# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:58:06 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Wed - 02/01/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #3 | 1 | 0 |
| Waffle Snack'n Blueberry | 1 EACH | 252 |
| Waffle Snack'n Cinnamon | 1 EACH | 279 |
| Waffle Snack'n Maple | 1 EACH | 279 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 559 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Thu - 02/02/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #4 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 452 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

***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.***

# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

BREAKFAST Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:58:06 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Fri - 02/03/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #5 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Strawberry Cup | .5 Cup | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 561 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Mon - 02/06/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #1 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 538 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

***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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| | Portion Size | Sodm (mg) |
|---|---|---|
| Tue - 02/07/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 510 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Wed - 02/08/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #3 | 1 | 0 |
| Waffle Snack'n Blueberry | 1 EACH | 252 |
| Waffle Snack'n Cinnamon | 1 EACH | 279 |
| Waffle Snack'n Maple | 1 EACH | 279 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 559 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

***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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| | Portion Size | Sodm (mg) |
|---|---|---|
| Thu - 02/09/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #4 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 452 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Fri - 02/10/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #5 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Strawberry Cup | .5 Cup | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 561 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Mon - 02/13/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #1 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 538 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Tue - 02/14/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 510 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Wed - 02/15/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #3 | 1 | 0 |
| Waffle Snack'n Blueberry | 1 EACH | 252 |
| Waffle Snack'n Cinnamon | 1 EACH | 279 |
| Waffle Snack'n Maple | 1 EACH | 279 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 559 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Thu - 02/16/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #4 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 452 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Tue - 02/21/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 510 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Wed - 02/22/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #3 | 1 | 0 |
| Waffle Snack'n Blueberry | 1 EACH | 252 |
| Waffle Snack'n Cinnamon | 1 EACH | 279 |
| Waffle Snack'n Maple | 1 EACH | 279 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 559 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

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*** - denotes combined nutrient totals with either missing or incomplete nutrient data**
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| | Portion Size | Sodm (mg) |
|---|---|---|
| Thu - 02/23/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #4 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 452 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Fri - 02/24/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #5 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Strawberry Cup | .5 Cup | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 561 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Mon - 02/27/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #1 | 1 | 0 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| Yogurt, strawberry | 1 EACH | 50 |
| SCRAMBLED EGGS | 1/4 CUP | 225 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Ketchup | 1 OZ | 267 |
| Weighted Daily Average | | 538 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Tue - 02/28/2017 | | |
| BREAKFAST Jr High | Total | |
| Breakfast Menu #2 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| Cereal,Frosted Mini-Wheats,Bow | BOWL | 10 |
| Cereal, Marshmellow Mateys | 1 Each | 370 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage Link, 2 | 2 EACH | 222 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| SYRUP,PANCAKE | 1 EACH | 3 |
| Weighted Daily Average | | 510 |
| % of Calories | | |
| Nutrient Guideline | | 600 |

| | | |
|---|---|---|
| Weighted Average | | 521 |

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| Nutrient | Menu AVG | % of Cals | Weekly Target | Portion Size % of Target | Sodm (mg) Miss Data | Shortfall | Overage | Error Messages (if any) |
|---|---|---|---|---|---|---|---|---|
| Sodium (mg) | 521 | | 600 | | | | | |

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# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:59:09 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Wed - 02/01/2017 | | |
| LUNCH Jr High | Total | |
| Menu #29 | 1 | *N/A* |
| Chicken Sandwich 51% | 1 EACH | 605 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Burrito, Bean & Cheese, 5 oz | 1 EACH | 444 |
| Burrito, Beef & Bean, 5.2 oz | 1 EACH | 401 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Peas: frozen,warmed,1/2 c | 1/2 CUP | 69 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Salsa | 1 OZ | 69 |
| Sour Cream | 1 OZ | 47 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Onions, Fresh Sliced | SLICE | 1 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 831 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Thu - 02/02/2017 | | |
| LUNCH Jr High | Total | |
| Menu #4 | 1 | 0 |
| Roast Beef | 3 OZ | 55 |
| Potatoes Whipped | 1/2 CUP | 119 |
| Gravy, Brown, 1/2 c | 1/2 CUP | 323 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Rib-B-Q Sandwich wheat 51% | 1 EACH | 678 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 16 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Onions, Fresh Sliced | SLICE | 1 |
| BBQ Ken's | 1 oz | 307 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |

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# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:59:09 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Weighted Daily Average | | 977 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| Fri - 02/03/2017 | | |
|---|---|---|
| LUNCH Jr High | Total | |
| Menu #21 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Hawaiian Primo Pizza 8 cut | 1 slice | 889 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Waffle Snack'n Blueberry | 1 EACH | 252 |
| Waffle Snack'n Cinnamon | 1 EACH | 279 |
| Waffle Snack'n Maple | 1 EACH | 279 |
| Sausage Link | 1 EACH | 111 |
| Hash Brown Potatoes | 1/2 CUP | 0 |
| SCRAMBLED EGGS | 1/4 cup | 120 |
| Yogurt, strawberry | 1 EACH | 50 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| SYRUP, MAPLE CHEF'S MARK | 1 EACH | 45 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 907 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

