

Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/03/2019			
High School Lunch	Total	9000	
Menu #17	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Meaty Nachos- Beef	Serving	3000	40.47
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Refried Beans Seasoned	1/2 CUP	2300	18.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	18.14
Applesauce Cup, Strawberry	1/2 CUP	4500	14.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			114.02
% of Calories			53.8%
Nutrient Guideline			

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High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/04/2019			
High School Lunch	Total	9000	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	3000	46.79
Chicken Bacon Ranch Wrap	1 each	3000	39.0
French Fries: oven bkd, 1c	1 CUP	4000	34.0
Baked Ziti	1.25 cup	3000	31.21
Rolls 51%/ 2oz	1 EACH	3000	30.79
Salad, Side-Secondary	1 CUP	4500	1.6
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	6.49
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Jello	1/2 cup	5000	17.39
Weighted Daily Average			123.39
% of Calories			59.1%
Nutrient Guideline			

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Page 3

Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/07/2019			
High School Lunch	Total	9000	
Menu #1	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Popcorn Chicken, Adv. Pierre	10 Each	3000	12.03
French Fries: oven bkd, 1c	1 CUP	4000	34.0
Hawaiian Haystacks	1/2 CUP	3000	8.73
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	2500	42.48
Cheese Combo (Chdr & Mozz)	1 OZ	2000	0.25
Chow Mein Noodles	1/8 cup	2000	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1.01
Celery Chopped 1/8 cup	1/8 cup	2000	0.55
Salad, Side--Green	1 CUP	4500	1.52
Rolls 51%/ 2oz	1 EACH	2000	30.79
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks, 1/2 c	1/2 CUP	2000	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	13.58
Peaches: canned,ex light syrup	1/2 CUP	4500	13.31
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/4 c	1/4 CUP	2000	0.63
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Chocolate Chip Cookie	1 EACH	7000	18.26
Weighted Daily Average			124.52
% of Calories			59.0%
Nutrient Guideline			

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Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/08/2019			
High School Lunch	Total	9000	
Menu #2	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Navajo Taco	1 EACH	3000	57.58
Cheese Combo (Chdr & Mozz)	1 OZ	2500	0.25
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	18.14
Applesauce, Cinnamon unsweet	1/2 Cup	4500	14.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	4000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Onions, fresh chopped	1/8 cup	1000	2.29
Sour Cream	1 OZ	2500	1.89
Salsa	1 OZ	2500	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Pudding Chocolate	1 EACH	3500	20.05
Pudding Vanilla	1 EACH	3500	18.04
Weighted Daily Average			123.84
% of Calories			59.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/09/2019			
High School Lunch	Total	9000	
Menu #3	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Meatball Sub, High School	SANDWICH	3000	40.48
French Fries: oven bkd, 1c	1 CUP	4000	34.0
Cajun Chicken Pasta- Up	1.5 cups	3000	33.66
Rolls 51%/ 2oz	1 EACH	2500	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	6.49
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Sugar Cookies	1 EACH	5200	15.76
Weighted Daily Average			122.39
% of Calories			57.7%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/10/2019			
High School Lunch	Total	9000	
Menu #4	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Potato Wedges, 1c	1 CUP	2000	54.7
Country Fried Steak JTM	1 EACH	3000	11.4
Chicken Strips, Adv. Pierre	3 Each	3000	12.12
Potatoes Whipped	1/2 CUP	5000	18.33
Gravy, Country, 1/2 c	1/2 CUP	4000	13.29
Rolls 51%/ 2oz	1 EACH	5000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	400	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
SideKicks BlueRasp-Lemon Fruit	Container	3500	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	3500	19.64
Weighted Daily Average			133.48
% of Calories			64.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/14/2019			
High School Lunch	Total	9000	
Menu #6	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Hot Dog Wrap: Wheat 50%	1 EACH	3000	35.26
Cheese Burger Wheat 51%	1 EACH	3000	33.1
Salad, Side--Green	1 CUP	4500	1.52
French Fries: oven bkd, 1c	1 CUP	7000	34.0
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks	1/4 CUP	2500	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	13.58
Peaches: canned,ex light syrup	1/2 CUP	4500	13.31
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Chocolate Chip Cookie	1 EACH	4000	18.26
Weighted Daily Average			124.94
% of Calories			57.3%
Nutrient Guideline			

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Portion Values - Detailed

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Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/15/2019			
High School Lunch	Total	9000	
Menu #7	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Taco Crisp	2 each	1500	18.11
Taco Soft Shell	1 EACH	1500	27.71
Tater Tots, 1 CUP	1 CUP	3400	34.07
Rolls 51%/ 2oz	1 EACH	3500	30.79
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	2500	18.14
Applesauce Cup, Cinnamon	1/2 CUP	2500	14.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1.01
Cheese Combo (Chdr & Mozz)	1 OZ	1500	0.25
Sour Cream	1 OZ	1500	1.89
Salsa	1 OZ	1500	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			108.81
% of Calories			52.4%
Nutrient Guideline			

