

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/01/2018		
Elementary Lunch-1	Total	
Menu #4	1	0.0
Popcorn Chicken	10 Each	13.01
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Snickerdoodles	1 EACH	19.73
Weighted Daily Average		85.03
% of Calories		59.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/02/2018		
Elementary Lunch-1	Total	
Menu #5	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Bread Sticks 51% 2 oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Mandarin Oranges	1/2 CUP	21.26
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
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		88.52
% of Calories		55.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/05/2018		
Elementary Lunch-1 Menu #6	Total	
Corn Dog Chicken	1	0.0
Tater Tots, 1/2 CUP	1 EACH	30.0
Salad, Side-Elem	1/2 CUP	17.04
Carrots Baby Fresh	1/2 CUP	0.8
Applesauce Cup, Cinnamon	1/4 CUP	4.0
Orange Fresh, 1/2	1/2 CUP	14.0
Milk, Chocolate Fat Free	1/2 EACH	5.64
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ranch Dressing: yogurt	1 EACH	22.0
Ketchup	1 FL OZ	3.31
Mustard: individual PC	1 OZ	8.34
	1 EACH	0.35
Weighted Daily Average		82.03
% of Calories		60.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/06/2018		
Elementary Lunch-1 Menu #7	Total	
Taco Crisp Elementary	1	0.0
Tater Tots, 1/2 CUP	1 each	10.09
Salad, Side-Elem	1/2 CUP	17.04
Tomato Grape	1/2 CUP	0.8
Mandarin Oranges	1/4 CUP	0.99
Apples, Fresh 1/2 each	1/2 CUP	21.26
Milk, Chocolate Fat Free	1/2 each	9.53
Milk, 1% Lowfat	HALF PINT	20.0
JUICE FRUITABLE	HALF PINT	12.0
Ranch Dressing: yogurt	1 EACH	22.0
Ketchup	1 FL OZ	3.31
Tomatoes, Fresh, diced, 1/8 c	1 OZ	8.34
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Lettuce, Shred, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	0.32
Salsa	1 OZ	1.89
CINNAMON TWIST	1 OZ	1.96
	1 EACH	61.26
Weighted Daily Average		99.56
% of Calories		50.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/07/2018		
Elementary Lunch-1	Total	
Menu #8	1	0.0
Cheese Burger Wheat 51%	1 EACH	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side-Elem	1/2 CUP	0.8
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
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	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		73.23
% of Calories		47.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/08/2018		
Elementary Lunch-1	Total	
Menu #9	1	0.0
Meaty Nachos- Beef	Serving	40.47
Salad, Side-Elem	1/2 CUP	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Beans, Black, 1/2 c	1/2 CUP	17.01
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
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Rice Krispy Treat	1 each	9.0
Weighted Daily Average		70.32
% of Calories		41.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 11/09/2018		
Elementary Lunch-1	Total	
Menu #10	1	0.0
Mandarin Orange Chicken	3.92 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
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
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
Jello	1/2 cup	17.39
Weighted Daily Average		110.88
% of Calories		71.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 11/12/2018		
Elementary Lunch-1	Total	
Menu #11	1	0.0
Chicken Nuggets Gold Kist, 5 e	5 each	12.99
Potato Wedges, 1/2 c	1/2 CUP	27.35
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side-Elem	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Weighted Daily Average		96.50
% of Calories		60.9%
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	Portion Size	Carb (g)
Tue - 11/13/2018		
Elementary Lunch-1	Total	
Menu #12	1	0.0
Navajo Taco	1 EACH	57.58
Salad, Side-Elem	1/2 CUP	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
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
Sugar Cookies	1 EACH	15.76
Weighted Daily Average		93.20
% of Calories		54.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 11/14/2018		
Elementary Lunch-1	Total	
Menu #13	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
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
Beans Baked, 1/2 c	1/2 CUP	29.2
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Weighted Daily Average		91.65
% of Calories		53.1%
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	Portion Size	Carb (g)
Thu - 11/15/2018		
Elementary Lunch-1	Total	
Menu #14	1	0.0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	15.01
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
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
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
Weighted Daily Average		81.49
% of Calories		52.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 11/16/2018		
Elementary Lunch-1	Total	
Menu #15	1	0.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Bread Sticks 51% 2 oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Mandarin Oranges	1/2 CUP	21.26
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		90.01
% of Calories		55.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/19/2018		
Elementary Lunch-1	Total	
Menu #16	1	0.0
Ham & Cheese Sub Wheat 51%	1 EACH	31.64
Sun Chips Original	Package	18.0
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Applesauce cup, plain	1/2	*N/A*
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
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
Tomatoes, Fresh, Sliced	1 EACH	0.37
Lettuce, Shred, 1/8 c	1/8 CUP	0.32
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		82.04
% of Calories		54.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/20/2018		
Elementary Lunch-1	Total	
Menu #17	1	0.0
Taco Crisp Elementary	1 each	10.09
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Refried Beans Seasoned	1/2 CUP	18.02
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
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		84.28
% of Calories		54.3%
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	Portion Size	Carb (g)
Mon - 11/26/2018		
Elementary Lunch-1	Total	
Menu #21	1	*N/A*
Chicken Strips: Goldkist 4 ea	4 each	17.33
Rolls 51%/ 2oz	1 EACH	30.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	29.2
Applesauce Cup, Cinnamon	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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		101.60
% of Calories		55.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 11/27/2018		
Elementary Lunch-1	Total	
Menu #22	1	*N/A*
Mac & Cheese	6 oz	30.0
Mini Corn Dogs	3	33.1
Salad, Side--Elem Green	1/2 CUP	0.76
Carrots Baby Fresh	1/4 CUP	4.0
Celery Sticks	1/4 CUP	1.18
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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
Mustard: individual PC	1 EACH	0.35
Weighted Daily Average		84.07
% of Calories		52.4%
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	Portion Size	Carb (g)
Wed - 11/28/2018		
Elementary Lunch-1	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem Green	1/2 CUP	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
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
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,Sliced	1 EACH	0.37
Rice Krispies Treat -Large	1 Each	30.0
Weighted Daily Average		123.42
% of Calories		60.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 11/29/2018		
Elementary Lunch-1	Total	
Menu #24	1	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10.07
Potatoes Whipped	1/2 CUP	18.33
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side-Elem	1/2 CUP	0.8
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
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
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		92.12
% of Calories		62.2%
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	Portion Size	Carb (g)
Fri - 11/30/2018		
Elementary Lunch-1	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Bread Sticks 51% 2 oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
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
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
Pumpkin Chocolate Chip Cookies	1 Each	16.59
Weighted Daily Average		92.12
% of Calories		56.5%
Nutrient Guideline		

Weighted Average		90.64
		55.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	90.64	55.49%						

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* - 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.