

# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 8/6/2019 3:13:34 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/03/2019			
Junior High Lunch	Total	4800	
Menu #12	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Chicken Nuggets, Adv. Pierre	5 Each	1600	12.12
Potato Wedges, 1/2 c	1/2 CUP	2800	27.35
Rolls 51%/ 2oz	1 EACH	1400	30.79
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
Beans Baked, 1/2 c	1/2 CUP	1050	29.2
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	500	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			109.32
% of Calories			60.2%
Nutrient Guideline			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 8/6/2019 3:13:34 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/04/2019			
Junior High Lunch	Total	4800	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Chicken Bacon Wrap	1 each	1600	37.0
Tater Tots, 1/2 CUP	1/2 CUP	2800	17.04
Chicken Quesidalla	1 Each	1600	24.55
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce cup, plain	1/2	2000	30.0
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	900	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	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			98.82
% of Calories			55.0%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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Generated on: 8/6/2019 3:13:34 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/05/2019			
Junior High Lunch	Total	4800	
Menu #14	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	2300	17.0
Turkey Roast	2 oz	1600	0.0
Potatoes Whipped	1/2 CUP	1200	18.33
Chicken Gravy	1/2 CUP	1200	8.27
Rolls 51%/ 1.5 oz	1 EACH	1375	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	300	0.99
Celery Sticks	1/4 CUP	300	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	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
SideKicks BlueRasp-Lemon Fruit	Container	2000	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	2000	19.64
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			113.87
% of Calories			58.7%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/06/2019			
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	2000	20.0
Milk, 1% Lowfat	HALF PINT	800	12.0
JUICE FRUITABLE	1 EACH	2000	21.0
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			104.90
% of Calories			59.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/09/2019			
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
Pretzel Bites	4	1200	25.0
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	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	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
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			103.90
% of Calories			60.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/10/2019			
Junior High Lunch	Total	4800	
Menu #17	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
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
Hawaiian Haystacks	1/2 CUP	1600	8.73
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	24.51
Rolls 51%/ 2oz	1 EACH	1400	30.79
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	800	1.01
Celery Chopped 1/8 cup	1/8 cup	800	0.55
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	1000	0.99
Peas: frozen,warmed,1/4 c	1/4 CUP	1000	6.79
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	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
Rice Krispies Treat -Large	1 Each	2200	30.0
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			120.89
% of Calories			61.0%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/11/2019			
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
Tater Tots, 1/2 CUP	1/2 CUP	2500	17.04
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	2000	20.0
Milk, 1% Lowfat	HALF PINT	0	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	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			95.15
% of Calories			53.3%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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Generated on: 8/6/2019 3:13:35 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/12/2019			
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
Wsd Bowl High School & Jr High	1 Each	1600	45.5
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
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	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	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			102.65
% of Calories			57.0%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/13/2019			
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	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			107.46
% of Calories			57.4%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/16/2019			
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	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
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			109.28
% of Calories			60.2%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/17/2019			
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	41.53
Rolls 51%/ 2oz	1 EACH	1400	30.79
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	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
Creamie Variety: ban, choc	1 EACH	2000	14.0
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			100.51
% of Calories			53.4%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/18/2019			
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
Waffle, Maple	2.8 oz	1200	30.0
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
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	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
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
Salsa	1 OZ	1200	1.96
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			97.22
% of Calories			56.1%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/19/2019			
Junior High Lunch	Total	4800	
Menu #24	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
Hot Dog Wrap: Wheat 50% SEC	1 EACH	1600	35.26
French Fries: ovn bkd, 1/2c	1/2 CUP	3200	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
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 Baked, 1/2 c	1/2 CUP	750	29.2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	18.14
APPLESAUCE,SWEETENED	1/2 Cup	1000	17.15
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	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	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
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			107.74
% of Calories			58.7%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/20/2019			
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	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	2300	18.26
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			101.21
% of Calories			58.8%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/23/2019			
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	13.94
Tater Tots, 1/2 CUP	1/2 CUP	2400	17.04
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
Refried Beans Seasoned	1/2 CUP	2400	18.02
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	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,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	1000	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
CINNAMON ROLLS	1 EACH	4500	50.41
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			153.21
% of Calories			55.0%
Nutrient Guideline			

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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/24/2019			
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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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/25/2019			
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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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/26/2019			
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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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/27/2019			
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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# Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/30/2019			
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			

Weighted Average			109.26
			57.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	109.26	57.59%						

\*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.