

Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/16/2019 3:25:11 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/01/2019			
High School Lunch	Total	9000	
Menu #7	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Taco Crisp	2 each	1500	18.11
Taco Soft Shell	1 EACH	1500	27.71
Tater Tots, 1 CUP	1 CUP	3400	34.07
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	2500	18.14
Refried Beans Seasoned	1/2 CUP	1000	18.02
Applesauce Cup, Cinnamon	1/2 CUP	2500	22.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1.01
Cheese Combo (Chdr & Mozz)	1 OZ	1500	0.25
Sour Cream	1 OZ	1500	1.89
Salsa	1 OZ	1500	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
CINNAMON ROLLS	1 EACH	7500	44.97
Weighted Daily Average			138.37
% of Calories			54.5%
Nutrient Guideline			

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High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/02/2019			
High School Lunch	Total	9000	
Menu #8	1	1	0.0
Chicken Sandwich 51%	EACH	3000	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	3000	44.63
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	3000	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	3000	27.67
Cheese Combo (Chdr & Mozz)	1 OZ	2500	0.25
Rolls 51%/ 2oz	1 EACH	2500	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	2500	6.49
Pears: canned,light syrup	1/2 CUP	2500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Pudding Chocolate	1 EACH	2000	20.05
Pudding Vanilla	1 EACH	2000	18.04
Weighted Daily Average			128.22
% of Calories			60.5%
Nutrient Guideline			

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High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/03/2019			
High School Lunch	Total	9000	
Menu #9	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Potato Wedges, 1c	1 CUP	2000	54.7
Pork Roast	2 OZ	3000	0.0
Potatoes Whipped	1/2 CUP	3000	18.33
Gravy, Brown, 1/4 c	1/4 CUP	2500	5.0
Mac & Cheese	8 oz	3000	40.0
Rolls 51%/ 2oz	1 EACH	4000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			112.47
% of Calories			61.0%
Nutrient Guideline			

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/04/2019			
High School Lunch	Total	9000	
Menu #10	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
French Fries: oven bkd, 1c	1 CUP	2000	33.43
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	1500	10.38
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	1500	42.48
Rolls 51%/ 2oz	1 EACH	1400	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	2500	8.0
Broccoli Normandy 1/2 C	1/2 cup	3500	4.72
Pineapple Chunks:canned,lt syr	1/2 CUP	4500	13.22
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Rice Krispies Treat -Large	1 Each	7000	30.0
Weighted Daily Average			121.46
% of Calories			62.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/07/2019			
High School Lunch	Total	9000	
Menu #11	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Chicken Nuggets, Adv. Pierre	5 Each	3000	12.12
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Chicken Parmesan	1 Each	3000	56.77
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks, 1/2 c	1/2 CUP	2000	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	13.58
Peaches: canned,ex light syrup	1/2 CUP	4500	13.31
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Pumpkin Chocolate Chip Cookies	1 Each	7000	16.59
Weighted Daily Average			125.13
% of Calories			57.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/08/2019			
High School Lunch	Total	9000	
Menu #12	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Enchilada, Red Sauce	1 Each	3000	31.76
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Beans, Black, 1/2 c	1/2 CUP	2000	17.01
Spanish Rice	1/3 Cup	2000	12.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3100	18.14
Applesauce, canned: Sweet	1/2 CUP	2500	17.78
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Pumpkin Chocolate Chip Cookies	1 Each	4000	16.59
Weighted Daily Average			117.60
% of Calories			56.1%
Nutrient Guideline			

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/09/2019			
High School Lunch	Total	9000	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
French Fries: oven bkd, 1c	1 CUP	2000	33.43
Chicken Alfredo Sauce-3/4 C	3/4 Cup	3000	15.01
Noodles, Penne	1 CUP	3000	25.92
Rolls 51%/ 2oz	1 EACH	2000	30.79
Breakfast Casserole	1 cup	3000	24.78
Waffle, Maple	2.8 oz	3000	30.0
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	3500	2.25
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			110.56
% of Calories			56.3%
Nutrient Guideline			

