

Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Mon - 04/10/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #1 | 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 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| 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 |
| High School Lunch | Total | |
| Menu #26 | 1 | *N/A* |
| Chicken Strips, Adv. Pierre | 3 Each | 313 |
| Potato Wedges, 1/2 c | 1/2 CUP | 39 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| 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 |
| Beans, Black, 1/2 c | 1/2 CUP | 383 |
| Tomato Grape | 1/4 CUP | 2 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 4 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Apples,Fresh | 1 EACH | 1 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk, 1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 205 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Ketchup | 1 OZ | 267 |
| Salsa, Commodity | 1 FL OZ | 138 |
| Sour Cream | 1 OZ | 47 |
| Weighted Daily Average | | 1120 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 2

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Tue - 04/11/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #2 | 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, Marshmallow Mateys | 1 Each | 370 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| 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 |
| High School Lunch | Total | |
| Menu #27 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Combo Primo Pizza 8 cut | 1 slice | 688 |
| 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 |
| Tomato Grape | 1/4 CUP | 2 |
| 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: fresh, boiled, 1/2 c | 1/2 CUP | 13 |
| 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 |
| Weighted Daily Average | | 867 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 3

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Wed - 04/12/2017 | | |
| BREAKFAST High School | 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 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| POPART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| High School Lunch | Total | |
| Menu #38 | 1 | *N/A* |
| Spaghetti Noodles Cooked | 1 CUP | 0 |
| Spaghetti Meat Sauce, 3/4 c | 3/4 Cup | 964 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Bread Sticks 51% 2 oz | 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 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Bananas | 1 EACH | 0 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 16 |
| Peaches: canned,ex light syrup | 1/2 CUP | 10 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Onions, Fresh Sliced | SLICE | 1 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 1211 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 4

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Thu - 04/13/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #4 | 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, Marshmallow Mateys | 1 Each | 370 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| 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 |
| High School Lunch | | |
| Menu #19 | Total | 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 |
| Wrap Chicken Strip | 1 EACH | 607 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| Apples, Fresh | 1 EACH | 1 |
| Bananas | 1 EACH | 0 |
| 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 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes, Fresh, diced, 1/8 c | 1/8 CUP | 1 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 205 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 1013 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 5

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Mon - 04/17/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #1 | 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 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| 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 |
| High School Lunch | Total | |
| Menu #41 | 1 | *N/A* |
| Chicken Parmesan | 1 Each | 1381 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Hot Dog Wrap: Wheat 51% | 1 EACH | 837 |
| Potato Wedges, 1/2 c | 1/2 CUP | 39 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Apples,Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Bananas | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| 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 |
| Ketchup | 1 OZ | 267 |
| Mustard: individual PC | 1 EACH | 69 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 1572 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 6

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Tue - 04/18/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #2 | 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, Marshmallow Mateys | 1 Each | 370 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| 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 |
| High School Lunch | Total | |
| Menu #25 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Pizza, Pepp, Primo, (8 cut) | slice | 660 |
| Taco Crisp | 2 each | 619 |
| Taco Soft Shell | 1 EACH | 737 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Cinnamon Bites-High School | 1 Each | 205 |
| Lettuce, Shred, 1/4 c | 1/4 CUP | 2 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Refried Beans Seasoned | 1/2 CUP | 583 |
| Peaches: canned, ex light syrup | 1/2 CUP | 10 |
| Apples, Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Bananas | 1 EACH | 0 |
| 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 |
| Tomatoes, Fresh, diced, 1/8 c | 1/8 CUP | 1 |
| Weighted Daily Average | | 1006 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Apr 10, 2017 thru Apr 28, 2017

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Portion Values - Detailed

Page 7

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Wed - 04/19/2017 | | |
| BREAKFAST High School | 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 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| POPART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| High School Lunch | Total | |
| Menu #33 | 1 | *N/A* |
| Cheese Burger Wheat 51% | 1 EACH | 664 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| 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 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| 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 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Onions, Fresh Sliced | SLICE | 1 |
| Ketchup | 1 OZ | 267 |
| Mustard: individual PC | 1 EACH | 69 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Creamie Banana | 1 EACH | 39 |
| Creamie Chocolate | 1 EACH | 39 |
| Creamie Orange | BAR | 50 |