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# Weber School District Child Nutrition — Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet — LUNCH Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:59:09 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Mon - 02/06/2017 | | |
| LUNCH Jr High | Total | |
| Menu #16 | 1 | 0 |
| Hot Dog Wrap: Wheat 51% | 1 EACH | 837 |
| Potato Wedges, 1/4 c | 1/4 CUP | 20 |
| Taco Crisp | 2 each | 619 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Lettuce,Shred, 1/4 c | 1/4 CUP | 2 |
| Cinnamon Bites | 1 Each | 114 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Applesauce, Strawberry Cup | 1/2 Cup | 15 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Celery Sticks | 1/4 CUP | 26 |
| Beans, Black, 1/2 c | 1/2 CUP | 383 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Mustard: individual PC | 1 EACH | 69 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Salsa | 1 OZ | 69 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1255 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Tue - 02/07/2017 | | |
| LUNCH Jr High | Total | |
| Menu #25 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Pizza, Four Meat, BD-8 | Slice | 651 |
| Teriyaki Chicken | 3 3/8 oz | 415 |
| Rice, Br & Wh 50/50 Ckd, 1/2 c | 1/2 CUP | 2 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Celery Sticks | 1/4 CUP | 26 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 12 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Bananas | 1 EACH | 0 |
| Broccoli Normandy, Fresh HS | 1/2 CUP | 20 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |

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# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:59:09 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Weighted Daily Average | | 881 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| Wed - 02/08/2017 | | |
|---|---|---|
| LUNCH Jr High | Total | |
| Menu #12 | 1 | 0 |
| Mac & Cheese SEC | 8 oz | 1000 |
| Cheese Burger Wheat 51% | 1 EACH | 664 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Ketchup | 1 OZ | 267 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Onions, Fresh Sliced | SLICE | 1 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1145 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Thu - 02/09/2017 | | |
| LUNCH Jr High | Total | |
| Menu #28 | 1 | *N/A* |
| Lasagna | 1 1/4 cup | 810 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Pulled Pork Sandwich | 1 EACH | 771 |
| Potato Wedges, 1/4 c | 1/4 CUP | 20 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Green Beans: canned,ckd, 1/2 c | 1/2 CUP | 16 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Onions, Fresh Sliced | SLICE | 1 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1240 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Fri - 02/10/2017 | | |
| LUNCH Jr High | Total | |
| Menu #37 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Pizza, Buffalo Chicken, BD-8 | Slice | 748 |
| Chicken Strips, Proview | 3 Each | 380 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Beans Baked, 1/2 c | 1/2 CUP | 471 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 4 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| BBQ Ken's | 1 oz | 307 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Ketchup | 1 OZ | 267 |
| Pudding Chocolate | 1 EACH | 140 |
| Pudding Vanilla | 1 EACH | 140 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1302 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

