

Weber School District Child Nutrition

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/01/2019			
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			

	Portion Size	Reimb Qty	Carb (g)
Mon - 11/04/2019			
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	16.71
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	22.0
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			105.05
% of Calories			59.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/05/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Chili 3/4 cup	3/4 CUP	10630	26.79
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			82.19
% of Calories			56.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/06/2019			
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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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/07/2019			
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
Cheese Combo (Chdr & Mozz)	1 OZ	8000	0.25
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			102.90
% of Calories			61.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/08/2019			
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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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/11/2019			
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 - 11/12/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Wsd Bowl Elementary	1 each	10630	28.54
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			105.66
% of Calories			60.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/13/2019			
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 - 11/14/2019			
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	16.71
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			108.70
% of Calories			59.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/15/2019			
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 - 11/18/2019			
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	22.0
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			115.63
% of Calories			65.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/19/2019			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Burrito, Bean & Cheese, 5 oz	1 EACH	10630	43.25
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side-Elem	1/2 CUP	3500	0.8
Tomato Grape	1/4 CUP	2000	0.99
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Apples,Fresh 1/2 each	1/2 each	3000	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
Ketchup	1 OZ	3500	8.34
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Weighted Daily Average			100.14
% of Calories			67.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/20/2019			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	16.71
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Cucumber, Raw	1/4 CUP	2000	1.18
Broccoli: fresh, steamed, 1/4c	1/4 CUP	3000	1.63
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	3500	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	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			89.45
% of Calories			52.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/21/2019			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Teriyaki Chicken 4.5 oz	4.5 oz	10630	10.38
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	1/2 CUP	2500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	1500	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
Rice Krispy Treat-Small	1 each	10000	9.0
Weighted Daily Average			98.08
% of Calories			63.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/22/2019			
Elementary Lunch-1	Total	10630	
Menu #35	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	8000	30.79
Salad, Side--Elem Green	1/2 CUP	5000	0.76
Tomato Grape	1/4 CUP	2000	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	0.08
Mandarin Oranges	1/2 CUP	5000	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	21.0
Ranch Dressing: yogurt	1 FL OZ	7000	3.31
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			95.92
% of Calories			55.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/25/2019			
Elementary Lunch-1	Total	10630	
Menu #1	1	0	0.0
Grill Cheese Sandwich	1 EACH	10630	30.96
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side-Elem	1/2 CUP	3000	0.8
Tomato Grape	1/4 CUP	8000	0.99
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	1.63
Applesauce, canned: Sweet	1/2 CUP	2500	17.78
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	5000	3.31
Ketchup	1 OZ	10000	8.34
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			107.22
% of Calories			67.0%
Nutrient Guideline			

Tue - 11/26/2019			
Elementary Lunch-1	Total	10630	
Menu #2	1	0	0.0
Taco Crisp Elementary	1 each	10630	10.09
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Rolls 51%/ 2oz	1 EACH	5000	30.79
Salad, Side-Elem	1/2 CUP	4000	0.8
Peas: frozen,warmed,1/4 c	1/4 CUP	4000	6.79
Refried Beans Seasoned	1/2 CUP	8000	18.02
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	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	8500	0.25
Lettuce,Shred, 1/8 c	1/8 CUP	5000	0.32
Tomatoes,Cnd,Diced,Drnd	1/4 cup	5000	1.87
Sour Cream	1 OZ	5000	1.89
Salsa	1 OZ	5000	1.96
Weighted Daily Average			87.41
% of Calories			44.1%
Nutrient Guideline			

Weighted Average			101.28
			58.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	101.28	58.52%						

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.