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Portion Values - Detailed

Page 8

Generated on: 3/27/2017 8:51:17 AM

| | Portion Size | Sodm (mg) |
|--------------------------------------|--------------|-----------|
| Weighted Daily Average % of Calories | | 839 |
| Nutrient Guideline | | 1293 |

| Thu - 04/20/2017 | | |
|---|-----------|-------|
| BREAKFAST High School Breakfast Menu #4 | Total | |
| French Toast Sticks, 4 each | 1 | 0 |
| Pancake 'n Sausage | 4 EACH | 370 |
| Muffin Blueberry | 1 EACH | 310 |
| Muffin Chocolate Choc Chip | 1 EACH | 140 |
| Cereal, Marshmallow Mateys | 1 EACH | 135 |
| Cereal, Frosted Mini-Wheats, Bow | 1 Each | 370 |
| Yogurt, strawberry | BOWL | 10 |
| Sausage, Pork, Patty frz 2 ea | 1 EACH | 50 |
| Mandarin Oranges | 2 EACH | 172 |
| Apples, Fresh | 1/2 CUP | 21 |
| Bananas | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Craisins, Strawberry | 1 EACH | 0 |
| JUICE FRUITABLE | packet | 0 |
| Milk, 1% Lowfat | 1 EACH | 20 |
| Milk, Chocolate Fat Free | HALF PINT | 125 |
| SYRUP, PANCAKE | HALF PINT | 180 |
| | 1 EACH | 3 |
| High School Lunch Menu #34 | Total | |
| Popcorn Chicken, Adv. Pierre | 1 | *N/A* |
| Potatoes Whipped | 10 Each | 313 |
| Gravy, Brown, 1/4 c | 1/2 CUP | 119 |
| Bread Pull Apart 51% 2oz | 1/4 CUP | 162 |
| Rib-B-Q Sandwich wheat 51% | 1 EACH | 205 |
| Tater Tots, 1/2 CUP | 1 EACH | 678 |
| Salad, Side--S/R/C | 1/2 CUP | 330 |
| Tomato Grape | 1 CUP | 13 |
| Applesauce Cup, Strawberry | 1/4 CUP | 2 |
| Green Beans: canned, ckd, 1/2 c | 1/2 CUP | 15 |
| Apples, Fresh | 1/2 cup | 16 |
| Orange Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 0 |
| Bananas | 1 EACH | 2 |
| Milk, Chocolate Fat Free | 1 EACH | 0 |
| Milk, 1% Lowfat | HALF PINT | 180 |
| JUICE FRUITABLE | HALF PINT | 125 |
| Onions, Fresh Sliced | 1 EACH | 20 |
| Ranch Dressing: yogurt | 1 EACH | 1 |
| Ketchup | SLICE | 1 |
| Buffalo Sauce Mild | 1 FL OZ | 178 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 267 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Weighted Daily Average % of Calories | | 1083 |
| Nutrient Guideline | | 1293 |

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Portion Values - Detailed

Page 9

Generated on: 3/27/2017 8:51:18 AM

| | Portion Size | Sodm (mg) |
|------------------------------|--------------|-----------|
| Fri - 04/21/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #5 | 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 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| High School Lunch | Total | |
| Menu #2 | 1 | 0 |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Pizza, Four Meat, BD-8 | Slice | 651 |
| Chicken Sandwich 51% | 1 EACH | 605 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 330 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Celery Sticks | 1/4 CUP | 26 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Bananas | 1 EACH | 0 |
| Orange Fresh | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Apples,Fresh | 1 EACH | 1 |
| 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 |
| Onions, Fresh Sliced | SLICE | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| Ketchup | 1 OZ | 267 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 205 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 1133 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 10

Generated on: 3/27/2017 8:51:18 AM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Mon - 04/24/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #1 | 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 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| 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 |
| High School Lunch | Total | |
| Menu #6 | 1 | 0 |
| Chicken Alfredo Sauce 2 -1/2 C | 1/2 Cup | 525 |
| Penne Pasta | 3/4 CUP | 0 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Meatball Sub, High School | SANDWICH | 638 |
| Potato Wedges, 1/2 c | 1/2 CUP | 39 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Tomato Grape | 1/4 CUP | 2 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Bananas | 1 EACH | 0 |
| Craisins, Strawberry | packet | 0 |
| Broccoli: fresh, boiled, 1/2 c | 1/2 CUP | 13 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk,1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Green Peppers, chopped | 1 Tbsp | 0 |
| Onions, Fresh Sliced | SLICE | 1 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 928 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 11

