

Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 8/6/2019 3:05:12 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/03/2019			
Elementary Lunch-1	Total	10630	
Menu #12	1	1	0.0
Meaty Nachos- Beef	Serving	10630	40.47
Salad, Side-Elem	1/2 CUP	3500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	9.07
Beans, Black, 1/2 c	1/2 CUP	5000	17.01
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	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	3000	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Sour Cream	1 OZ	2500	1.89
Salsa	1 OZ	2500	1.96
Weighted Daily Average			73.68
% of Calories			42.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/04/2019			
Elementary Lunch-1	Total	10630	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	1.63
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			97.06
% of Calories			54.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

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Elementary Lunch-1

Portion Values - Detailed

Page 2

Generated on: 8/6/2019 3:05:12 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/05/2019			
Elementary Lunch-1	Total	10630	
Menu #14	1	1	0.0
Pork Roast	2 OZ	10630	0.0
Potatoes Whipped	1/2 CUP	10630	18.33
Gravy, Brown, 1/4 c	1/4 CUP	10000	5.0
Rolls 51%/ 2oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Cucumber, Raw	1/4 CUP	2000	1.18
Pears: canned,light syrup	1/2 CUP	3500	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Snickerdoodles	1 EACH	10000	19.73
Weighted Daily Average			95.31
% of Calories			56.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/06/2019			
Elementary Lunch-1	Total	10630	
Menu #15	1	1	0.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	0.08
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	5000	3.31
Chocolate Chip Cookie	EACH	10000	18.26
Weighted Daily Average			98.95
% of Calories			56.0%
Nutrient Guideline			

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Sep 2, 2019 thru Sep 30, 2019

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Elementary Lunch-1

Portion Values - Detailed

Page 3

Generated on: 8/6/2019 3:05:12 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/09/2019			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0.0
French Toast Sticks BC/WG	3 ea. serving	10630	42.8
SCRAMBLED EGGS	1/4 cup	8000	0.63
Sausage Link, 2	2 EACH	8000	1.14
Hash Brown Potatoes	1/2 CUP	5000	20.41
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	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Weighted Daily Average			114.15
% of Calories			66.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/10/2019			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0.0
Sweet N' Sour Chicken	3.92 Serving	10630	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	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
Pears: canned, light syrup	1/2 CUP	4000	13.57
Apples, Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19.64
SideKicks BlueRasp-Lemon Fruit	Container	4500	19.64
Weighted Daily Average			116.31
% of Calories			73.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 4

Generated on: 8/6/2019 3:05:12 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/11/2019			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0.0
Popcorn Chicken-Tyson	10 Each	10630	13.94
Potatoes Whipped	1/2 CUP	10000	18.33
Gravy, Chicken, 1/4 c	1/4 CUP	10000	4.13
Rolls 51%/ 2oz	1 EACH	10000	30.79
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
Beans Baked, 1/2 c	1/2 CUP	5000	29.2
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	5500	3.31
Barbecue Sauce BULL'S EYE	1 OZ	4500	10.24
Weighted Daily Average			111.37
% of Calories			57.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/12/2019			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0.0
Hawaiian Haystacks	1/2 CUP	10630	8.73
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	30.79
Cheese Cheddar Shred	1 OZ	8000	0.0
Chow Mein Noodles	1/8 cup	5000	6.48
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2500	0.99
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	6.79
Pineapple Chunks:canned,lt syr	1/2 CUP	5000	13.22
Craisins, Strawberry	packet	4000	28.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Weighted Daily Average			103.81
% of Calories			60.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 5

Generated on: 8/6/2019 3:05:12 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/13/2019			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	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	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Cucumber, Raw	1/4 CUP	2000	1.18
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	1.63
Mandarin Oranges	1/2 CUP	5000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			102.47
% of Calories			58.1%
Nutrient Guideline			

Mon - 09/16/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Nuggets Gold Kist, 5 e	5 each	10630	12.99
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	17.0
Rolls 51%/ 2oz	1 EACH	8000	30.79
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	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
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
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			102.25
% of Calories			59.4%
Nutrient Guideline			

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 6

Generated on: 8/6/2019 3:05:12 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/17/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Chili 1/2 cup	1/2 Cup	10630	21.43
Rolls 51%/ 2oz	1 EACH	10000	30.79
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	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Cheddar Shred	1 OZ	5000	0.0
Sour Cream	1 OZ	5000	1.89
Weighted Daily Average			76.84
% of Calories			56.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/18/2019			
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
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	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
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
Pumpkin Chocolate Chip Cookies	1 Each	10000	16.59
Weighted Daily Average			116.31
% of Calories			58.2%
Nutrient Guideline			

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Page 7

Generated on: 8/6/2019 3:05:13 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/19/2019			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	10630	12.89
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	10000	20.76
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
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	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			102.72
% of Calories			69.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/20/2019			
Elementary Lunch-1	Total	10630	
Menu #25	1	0	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2500	9.07
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	4000	3.31
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			100.76
% of Calories			56.6%
Nutrient Guideline			

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 8

Generated on: 8/6/2019 3:05:13 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/23/2019			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Mac & Cheese	6 oz	10630	30.0
Lil Smokies	3	10630	1.0
Rolls 51%/ 2oz	1 EACH	10000	30.79
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	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
SideKicks BlueRasp-Lemon Fruit	Container	4500	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19.64
Weighted Daily Average			106.06
% of Calories			52.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/24/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Wsd Bowl Elementary	1 each	10630	37.71
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem	1/2 CUP	3500	1.19
Carrots Baby Fresh	1/4 CUP	5000	4.0
Celery Sticks	1/4 CUP	5000	1.18
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Apples,Fresh 1/2 each	1/2 each	4000	9.53
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			114.83
% of Calories			62.1%
Nutrient Guideline			

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Sep 2, 2019 thru Sep 30, 2019

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Elementary Lunch-1

Portion Values - Detailed

Page 9

Generated on: 8/6/2019 3:05:13 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/25/2019			
Elementary Lunch-1	Total	10630	
Menu #28	1	0	*N/A*
Rib-B-Q Sandwich wheat 51%	1 EACH	10630	44.63
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
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	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mayonnaise, PC Packet	1 EACH	1000	0.97
Barbecue Sauce BULL'S EYE	1 OZ	4000	10.24
Weighted Daily Average			106.03
% of Calories			63.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/26/2019			
Elementary Lunch-1	Total	10630	
Menu #29	1	1	*N/A*
Hot Dog Wrap: Wheat 50%	1 EACH	10630	35.26
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	17.0
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	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	5000	8.34
Mustard: individual PC	1 EACH	5000	0.35
Snickerdoodles	1 EACH	10000	19.73
Weighted Daily Average			108.97
% of Calories			60.4%
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.

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Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 10

Generated on: 8/6/2019 3:05:13 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/27/2019			
Elementary Lunch-1	Total	10630	
Menu #30	1	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	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
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			93.08
% of Calories			56.8%
Nutrient Guideline			

Mon - 09/30/2019			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
Corn Dog Chicken	1 EACH	10630	30.0
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	6000	0.8
Tomato Grape	1/4 CUP	5000	0.99
Carrots:frzn, boiled, 1/4 c	1/4 CUP	5000	3.25
Beans Baked, 1/2 c	1/2 CUP	4000	29.2
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	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	6000	3.31
Ketchup	1 OZ	5000	8.34
Mustard: individual PC	1 EACH	5000	0.35
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			111.11
% of Calories			64.9%
Nutrient Guideline			

Weighted Average			102.60
			59.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	102.60	58.98%						

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