

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/01/2019			
Junior High Lunch	Total	4800	
Menu #15	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Potato Wedges, 1/2 c	1/2 CUP	1200	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Sweet N' Sour Chicken	Serving	1600	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1200	24.51
Rolls 51%/ 2oz	1 EACH	1200	30.79
Salad, Side-Secondary	1 CUP	2000	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2000	2.25
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1750	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	1750	22.0
Ranch Dressing: yogurt	1 FL OZ	1500	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	1500	0.97
Tomatoes,Fresh,Sliced	1 EACH	500	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	500	0.32
Chocolate Chip Cookie	1 EACH	2050	18.26
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			102.38
% of Calories			59.9%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 2

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/04/2019			
Junior High Lunch	Total	4800	
Menu #16	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Burrito, Bean & Cheese, 5 oz	1 EACH	1000	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	600	39.11
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	17.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	1600	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	1600	27.67
Cheese Combo (Chdr & Mozz)	1 OZ	1200	0.25
Rolls 51%/ 1.5 oz	1 EACH	1200	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Beans, Black, 1/2 c	1/2 CUP	1000	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	18.14
Peaches: canned,ex light syrup	1/2 CUP	1000	13.31
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Salsa	1 OZ	450	1.96
Sour Cream	1 OZ	300	1.89
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			101.91
% of Calories			58.7%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 3

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/05/2019			
Junior High Lunch	Total	4800	
Menu #17	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Steak N Things Sandwich	2 oz	1600	32.75
Potato Wedges, 1/2 c	1/2 CUP	2400	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	1000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	1000	0.17
Mandarin Oranges	1/2 CUP	2000	21.26
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Rice Krispies Treat -Large	1 Each	2200	30.0
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			104.98
% of Calories			59.9%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 4

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/06/2019			
Junior High Lunch	Total	4800	
Menu #18	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Turkey Club Sandwich wheat 51%	1 EACH	1600	34.77
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	17.0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	1600	15.01
Penne Pasta	3/4 CUP	1600	27.0
Rolls 51%/ 1.5 oz	1 EACH	1000	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	300	0.99
Beans Baked, 1/2 c	1/2 CUP	500	29.2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1000	6.49
Applesauce Cup, Strawberry	1/2 CUP	1000	14.0
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	300	8.34
Mustard: individual PC	1 EACH	300	0.35
Mayonnaise, PC Packet	1 EACH	300	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			90.34
% of Calories			52.4%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 5

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/07/2019			
Junior High Lunch	Total	4800	
Menu #19	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	1600	44.63
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	17.0
Lasagna	1 1/4 cup	1600	41.08
Rolls 51%/ 1.5 oz	1 EACH	1075	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	13.58
Pears: canned,light syrup	1/2 CUP	2000	13.57
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	600	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			98.62
% of Calories			56.0%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/08/2019			
Junior High Lunch	Total	4800	
Menu #20	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Tater Tots, 1/2 CUP	1/2 CUP	1300	17.04
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	1600	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1300	24.51
Rolls 51%/ 1.5 oz	1 EACH	1300	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	1500	2.25
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Chocolate Chip Cookie	1 EACH	2300	18.26
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			95.60
% of Calories			55.0%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 7

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/11/2019			
Junior High Lunch	Total	4800	
Menu #21	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
Corn Dog Chicken	1 EACH	1600	30.0
Potato Wedges, 1/2 c	1/2 CUP	2500	27.35
Chicken Fajita	1/2 cup	1600	28.62
Cheese Combo (Chdr & Mozz)	1 OZ	1000	0.25
Rolls 51%/ 2oz	1 EACH	1200	30.79
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	1000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	18.14
Beans, Black, 1/2 c	1/2 CUP	500	17.01
Peaches: canned,ex light syrup	1/2 CUP	1000	13.31
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
Sour Cream	1 OZ	500	1.89
Salsa	1 OZ	500	1.96
Sugar Cookies	1 EACH	1600	15.76
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			102.49
% of Calories			58.6%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 8

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/12/2019			
Junior High Lunch	Total	4800	
Menu #22	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	1400	17.0
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Chicken Tetrazzini	1 cup	1600	24.52
Rolls 51%/ 1.5 oz	1 EACH	1400	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	500	0.99
Celery Sticks	1/4 CUP	500	1.18
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	0.17
Mandarin Oranges	1/2 CUP	1000	21.26
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Creamie Variety: ban, choc	1 EACH	2000	14.0
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			87.82
% of Calories			49.9%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 9