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High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/10/2019			
High School Lunch	Total	9000	
Menu #14	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Corn Dog Chicken	1 EACH	3000	30.0
Potato Wedges, 1c	1 CUP	4500	54.7
Hamburger Gravy, 3/4 c	3/4 CUP	3000	10.07
Potatoes Whipped	1/2 CUP	3000	18.33
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Sugar Cookies	1 EACH	6500	15.76
Weighted Daily Average			130.90
% of Calories			65.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/11/2019			
High School Lunch	Total	9000	
Menu #15	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
French Fries: oven bkd, 1c	1 CUP	2000	33.43
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Sweet N' Sour Chicken	Serving	3000	20.0
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	3000	42.48
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	2500	8.0
Broccoli Normandy 1/2 C	1/2 cup	3500	4.72
Pineapple Chunks:canned,lt syr	1/2 CUP	2500	13.22
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	2000	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Pudding Chocolate	1 EACH	3500	20.05
Pudding Vanilla	1 EACH	3500	18.04
Weighted Daily Average			124.13
% of Calories			63.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/14/2019			
High School Lunch	Total	9000	
Menu #16	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Wrap Chicken Strip	1 EACH	3000	36.12
Cheese Burger Wheat 51%	1 EACH	3000	33.1
French Fries: oven bkd, 1c	1 CUP	7900	33.43
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks, 1/2 c	1/2 CUP	2500	2.36
Peas: frozen, warmed, 1/2 c	1/2 CUP	3500	13.58
Peaches: canned,ex light syrup	1/2 CUP	4500	13.31
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Buffalo Sauce Mild	1 OZ	1500	2.48
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Weighted Daily Average			120.11
% of Calories			54.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/15/2019			
High School Lunch	Total	9000	
Menu #17	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Meaty Nachos- Beef	Serving	3000	40.47
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Refried Beans Seasoned	1/2 CUP	2300	18.02
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Applesauce Cup, Strawberry	1/2 CUP	4500	14.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Creamie Variety: ban, choc	1 EACH	7000	14.0
Weighted Daily Average			117.75
% of Calories			53.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/16/2019			
High School Lunch	Total	9000	
Menu #18	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Malibu Chicken Sandwich 51%	1 EACH	3000	47.22
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Lasagna	1 1/4 cup	3000	41.08
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	6.49
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			115.87
% of Calories			55.6%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/21/2019			
High School Lunch	Total	9000	
Menu #21	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	3000	46.79
Chicken Strips, Adv. Pierre	3 Each	3000	12.12
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Spaghetti Sauce, Meatless 3/4	3/4 Cup	3000	17.47
Meatballs Cooked, 5 ea	5 each	2800	6.85
Noodles, Penne	1 CUP	3000	25.92
Salad, Side--Green	1 CUP	4500	1.52
Rolls 51%/ 2oz	1 EACH	4000	30.79
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks, 1/2 c	1/2 CUP	2500	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	13.58
Peaches: canned,ex light syrup	1/2 CUP	4500	13.31
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	2000	10.24
Buffalo Sauce Mild	1 OZ	2000	2.48
Pudding Chocolate	1 EACH	3300	20.05
Pudding Vanilla	1 EACH	3300	18.04
Weighted Daily Average			131.54
% of Calories			61.4%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/22/2019			
High School Lunch	Total	9000	
Menu #22	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Fiesta Taco Bowl	1 EACH	3000	43.96
Cheese Combo (Chdr & Mozz)	1 OZ	2500	0.25
Tortilla Chips	2 oz	2000	34.0
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Beans, Black, 1/2 c	1/2 CUP	2500	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	18.14
Applesauce, canned: Plain	1/2 CUP	3000	15.18
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	2000	3.03
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Weighted Daily Average			114.31
% of Calories			53.4%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/23/2019			
High School Lunch	Total	9000	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	3000	46.79
Chicken Bacon Wrap	1 each	3000	37.0
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Baked Ziti	1.25 cup	3000	31.21
Rolls 51%/ 2oz	1 EACH	3000	30.79
Salad, Side-Secondary	1 CUP	4500	1.6
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	6.49
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Jello	1/2 cup	5000	17.39
Weighted Daily Average			122.30
% of Calories			58.8%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/24/2019			
High School Lunch	Total	9000	
Menu #24	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	3000	46.79
FISH FILET SANDWICH Wheat 51%	1 EACH	3000	48.81
Potato Wedges, 1c	1 CUP	4000	54.7
Pork Roast	2 OZ	3000	0.0
Potatoes Whipped	1/2 CUP	3000	18.33
Gravy, Brown, 1/2 c	1/2 CUP	2500	10.0
Rolls 51%/ 2oz	1 EACH	2000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard Yellow Prepared	1 tsp	500	0.32
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Chocolate Chip Cookie	1 EACH	5000	18.26
Weighted Daily Average			132.25
% of Calories			62.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/28/2019			
High School Lunch	Total	9000	
Menu #1	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Popcorn Chicken, Adv. Pierre	10 Each	3000	12.03
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Hawaiian Haystacks	1/2 CUP	3000	8.73
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	2500	42.48
Cheese Combo (Chdr & Mozz)	1 OZ	2000	0.25
Chow Mein Noodles	1/8 cup	2000	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1.01
Celery Chopped 1/8 cup	1/8 cup	2000	0.55
Salad, Side--Green	1 CUP	4500	1.52
Rolls 51%/ 2oz	1 EACH	2000	30.79
Tomato Grape	1/4 CUP	3000	0.99
Celery Sticks, 1/2 c	1/2 CUP	2000	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	13.58
Pineapple Chunks:canned,lt syr	1/2 CUP	4500	13.22
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Creamie Variety: ban, choc	1 EACH	7000	14.0
Weighted Daily Average			120.66
% of Calories			59.2%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/29/2019			
High School Lunch	Total	9000	
Menu #2	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Tater Tots, 1 CUP	1 CUP	2000	34.07
Pizza, Cheese, Primo (8 cut)	slice	1500	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1500	34.0
Navajo Taco	1 EACH	3000	57.58
Cheese Combo (Chdr & Mozz)	1 OZ	2500	0.25
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	18.14
Applesauce, Cinnamon unsweet	1/2 Cup	4500	22.0
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	4000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1.01
Onions, fresh chopped	1/8 cup	1000	2.29
Sour Cream	1 OZ	2500	1.89
Salsa	1 OZ	2500	1.96
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Pudding Chocolate	1 EACH	3500	20.05
Pudding Vanilla	1 EACH	3500	18.04
Weighted Daily Average			127.64
% of Calories			60.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/30/2019			
High School Lunch	Total	9000	
Menu #3	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Meatball Sub, High School	SANDWICH	3000	40.48
French Fries: oven bkd, 1c	1 CUP	4000	33.43
Cajun Chicken Pasta- Up	1.5 cups	3000	33.66
Rolls 51%/ 2oz	1 EACH	2500	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Cucumber, Raw	1/4 CUP	2500	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	6.49
Pears: canned,light syrup	1/2 CUP	4500	13.57
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Sugar Cookies	1 EACH	5200	15.76
Weighted Daily Average			121.97
% of Calories			57.1%
Nutrient Guideline			

