

# Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:44:58 AM

	Portion Size	Sodm (mg)
Mon - 04/10/2017		
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, USDA	1/4 cup	90
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
LUNCH Jr High	Total	
Menu #31	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
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
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ketchup	1 OZ	267
Buffalo Sauce Mild	1 OZ	68
Ranch Dressing: yogurt	1 FL OZ	178
Tomatoes,Fresh,Sliced	1 EACH	0
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*
Weighted Daily Average		1084
% of Calories		
Nutrient Guideline		1276

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Generated on: 3/27/2017 8:44:58 AM

	Portion Size	Sodm (mg)
Tue - 04/11/2017		
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, Marshmallow 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
LUNCH Jr High	Total	
Menu #7	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Buffalo Chicken, BD-8	Slice	748
Chicken Fajita	1/2 cup	387
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Peaches: canned, ex light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
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
Ranch Dressing: yogurt	1 FL OZ	178
Salsa	1 OZ	69
Sour Cream	1 OZ	47
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		894
% of Calories		
Nutrient Guideline		1276

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Portion Values - Detailed

Page 3

Generated on: 3/27/2017 8:44:58 AM

	Portion Size	Sodm (mg)
Wed - 04/12/2017		
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, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
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
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		1093
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Thu - 04/13/2017		
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, Marshmallow 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
LUNCH Jr High	Total	
Menu #9	1	0
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
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
Applesauce Cup, Strawberry	1/2 CUP	15
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 Sauce	1 OZ	285
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1001
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Mon - 04/17/2017		
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, USDA	1/4 cup	90
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
LUNCH Jr High	Total	
Menu #22	1	*N/A*
Chicken Nuggets, Adv. Pierre	5 Each	313
Taco Crisp	2 each	619
Cheese Combo (Chdr & Mozz)	1 OZ	115
Lettuce,Shred, 1/8 c	1/8 CUP	1
Salad, Side--S/R/C	1 CUP	13
Cinnamon Bites	1 Each	114
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
Salsa	1 OZ	69
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		857
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Tue - 04/18/2017		
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, Marshmallow 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
LUNCH Jr High	Total	
Menu #30	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
Rib-B-Q Sandwich wheat 51%	1 EACH	678
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--S/R/C	1 CUP	13
Applesauce Cup, Cinnamon	1/2 CUP	15
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Kiwifruit, Fresh	1 EACH	2
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
Beans Baked, 1/2 c	1/2 CUP	471
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Barbecue Sauce BULL'S EYE	1 OZ	205
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		1235
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Wed - 04/19/2017		
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, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
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
LUNCH Jr High	Total	
Menu #2	1	0
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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
Kiwifruit, Fresh	1 EACH	2
Bananas	1 EACH	0
Orange Fresh	1 EACH	0
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
Tomatoes, Fresh, Sliced	1 EACH	0
Onions, Fresh Sliced	SLICE	1
Ketchup	1 OZ	267
Buffalo Sauce	1 OZ	93
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1030
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Thu - 04/20/2017		
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, Marshmallow 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
LUNCH Jr High	Total	
Menu #34	1	*N/A*
Wsd Bowl High School & Jr High	1 Each	726
Bread Pull Apart 51% 2oz	1 EACH	205
Corn Dog Chicken	1 EACH	390
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Pears: canned, light syrup	1/2 CUP	10
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		980
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Fri - 04/21/2017		
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, USDA	1/4 cup	90
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
LUNCH Jr High	Total	
Menu #5	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Four Meat, BD-8	Slice	651
Sweet & Sour Chicken	Serving	201
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
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Bananas	1 EACH	0
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
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
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		801
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Mon - 04/24/2017		
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, USDA	1/4 cup	90
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
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
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
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
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		850
% of Calories		
Nutrient Guideline		1276

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# Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:44:59 AM

	Portion Size	Sodm (mg)
Tue - 04/25/2017		
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, Marshmallow 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
LUNCH Jr High	Total	
Menu #23	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Buffalo Chicken, BD-8	Slice	748
Enchilada, Red Sauce	1 Each	693
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
Orange Fresh	1 EACH	0
Carrots: frzn, boiled, 1/2 c	1/2 CUP	51
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Sour Cream	1 OZ	47
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		985
% of Calories		
Nutrient Guideline		1276

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# Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:44:59 AM

	Portion Size	Sodm (mg)
Wed - 04/26/2017		
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, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
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
LUNCH Jr High	Total	
Menu #12	1	0
Mac & Cheese SEC	8 oz	1000
Hamburger Wheat 51%	1 EACH	527
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Salad, Side--S/R/C	1 CUP	13
Beans Baked, 1/2 c	1/2 CUP	471
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
Pears: canned, 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		1120
% of Calories		
Nutrient Guideline		1276

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# Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:44:59 AM

	Portion Size	Sodm (mg)
Thu - 04/27/2017		
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, Marshmallow 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
LUNCH Jr High	Total	
Menu #19	1	0
Chicken, Roasted 8 piece	2 oz serving	200
Potatoes Whipped	1/2 CUP	119
Gravy, Chicken, 1/2 c	1/2 CUP	520
Rolls 51%/ 2oz	1 EACH	205
Pulled Pork Sandwich	1 EACH	771
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Applesauce Cup, Strawberry	1/2 CUP	15
Apples, Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
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
Onions, Fresh Sliced	SLICE	1
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1130
% of Calories		
Nutrient Guideline		1276

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# Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:44:59 AM

	Portion Size	Sodm (mg)
Fri - 04/28/2017		
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, USDA	1/4 cup	90
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
LUNCH Jr High	Total	
Menu #10	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
Mandarin Orange Chicken	serving	311
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
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	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*
Weighted Daily Average		799
% of Calories		
Nutrient Guideline		1276

Weighted Average		990
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	990		1276					

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