

# Weber School District Child Nutrition

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/03/2018			
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
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Weighted Daily Average			64.37
% of Calories			39.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/04/2018			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	24.78
Waffle Snack'n Cinnamon	1 EACH	10000	36.84
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Banana, 1/2	1/2 each	4000	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
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup	1 OZ	5000	8.34
Weighted Daily Average			115.81
% of Calories			62.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/05/2018			
Elementary Lunch-1	Total	10630	
Menu #28	1	0	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	33.1
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	5000	0.8
Cucumber, Raw	1/4 CUP	2000	1.18
Carrots Baby Fresh	1/4 CUP	2000	4.0
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Peaches: canned,ex light syrup	1/2 CUP	5000	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			75.53
% of Calories			46.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/06/2018			
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			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/07/2018			
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	1.63
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	10000	14.0
Weighted Daily Average			99.61
% of Calories			68.2%
Nutrient Guideline			

Mon - 12/10/2018			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
Chicken Nuggets Gold Kist, 5 e	7 each	10630	18.2
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Rolls 51%/ 2oz	1 EACH	8000	30.79
Salad, Side-Elem	1/2 CUP	6000	0.8
Tomato Grape	1/4 CUP	5000	0.99
Applesauce Cup, Cinnamon	1/2 CUP	6000	14.0
Orange Fresh, 1/2	1/2 EACH	6000	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	6000	3.31
Ketchup	1 OZ	5000	8.34
Barbecue Sauce BULL'S EYE	1 OZ	5000	10.24
Weighted Daily Average			102.70
% of Calories			56.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/11/2018			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	10.09
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	3500	0.8
Refried Beans Seasoned	1/2 CUP	2000	18.02
Mandarin Oranges	1/2 CUP	4000	21.26
Apples,Fresh 1/2 each	1/2 each	3000	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	3500	3.31
Ketchup	1 OZ	3500	8.34
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	3500	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Cheese Combo (Chdr & Mozz)	1 OZ	2000	0.25
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
CINNAMON ROLLS	1 EACH	8000	50.41
Weighted Daily Average			96.38
% of Calories			49.4%
Nutrient Guideline			

Wed - 12/12/2018			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovrn bkd, 1/2c	1/2 CUP	8000	17.0
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Broccoli: fresh, boiled, 1/4c	1/4 CUP	3000	1.63
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	3500	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	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			84.16
% of Calories			51.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/13/2018			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Wsd Bowl Elementary	1 each	10630	39.2
Rolls 51%/ 2oz	1 EACH	9000	30.79
Salad, Side-Elem	1/2 CUP	2500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	1500	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
Rice Krispy Treat	1 each	9000	9.0
Weighted Daily Average			94.58
% of Calories			62.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/14/2018			
Elementary Lunch-1	Total	10630	
Menu #35	1	1	*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	5000	0.76
Tomato Grape	1/4 CUP	2000	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	0.08
Mandarin Oranges	1/2 CUP	5000	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	7000	3.31
Jello	1/2 cup	9000	17.39
Weighted Daily Average			93.74
% of Calories			59.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 12/17/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #36	1	1	*N/A*
Turkey & Cheese Sub Wheat 51%	1 EACH	10630	31.79
Sun Chips Original	Package	10000	18.0
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Applesauce Cup, Strawberry	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	1000	3.31
Mayonnaise, PC Packet	1 EACH	2000	0.97
Mustard: individual PC	1 EACH	2000	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			82.85
% of Calories			53.7%
Nutrient Guideline			

<b>Tue - 12/18/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #37	1	1	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	10630	12.89
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	10000	20.76
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
Green Beans: canned, ckd 1/4 c	1/4 cup	5000	0.08
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
Cheese Combo (Chdr & Mozz)	1 OZ	10000	0.25
Sugar Cookies	1 EACH	6500	15.76
Weighted Daily Average			94.65
% of Calories			59.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 12/19/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #38	1	1	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	33.1
Tater Tots, 1/2 CUP	1/2 CUP	9000	17.04
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
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			76.96
% of Calories			46.6%
Nutrient Guideline			

<b>Thu - 12/20/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #39	1	1	*N/A*
Grill Cheese Sandwich Wheat	1 EACH	10630	28.69
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	6.79
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	3500	3.31
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			98.86
% of Calories			63.8%
Nutrient Guideline			

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Fri - 12/21/2018			
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			

Weighted Average			93.81
			56.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	93.81	56.92%						

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