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/13/2019			
Junior High Lunch	Total	4800	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
Ham & Cheese Sub Wheat 51%	1 EACH	1600	31.64
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	17.0
Breakfast Casserole	1 cup	1600	24.78
Eggo Waffle	1.00	1200	14.0
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	350	0.99
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce, Strawberry Cup	1/2 Cup	2000	14.0
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mayonnaise, PC Packet	1 EACH	500	0.97
Mustard: individual PC	1 EACH	500	0.35
SYRUP, MAPLE CHEF'S MARK	1 EACH	1200	30.66
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			93.01
% of Calories			56.0%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 10

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/14/2019			
Junior High Lunch	Total	4800	
Menu #24	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	1500	17.0
Pork Roast	2 OZ	1600	0.0
Potatoes Whipped	1/2 CUP	1000	18.33
Gravy, Brown, 1/2 c	1/2 CUP	1600	10.0
Fiesta Chicken Bowl	1/2 Cup	1600	29.48
Cheese Combo (Chdr & Mozz)	1 OZ	1400	0.25
Rolls 51%/ 2oz	1 EACH	3000	30.79
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	1000	0.99
Beans, Black, 1/2 c	1/2 CUP	750	17.01
Peas: frozen,warmed,1/2 c	1/2 CUP	1000	13.58
Pears: canned,light syrup	1/2 CUP	1000	13.57
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	800	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	500	1.01
Sour Cream	1 OZ	500	1.89
Salsa	1 OZ	500	1.96
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			96.88
% of Calories			55.5%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 11

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/15/2019			
Junior High Lunch	Total	4800	
Menu #25	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
Potato Wedges, 1/2 c	1/2 CUP	1200	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Mandarin Orange Chicken	3.92 serving	1600	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1500	24.51
Rolls 51%/ 2oz	1 EACH	1100	30.79
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	500	0.99
Cucumber, Raw	1/4 CUP	500	1.18
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	1500	2.25
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Snickerdoodles	1 EACH	2300	19.73
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			102.02
% of Calories			59.0%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 12

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/18/2019			
Junior High Lunch	Total	4800	
Menu #1	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Popcorn Chicken-Tyson	10 Each	1600	13.99
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	17.0
Taco Crisp	2 each	1600	18.11
Cheese Combo (Chdr & Mozz)	1 OZ	1250	0.25
Rolls 51%/ 2oz	1 EACH	2150	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	18.14
Peaches: canned,ex light syrup	1/2 CUP	1500	13.31
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	500	10.24
Buffalo Sauce Mild	1 OZ	500	2.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Salsa	1 OZ	500	1.96
Sour Cream	1 OZ	500	1.89
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			88.72
% of Calories			49.2%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/19/2019			
Junior High Lunch	Total	4800	
Menu #2	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Meatball Sub	1 EACH	1600	39.51
French Fries: ovn bkd, 1/2c	1/2 CUP	2000	17.0
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Carrots Baby Fresh	1/4 CUP	1000	4.0
Cucumber, Raw	1/4 CUP	1000	1.18
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	0.17
Mandarin Oranges	1/2 CUP	2000	21.26
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	1700	3.31
Barbecue Sauce BULL'S EYE	1 OZ	500	10.24
Buffalo Sauce Mild	1 OZ	500	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	650	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Sugar Cookies	1 EACH	2000	15.76
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			93.56
% of Calories			53.5%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 14

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/20/2019			
Junior High Lunch	Total	4800	
Menu #3	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Hot Dog Wrap: Wheat 50%	1 EACH	1600	35.26
Turkey Club Sandwich wheat 51%	1 EACH	1600	34.77
Potato Wedges, 1/2 c	1/2 CUP	4000	27.35
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Beans Baked, 1/2 c	1/2 CUP	1000	29.2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce Cup, Cinnamon	1/2 CUP	2000	14.0
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			109.38
% of Calories			61.1%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/21/2019			
Junior High Lunch	Total	4800	
Menu #4	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	1000	17.0
Country Fried Steak JTM	1 EACH	1600	11.4
Chicken Strips, Adv. Pierre	3 Each	1600	12.12
Rolls 51%/ 2oz	1 EACH	2400	30.79
Potatoes Whipped	1/2 CUP	2100	18.33
Gravy, Country, 1/2 c	1/2 CUP	2100	13.29
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Cucumber, Raw	1/4 CUP	1000	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	13.58
Pears: canned,light syrup	1/2 CUP	2000	13.57
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
SideKicks BlueRasp-Lemon Fruit	Container	2000	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	2000	19.64
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			113.81
% of Calories			59.1%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 16

