

Weber School District Child Nutrition

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 8/5/2019 2:55:12 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 08/20/2019			
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	2000	20.0
Milk, 1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
Ranch Dressing: yogurt	1 FL OZ	4000	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
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			95.37
% of Calories			54.8%
Nutrient Guideline			

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Page 2

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	Portion Size	Reimb Qty	Carb (g)
Wed - 08/21/2019			
Junior High Lunch	Total	4800	
Menu #3	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Turkey Club Sandwich wheat 51%	1 EACH	1600	34.77
Potato Wedges, 1/2 c	1/2 CUP	4000	27.35
Fiesta Chicken Bowl	1/2 Cup	1600	29.48
Cheese Combo (Chdr & Mozz)	1 OZ	1500	0.25
Rolls 51%/ 2oz	1 EACH	1200	30.79
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
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	18.14
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	2000	20.0
Milk, 1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
Ranch Dressing: yogurt	1 FL OZ	4000	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
Sour Cream	1 OZ	1000	1.89
Salsa	1 OZ	1000	1.96
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			127.84
% of Calories			61.0%
Nutrient Guideline			

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Page 3

Generated on: 8/5/2019 2:55:12 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 08/22/2019			
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	2000	20.0
Milk,1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	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			121.29
% of Calories			60.3%
Nutrient Guideline			

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Page 4

Generated on: 8/5/2019 2:55:13 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 08/23/2019			
Junior High Lunch	Total	4800	
Menu #5	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Tater Tots, 1/2 CUP	1/2 CUP	1600	17.04
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	2000	20.0
Milk,1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
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	4500	18.26
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			119.93
% of Calories			58.7%
Nutrient Guideline			

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Portion Values - Detailed

Page 5

Generated on: 8/5/2019 2:55:13 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 08/26/2019			
Junior High Lunch	Total	4800	
Menu #6	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Chicken Bacon Wrap	1 each	1600	37.0
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	2000	20.0
Milk,1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
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
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			94.64
% of Calories			52.1%
Nutrient Guideline			

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 8/5/2019 2:55:13 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 08/27/2019			
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
Chicken Parmesan	1 Each	1600	56.77
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	2000	20.0
Milk,1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
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			102.94
% of Calories			55.4%
Nutrient Guideline			

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Portion Values - Detailed

Page 7

Generated on: 8/5/2019 2:55:13 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 08/28/2019			
Junior High Lunch	Total	4800	
Menu #8	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Cheese Burger Wheat 51%	1 EACH	1600	33.1
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	2000	20.0
Milk, 1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
Ranch Dressing: yogurt	1 FL OZ	2500	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			106.31
% of Calories			55.1%
Nutrient Guideline			

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Page 8

Generated on: 8/5/2019 2:55:13 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 08/29/2019			
Junior High Lunch	Total	4800	
Menu #9	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
BBQ Chicken Sandwich	2.5 oz	1600	33.16
Tater Tots, 1/2 CUP	1/2 CUP	3000	17.04
Baked Ziti	1.25 cup	1600	31.21
Bread Sticks 51% 2 oz	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	2000	20.0
Milk,1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
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			101.00
% of Calories			58.1%
Nutrient Guideline			

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Page 9

Generated on: 8/5/2019 2:55:13 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 08/30/2019			
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
Bread Sticks 51% 2 oz	1 EACH	3200	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	2000	20.0
Milk,1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
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
Pumpkin Chocolate Chip Cookies	1 Each	4000	16.59
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			114.79
% of Calories			57.2%
Nutrient Guideline			

Weighted Average			109.35
			57.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	109.35	57.09%						

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