Generated on: 3/27/2017 8:51:18 AM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Tue - 04/25/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #2 | 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, Marshmallow Mateys | 1 Each | 370 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| 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 |
| High School Lunch | Total | |
| Menu #22 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| Hawaiian Primo Pizza 8 cut | 1 slice | 889 |
| Chicken Nuggets, Adv. Pierre | 5 Each | 313 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| 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 |
| Bananas | 1 EACH | 0 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk, 1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Buffalo Sauce Mild | 1 OZ | 68 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 205 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 1033 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 12

Generated on: 3/27/2017 8:51:18 AM

| | Portion Size | Sodm (mg) |
|-------------------------------|--------------|-----------|
| Wed - 04/26/2017 | | |
| BREAKFAST High School | 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 |
| Pancakes, Cinnamon Glazed | 1 EACH | 260 |
| Pancake 'n Sausage | 1 EACH | 310 |
| Muffin Blueberry | 1 EACH | 140 |
| Muffin Chocolate Choc Chip | 1 EACH | 135 |
| POPART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| High School Lunch | Total | |
| Menu #8 | 1 | 0 |
| Pulled Pork Sandwich | 1 EACH | 771 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Enchilada, Red Sauce | 1 Each | 693 |
| SPANISH RICE | 1/3 CUP | 125 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Orange Fresh | 1 EACH | 0 |
| Bananas | 1 EACH | 0 |
| Apples,Fresh | 1 EACH | 1 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 4 |
| Refried Beans Seasoned | 1/2 CUP | 583 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| Milk, 1% Lowfat | HALF PINT | 125 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ketchup | 1 OZ | 267 |
| Onions, Fresh Sliced | SLICE | 1 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1 |
| Salsa | 1 OZ | 69 |
| Sour Cream | 1 OZ | 47 |
| Weighted Daily Average | | 1109 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 13

Generated on: 3/27/2017 8:51:18 AM

| | Portion Size | Sodm (mg) |
|----------------------------------|--------------|-----------|
| Thu - 04/27/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #4 | 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, Marshmallow Mateys | 1 Each | 370 |
| Cereal, Frosted Mini-Wheats, Bow | BOWL | 10 |
| Yogurt, strawberry | 1 EACH | 50 |
| Sausage, Pork, Patty frz 2 ea | 2 EACH | 172 |
| 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 |
| High School Lunch | | |
| Menu #14 | Total | |
| Hamburger Gravy, 3/4 c | 3/4 CUP | 378 |
| Potatoes Whipped | 1/2 CUP | 119 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Malibu Chicken Sandwich 51% | 1 EACH | 1136 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 330 |
| Salad, Side--S/R/C | 1 CUP | 13 |
| Carrots Baby Fresh | 1/4 CUP | 20 |
| Apples, Fresh | 1 EACH | 1 |
| Orange Fresh | 1 EACH | 0 |
| Bananas | 1 EACH | 0 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Mandarin Oranges | 1/2 CUP | 21 |
| 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 |
| Tomatoes, Fresh, Sliced | 1 EACH | 0 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 1 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Mustard: individual PC | 1 EACH | 69 |
| Ketchup | 1 OZ | 267 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Pumpkin Chocolate Chip Cookies | 1 Each | 80 |
| Weighted Daily Average | | 1246 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 14

Generated on: 3/27/2017 8:51:18 AM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Fri - 04/28/2017 | | |
| BREAKFAST High School | Total | |
| Breakfast Menu #5 | 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 |
| POPTART, BROWN SUGAR CINN | PACKAGE | 170 |
| POPTART, STRAWBERRY | PACKAGE | 170 |
| 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 |
| High School Lunch | Total | |
| Menu #30 | 1 | *N/A* |
| Pizza, Cheese, Primo (8 cut) | slice | 660 |
| ChBurger Bacon PrimPizza 8 cut | 1 slice | 782 |
| 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 |
| Pineapple Chunks:canned,lt syr | 1/2 CUP | 12 |
| Apples,Fresh | 1 EACH | 1 |
| Kiwifruit, Fresh | 1 EACH | 2 |
| Bananas | 1 EACH | 0 |
| 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 |
| Weighted Daily Average | | 852 |
| % of Calories | | |
| Nutrient Guideline | | 1293 |

| | | |
|------------------|--|------|
| Weighted Average | | 1072 |
|------------------|--|------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Sodium (mg) | 1072 | | 1293 | | | | | |

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