

# Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

Elementary Lunch-1

Generated on: 3/13/2019 10:56:42 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 04/08/2019			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0.0
Ham & Cheese Sub Wheat 51%	1 EACH	10630	31.64
Sun Chips Original	Package	10000	18.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Applesauce cup, plain	1/2	4000	30.0
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	1000	0.97
Mustard: individual PC	1 EACH	1000	0.35
Tomatoes, Fresh, Sliced	1 EACH	1000	0.37
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0.32
SideKicks BlueRasp-Lemon Fruit	Container	5000	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	5000	19.64
Weighted Daily Average			93.33
% of Calories			57.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/09/2019			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0.0
Taco Crisp Elementary	1 each	10630	10.09
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Refried Beans Seasoned	1/2 CUP	2000	18.02
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Mandarin Oranges	1/2 CUP	4000	21.26
Apples, Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	1000	0.25
Sour Cream	1 OZ	1500	1.89
Salsa	1 OZ	1500	1.96
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1000	1.01
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0.32
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			84.31
% of Calories			53.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/10/2019			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0.0
Cheese Burger Wheat 51%	1 EACH	10630	33.1
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			72.45
% of Calories			45.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/11/2019			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0.0
French Toast Sticks BC/WG	serving	10630	42.8
Hash Brown Potatoes	1/2 CUP	5000	20.41
SCRAMBLED EGGS	1/4 cup	5000	0.63
Sausage Link, 2	2 EACH	4000	1.14
Pears: canned,light syrup	1/2 CUP	5000	13.57
Craisins, Strawberry	packet	4000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup	1 OZ	2000	8.34
Weighted Daily Average			113.43
% of Calories			71.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/12/2019			
Elementary Lunch-1	Total	10630	
Menu #5	1	1	0.0
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	7500	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Creamie Variety: ban, choc	1 EACH	9000	14.0
Weighted Daily Average			87.40
% of Calories			56.2%
Nutrient Guideline			

Mon - 04/15/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	13.0
Rolls 51%/ 2oz	1 EACH	8000	30.79
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Applesauce Cup, Cinnamon	1/2 CUP	4000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	2500	8.34
Barbecue Sauce BULL'S EYE	1 OZ	3500	10.24
SideKicks BlueRasp-Lemon Fruit	Container	4500	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19.64
Weighted Daily Average			97.27
% of Calories			59.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/16/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
White Mac N' Cheese	6 oz	10630	28.0
Lil Smokies	5	10000	1.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	13.22
Apples,Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Weighted Daily Average			52.02
% of Calories			37.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 04/17/2019			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	0.08
Tomato Grape	1/4 CUP	2000	0.99
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Rice Krispies Treat -Large	1 Each	10000	30.0
Weighted Daily Average			123.61
% of Calories			60.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 04/18/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	10.07
Potatoes Whipped	1/2 CUP	10000	18.33
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	6.79
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			92.12
% of Calories			62.2%
Nutrient Guideline			

<b>Mon - 04/22/2019</b>			
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			

<b>Tue - 04/23/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	24.78
Waffle, WG, Bake Crafters, Map	1	10000	28.1
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			107.58 60.9%
Nutrient Guideline			

Wed - 04/24/2019			
Elementary Lunch-1 Menu #28	Total 1	10630 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 % of Calories			75.53 46.4%
Nutrient Guideline			

Thu - 04/25/2019			
Elementary Lunch-1 Menu #29	Total 1	10630 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
Cookie, Holiday Frosted	1 each	10000	27.0
Weighted Daily Average % of Calories			123.99 65.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/26/2019			
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, steamed, 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	9000	14.0
Weighted Daily Average			98.29
% of Calories			68.3%
Nutrient Guideline			

Mon - 04/29/2019			
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 - 04/30/2019			
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 TWIST	1 EACH	8000	61.26
Weighted Daily Average			104.55
% of Calories			51.1%
Nutrient Guideline			

Weighted Average			93.31
			55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	93.31	55.93%						

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