Generated on: 2/26/2019 1:57:12 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/22/2019			
Junior High Lunch	Total	4800	
Menu #5	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Potato Wedges, 1/2 c	1/2 CUP	1600	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Mandarin Orange Chicken	3.92 serving	1600	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	24.51
Rolls 51%/ 1.5 oz	1 EACH	1600	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	1500	5.1
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			99.46
% of Calories			59.9%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 17

Generated on: 2/26/2019 1:57:13 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 03/25/2019			
Junior High Lunch	Total	4800	
Menu #6	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Wrap Chicken Strip	1 EACH	1600	36.12
Potato Wedges, 1/2 c	1/2 CUP	1600	27.35
Meaty Nachos- Beef	Serving	1600	40.47
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Cucumber, Raw	1/4 CUP	700	1.18
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	18.14
Peaches: canned,ex light syrup	1/2 CUP	2000	13.31
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Salsa	1 OZ	300	1.96
Sour Cream	1 OZ	300	1.89
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			87.56
% of Calories			49.6%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 18

Generated on: 2/26/2019 1:57:13 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/26/2019			
Junior High Lunch	Total	4800	
Menu #7	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Tater Tots, 1/2 CUP	1/2 CUP	1200	17.04
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Hawaiian Haystacks	1/2 CUP	1600	8.73
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	1600	42.48
Cheese Combo (Chdr & Mozz)	1 OZ	1200	0.25
Chow Mein Noodles	1/8 cup	1200	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1.01
Celery Chopped 1/8 cup	1/8 cup	650	0.55
Rolls 51%/ 2oz	1 EACH	1500	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Peas: frozen,warmed,1/2 c	1/2 CUP	1200	13.58
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			96.27
% of Calories			55.2%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 19

Generated on: 2/26/2019 1:57:13 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/27/2019			
Junior High Lunch	Total	4800	
Menu #8	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Ham & Cheese Sub Wheat 51%	1 EACH	1600	31.64
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	17.0
Enchilada, Red Sauce	1 Each	1600	31.76
Rolls 51%/ 2oz	1 EACH	1000	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
SPANISH RICE	1/3 CUP	1000	14.61
Beans, Black, 1/2 c	1/2 CUP	1000	17.01
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce Cup, Cinnamon	1/2 CUP	2000	14.0
Apples,Fresh	1 EACH	900	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	900	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Sour Cream	1 OZ	500	1.89
Salsa	1 OZ	500	1.96
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			98.00
% of Calories			55.6%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 20

Generated on: 2/26/2019 1:57:13 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/28/2019			
Junior High Lunch	Total	4800	
Menu #9	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Pulled Turkey BBQ Sandwich	4.11 oz	1600	47.79
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	17.0
Baked Ziti	1.25 cup	1600	31.21
Rolls 51%/ 2oz	1 EACH	1600	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Cucumber, Raw	1/4 CUP	1500	1.18
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	0.17
Pears: canned,light syrup	1/2 CUP	2000	13.57
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			99.06
% of Calories			59.0%
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.

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.

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 21

Generated on: 2/26/2019 1:57:13 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/29/2019			
Junior High Lunch	Total	4800	
Menu #10	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Tater Tots, 1/2 CUP	1/2 CUP	1300	17.04
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	1600	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	24.51
Rolls 51%/ 2oz	1 EACH	1400	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli Normandy-HS	1/2 CUP	1500	3.26
Pineapple Chunks:canned,lt syr	1/2 CUP	1000	13.22
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	400	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Snickerdoodles	1 EACH	2000	19.73
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			90.84
% of Calories			53.7%
Nutrient Guideline			

Weighted Average			97.75
			56.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	97.75	56.03%						

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.

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.