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Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/31/2019			
High School Lunch	Total	9000	
Menu #4	1	1	0.0
Chicken Sandwich 51%	1 EACH	3000	46.79
Chicken Nuggets Gold Kist, 5 e	5 each	3000	13.0
Potato Wedges, 1c	1 CUP	2000	54.7
Country Fried Steak JTM	1 EACH	3000	11.4
Potatoes Whipped	1/2 CUP	5000	18.33
Gravy, Country, 1/2 c	1/2 CUP	4000	13.29
Rolls 51%/ 2oz	1 EACH	5000	30.79
Salad, Side--Green	1 CUP	4500	1.52
Tomato Grape	1/4 CUP	3000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	0.17
Mandarin Oranges	1/2 CUP	4500	21.26
Apples,Fresh	1 EACH	2000	19.06
Orange Fresh	1 EACH	2000	11.28
Bananas	1 EACH	3000	30.0
Kiwifruit, Fresh	1 EACH	1000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	3000	12.0
JUICE FRUITABLE	1 EACH	1500	21.0
Ranch Dressing: yogurt	1 FL OZ	400	3.31
Ketchup	1 OZ	2500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	2000	0.97
Tomatoes,Fresh,Sliced	1 EACH	2000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Onions, Fresh Sliced	SLICE	1000	3.03
Barbecue Sauce BULL'S EYE	1 OZ	1500	10.24
Buffalo Sauce Mild	1 OZ	1500	2.48
Cookie, Holiday Frosted	1 each	3500	27.0
Weighted Daily Average			128.82
% of Calories			61.0%
Nutrient Guideline			

Weighted Average			123.10
			58.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	123.10	58.51%						

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.