fresh | 1/4 CUP | 2000 | 1.18 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 2000 | 4.0 |
| Peaches: canned,ex light syrup | 1/4 CUP | 2000 | 9.07 |
| Banana, 1/2 | 1/2 CUP | 5000 | 13.31 |
| Milk, Chocolate Fat Free | 1/2 each | 2000 | 15.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 20.0 |
| JUICE FRUITABLE | HALF PINT | 1000 | 12.0 |
| Ranch Dressing: yogurt | 1 EACH | 3000 | 22.0 |
| Ketchup | 1 FL OZ | 1000 | 3.31 |
| Mayonnaise, PC Packet | 1 OZ | 1000 | 8.34 |
| Tomatoes,Fresh,Sliced | 1 EACH | 1000 | 0.97 |
| Lettuce,Shred, 1/8 c | 1 EACH | 1000 | 0.37 |
| | 1/8 CUP | 1000 | 0.32 |
| Weighted Daily Average % of Calories | | | 75.50 46.4% |
| 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.

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Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Thu - 09/27/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #29 | 1 | 1 | *N/A* |
| Hot Dog Wrap: Wheat 50% | 1 EACH | 10630 | 35.26 |
| Potato Wedges, 1/2 c | 1/2 CUP | 10000 | 27.35 |
| Salad, Side--Elem Green | 1/2 CUP | 5000 | 0.76 |
| Green Beans: canned,ckd 1/4 c | 1/4 cup | 5000 | 0.08 |
| Beans Baked, 1/2 c | 1/2 CUP | 2000 | 29.2 |
| Pears: canned,light syrup | 1/2 CUP | 4000 | 13.57 |
| Craisins, Strawberry | packet | 2000 | 28.0 |
| Milk, Chocolate Fat Free | HALF PINT | 4000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 4000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 1000 | 3.31 |
| Ketchup | 1 OZ | 5000 | 8.34 |
| Mustard: individual PC | 1 EACH | 5000 | 0.35 |
| Snickerdoodles | 1 EACH | 8000 | 19.73 |
| Weighted Daily Average | | | 113.44 |
| % of Calories | | | 65.0% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|-----------|-------|-------|
| Fri - 09/28/2018 | | | |
| Elementary Lunch-1 | Total | 10630 | |
| Menu #30 | 1 | 1 | *N/A* |
| Sweet N' Sour Chicken | Serving | 10630 | 20.0 |
| Rice, Br & Wh 50/50 Ckd, 1/2 c | 1/2 CUP | 10000 | 24.51 |
| Rolls 51%/ 2oz | 1 EACH | 7500 | 30.79 |
| Salad, Side--Elem Green | 1/2 CUP | 3500 | 0.76 |
| Tomato Grape | 1/4 CUP | 2000 | 0.99 |
| Broccoli: fresh, boiled, 1/4c | 1/4 CUP | 2500 | 1.12 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 4000 | 13.22 |
| Kiwifruit, Fresh | 1 EACH | 2000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 1000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 3000 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 2500 | 3.31 |
| Creamie Variety: ban, choc | 1 EACH | 9000 | 14.0 |
| Weighted Daily Average | | | 98.17 |
| % of Calories | | | 68.3% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|-------|
| Weighted Average | | | 88.47 |
| | | | 54.9% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 88.47 | 54.90% | | | | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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