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High School Lunch

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/16/2019			
High School Lunch	Total	9000	
Menu #8	1	1	0.0
Chicken Sandwich 51%	EACH	3000	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	3000	44.63
French Fries: oven bkd, 1c	1 CUP	4000	34.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	3000	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	3000	27.67
Cheese Combo (Chdr & Mozz)	1 OZ	2500	0.25
Rolls 51%/ 2oz	1 EACH	2500	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	2500	6.49
Pears: canned,light syrup	1/2 CUP	2500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Pudding Chocolate	1 EACH	2000	20.05
Pudding Vanilla	1 EACH	2000	18.04
Weighted Daily Average			128.65
% of Calories			61.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/17/2019			
High School Lunch	Total	9000	
Menu #9	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Potato Wedges, 1c	1 CUP	2000	54.7
Turkey Roast	2 oz	3000	0.0
Potatoes Whipped	1/2 CUP	3000	18.33
Chicken Gravy	1/2 CUP	2500	8.27
Mac & Cheese	8 oz	3000	40.0
Rolls 51%/ 2oz	1 EACH	4000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Jello	1/2 cup	7000	17.39
Weighted Daily Average			127.07
% of Calories			63.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/18/2019			
High School Lunch	Total	9000	
Menu #10	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
French Fries: oven bkd, 1c	1 CUP	2000	34.0
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	1500	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1500	24.51
Rolls 51%/ 2oz	1 EACH	1400	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	2500	8.0
Broccoli Normandy 1/2 C	1/2 cup	3500	4.72
Pineapple Chunks:canned,lt syr	1/2 CUP	4500	13.22
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Rice Krispies Treat -Large	1 Each	7000	30.0
Weighted Daily Average			118.76
% of Calories			61.9%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:02 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/22/2019			
High School Lunch	Total	9000	
Menu #12	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Enchilada, Red Sauce	1 Each	3000	31.76
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Beans, Black, 1/2 c	1/2 CUP	2000	17.01
Spanish Rice	1/3 Cup	2000	12.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3100	18.14
Applesauce, canned: Sweet	1/2 CUP	2500	17.78
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	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
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Pumpkin Chocolate Chip Cookies	1 Each	4000	16.59
Weighted Daily Average			117.76
% of Calories			56.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/23/2019			
High School Lunch	Total	9000	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
French Fries: oven bkd, 1c	1 CUP	2000	34.0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	3000	15.01
Noodles, Penne	1 CUP	3000	25.92
Rolls 51%/ 2oz	1 EACH	2000	30.79
Breakfast Casserole	1 cup	3000	24.78
Eggo Waffle-2	2	3000	34.96
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	3500	2.25
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			112.50
% of Calories			57.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/24/2019			
High School Lunch	Total	9000	
Menu #14	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Corn Dog Chicken	1 EACH	3000	30.0
Potato Wedges, 1c	1 CUP	4500	54.7
Hamburger Gravy, 3/4 c	3/4 CUP	3000	10.07
Potatoes Whipped	1/2 CUP	3000	18.33
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Sugar Cookies	1 EACH	6500	15.76
Weighted Daily Average			131.06
% of Calories			65.3%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/25/2019			
High School Lunch	Total	9000	
Menu #15	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
French Fries: oven bkd, 1c	1 CUP	2000	34.0
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Sweet N' Sour Chicken	Serving	3000	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	3000	24.51
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	2500	8.0
Broccoli Normandy 1/2 C	1/2 cup	3500	4.72
Pineapple Chunks:canned,lt syr	1/2 CUP	2500	13.22
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Pudding Chocolate	1 EACH	3500	20.05
Pudding Vanilla	1 EACH	3500	18.04
Weighted Daily Average			118.43
% of Calories			63.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/28/2019			
High School Lunch	Total	9000	
Menu #16	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Wrap Chicken Strip	1 EACH	3000	36.12
Steak N Things Sand. DELI Beef	2 oz	3000	33.68
French Fries: oven bkd, 1c	1 CUP	7900	34.0
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks, 1/2 c	1/2 CUP	2500	2.36
Peas: frozen, warmed, 1/2 c	1/2 CUP	3500	13.58
Peaches: canned,ex light syrup	1/2 CUP	4500	13.31
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Weighted Daily Average			120.97
% of Calories			56.4%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/29/2019			
High School Lunch	Total	9000	
Menu #17	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Meaty Nachos- Beef	Serving	3000	40.47
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Refried Beans Seasoned	1/2 CUP	2300	18.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	18.14
Applesauce Cup, Strawberry	1/2 CUP	4500	14.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			114.02
% of Calories			53.8%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/30/2019			
High School Lunch	Total	9000	
Menu #18	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Malibu Chicken Sandwich 51%	1 EACH	3000	47.22
French Fries: oven bkd, 1c	1 CUP	4000	34.0
Lasagna	1 1/4 cup	3000	41.08
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	6.49
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			116.29
% of Calories			56.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:03 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/31/2019			
High School Lunch	Total	9000	
Menu #19	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Pulled Turkey BBQ Sandwich	4.11 oz	3000	47.79
Potato Wedges, 1c	1 CUP	4000	54.7
Wsd Bowl High School & Jr High	1 Each	3000	45.5
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side-Secondary	1 CUP	4500	1.6
Tomato Grape	1/4 CUP	3000	0.99
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4000	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	22.0
Ranch Dressing: yogurt	1 FL OZ	2300	3.31
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			132.84
% of Calories			65.8%
Nutrient Guideline			

Weighted Average			121.78
			59.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	121.78	59.03%						

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