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# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:59:09 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Mon - 02/13/2017 | | |
| LUNCH Jr High | Total | |
| Menu #43 | 1 | *N/A* |
| Hawaiian Haystacks | 1/2 CUP | 337 |
| Chow Mein Noodles | 1/8 cup | 82 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Celery Fresh Chopped | 1 TBsp | 6 |
| Green Peppers, chopped | 1 Tbsp | 0 |
| Rice, Br & Wh 50/50 Ckd, 1/2 c | 1/2 CUP | 2 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Pulled Pork Sandwich | 1 EACH | 771 |
| Potato Wedges, 1/4 c | 1/4 CUP | 20 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 12 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Peas: frozen,warmed,1/2 c | 1/2 CUP | 69 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Onions, fresh chopped | 1/8 cup | 1 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1071 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Tue - 02/14/2017 | | |
| LUNCH Jr High | Total | |
| Menu #11 | 1 | 0 |
| Corn Dog Chicken | 1 EACH | 390 |
| Chicken Tacos | 2 each | 392 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Cinnamon Bites | 1 Each | 114 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 2 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Ketchup | 1 OZ | 267 |
| Mustard: individual PC | 1 EACH | 69 |
| Salsa | 1 OZ | 69 |
| Lettuce,Shred, 1/4 c | 1/4 CUP | 2 |
| Sour Cream | 1 OZ | 47 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 848 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Wed - 02/15/2017 | | |
| LUNCH Jr High | Total | |
| Menu #11 | 1 | 0 |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Pizza, Pepp, Primo, (8 cut ) | slice | 660 |
| Popcorn Chicken | 14 EACH | 400 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Beans Baked, 1/2 c | 1/2 CUP | 471 |
| Applesauce, Strawberry Cup | 1/2 Cup | 15 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Broccoli: fresh, boiled, 1/4c | 1/4 CUP | 6 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| BBQ Ken's | 1 oz | 307 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Weighted Daily Average | | 1185 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| Thu - 02/16/2017 | | |
|---|---|---|
| LUNCH Jr High | Total | |
| Menu #8 | 1 | 0 |
| Cheese Burger Wheat 51% | 1 EACH | 664 |
| Enchilada Chicken: Chic Dice | 1 EACH | 606 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| SPANISH RICE | 1/3 CUP | 125 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Orange Fresh | 1 EACH | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Tomato Grape | 1/4 CUP | 2 |
| Beans, Black, 1/2 c | 1/2 CUP | 383 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Ketchup | 1 OZ | 267 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Salsa | 1 OZ | 69 |
| Sour Cream | 1 OZ | 47 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Onions, Fresh Sliced | SLICE | 1 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1196 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Tue - 02/21/2017 | | |
| LUNCH Jr High | Total | |
| Menu #6 | 1 | 0 |
| Breakfast Casserole | 1 cup | 694 |
| Pancakes, Cinnamon Glazed | PKG | 260 |
| Sausage Link | 1 EACH | 111 |
| Meatball Sub, High School | SANDWICH | 638 |
| French Fries: ovn bkd, 1/4c | 1/4 CUP | 10 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Syrup, Pancake | 1 OZ | 23 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1346 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Wed - 02/22/2017 | | |
| LUNCH Jr High | Total | |
| Menu #13 | 1 | 0 |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Combo Primo Pizza 8 cut | 1 slice | 688 |
| Chicken Sandwich 51% | 1 EACH | 605 |
| French Fries: ovn bkd, 1/4c | 1/4 CUP | 10 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Beans Baked, 1/2 c | 1/2 CUP | 471 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Celery Sticks | 1/4 CUP | 26 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Onions, Fresh Sliced | SLICE | 1 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Weighted Daily Average | | 1060 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| Thu - 02/23/2017 | | |
|---|---|---|
| LUNCH Jr High | Total | |
| Menu #9 | 1 | 0 |
| Country Fried Steak JTM | 1 EACH | 340 |
| Chicken Strips, Proview | 3 Each | 380 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Potatoes Whipped | 1/2 CUP | 119 |
| Gravy, Country, 1/2 c | 1/2 CUP | 314 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 16 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Apples,Fresh | 1 EACH | 1 |
| Tomato Grape | 1/4 CUP | 2 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| BBQ Ken's | 1 oz | 307 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1105 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

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| | Portion Size | Sodm (mg) |
|---|---|---|
| Fri - 02/24/2017 | | |
| LUNCH Jr High | Total | |
| Menu #1 | 1 | 0 |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Pizza, Four Meat, BD-8 | Slice | 651 |
| Navajo Taco | 1 EACH | 727 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Lettuce,Shred, 1/4 c | 1/4 CUP | 2 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Beans Baked, 1/2 c | 1/2 CUP | 471 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 4 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Salsa | 1 OZ | 69 |
| Sour Cream | 1 OZ | 47 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Chocolate Chip Cookie | 1 EACH | 81 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1053 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Mon - 02/27/2017 | | |
| LUNCH Jr High | Total | |
| Menu #31 | 1 | *N/A* |
| Wrap Chicken Strip | 1 EACH | 607 |
| Meaty Nachos- Beef | Serving | 778 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Peas: frozen,warmed,1/2 c | 1/2 CUP | 69 |
| Beans, Black, 1/2 c | 1/2 CUP | 383 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Buffalo Sauce Mild | 2 tbsp | 136 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| Sour Cream | 1 OZ | 47 |
| Salsa | 1 OZ | 69 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |

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# Weber School District Child Nutrition

**Feb 1, 2017 thru Feb 28, 2017**

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed



Generated on: 1/18/2017 7:59:09 AM

| | Portion Size | Sodm (mg) |
|---|---|---|
| Weighted Daily Average | | 1138 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| Tue - 02/28/2017 | | |
|---|---|---|
| LUNCH Jr High | Total | |
| Menu #18 | 1 | 0 |
| Spaghetti Noodles Ckd, 1/2 c | 1/2 CUP | 0 |
| Spaghetti Meat Sauce, 1/2 c | 1/2 Cup | 694 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Cheese Burger Wheat 51% | 1 EACH | 664 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Broccoli: fresh, boiled, 1/2 c | 1/2 CUP | 13 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Onions, Fresh Sliced | SLICE | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Ketchup | 1 OZ | 267 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| 9th offered more fruit/veggie | 1 Each | *N/A* |
| Weighted Daily Average | | 1163 |
| % of Calories | | |
| Nutrient Guideline | | 1360 |

| | | |
|---|---|---|
| Weighted Average | | 1095 |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|---|---|---|---|---|---|---|---|---|
| Sodium (mg) | 1095 | | 1360 | | | | | |

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