

Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:58:45 AM

	Portion Size	Sodm (mg)
Mon - 05/01/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
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
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary		
Menu #36	Total	
Turkey & cheese deli Sand	1	*N/A*
Cheese Burger Wheat 51%	Serving	654
Salad, Side--Elem S/R/C	1 EACH	664
French Fries: ovn bkd, 1/2c	1/2 CUP	6
Pineapple Chunks:canned,lt syr	1/2 CUP	20
Apples,Fresh 1/2 each	1/2 CUP	12
Carrot Sticks	1/2 each	0
Cucumber, Raw	1/4 cup	21
Milk, Chocolate Fat Free	1/4 CUP	1
Milk, 1% Lowfat	HALF PINT	180
JUICE FRUITABLE	HALF PINT	125
Ketchup	1 EACH	20
Lettuce,Shred, 1/8 c	1 OZ	267
Mustard: individual PC	1/8 CUP	1
Ranch Dressing: yogurt	1 EACH	69
Mayonnaise, PC Packet	1 FL OZ	178
Weighted Daily Average	1 EACH	82
% of Calories		981
Nutrient Guideline		1068

Tue - 05/02/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
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
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #37	1	*N/A*
Meatball Sub	1 EACH	597
Chicken Strips, Adv. Pierre	3 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
Potato Wedges, 1/2 c	1/2 CUP	39
Pears: canned, light syrup	1/2 CUP	10
Orange Fresh, 1/2	1/2 EACH	0
Broccoli: frzn, boiled, 1/4 c	1/4 CUP	5
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
BBQ Ken's	1 oz	307
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		903
% of Calories		
Nutrient Guideline		1068

Wed - 05/03/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #38	1	*N/A*
Hot Dog on Wheat Bun 51 %	1 EACH	835
Tater Tots, 1/2 CUP	1/2 CUP	330
Soup Chicken Noodle : scratch	1 CUP	366
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Kiwifruit, Fresh	1 EACH	2
Peaches: canned, ex light syrup	1/2 CUP	10
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178

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Portion Values - Detailed

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Generated on: 3/27/2017 8:58:45 AM

	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1131
Nutrient Guideline		1068

Thu - 05/04/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #39	1	*N/A*
Hamburger Gravy	1/2 CUP	284
Potatoes Whipped	1/2 CUP	119
Mandarin Orange Chicken	serving	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Salad, Side--Elem S/R/C	1/2 CUP	6
Rolls 51%/ 2oz	1 EACH	205
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh 1/2 each	1/2 each	0
Green Beans: canned,ckd 1/4 c	1/4 cup	8
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 % of Calories		637
Nutrient Guideline		1068

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 05/05/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
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
Scrambled Eggs, USDA	1/4 cup	90
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #40	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Four Meat, BD-10	Slice	521
Navajo Taco	1 EACH	727
Cheese Combo (Chdr & Mozz)	1 OZ	115
Lettuce, Shred, 1/4 c	1/4 CUP	2
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Pears: canned, light syrup	1/2 CUP	10
Banana, 1/2	1/2 each	0
Carrots: frzn, boiled, 1/4 c	1/4 CUP	25
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		826
% of Calories		
Nutrient Guideline		1068

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	Portion Size	Sodm (mg)
Mon - 05/08/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
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
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #41	1	*N/A*
Rib-B-Q Sandwich wheat 51%	1 EACH	678
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Baked Ziti	1.25 cup	572
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Broccoli, raw: fresh 1/4 c	1/4 CUP	5
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Lettuce, Shred, 1/8 c	1/8 CUP	1
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		806
% of Calories		
Nutrient Guideline		1068

Tue - 05/09/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
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
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #42	1	*N/A*
Chicken, Roasted 8 piece	2 oz serving	200
Rolls 51%/ 2oz	1 EACH	205
Ham & Cheese Sub Wheat 51%	1 EACH	1044
Salad, Side--Elem S/R/C	1/2 CUP	6
Potato Wedges, 1/2 c	1/2 CUP	39
Beans Baked, 1/2 c	1/2 CUP	471
Pears: canned,light syrup	1/2 CUP	10
Peas: frozen,warmed,1/4 c	1/4 CUP	34
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
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ketchup	1 OZ	267
Weighted Daily Average		1129
% of Calories		
Nutrient Guideline		1068

Wed - 05/10/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
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
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #43	1	*N/A*
Grilled Cheese Gold Fish	1 each	511
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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--Elem S/R/C	1/2 CUP	6
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Carrots Baby Fresh	1/4 CUP	20
Orange Fresh, 1/2	1/2 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
Ketchup	1 OZ	267
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		715
% of Calories		
Nutrient Guideline		1068

Thu - 05/11/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #44	1	*N/A*
Country Fried Steak JTM	1 EACH	340
Chicken Nuggets, Adv. Pierre	5 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/4 c	1/4 CUP	157
Rolls 51%/ 2oz	1 EACH	205
Craisins, Strawberry	packet	0
Kiwifruit, Fresh	1 EACH	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
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
Ranch Dressing: yogurt	1 FL OZ	178
BBQ Ken's	1 oz	307
Ketchup	1 OZ	267
Weighted Daily Average		1037
% of Calories		
Nutrient Guideline		1068

Fri - 05/12/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
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
Scrambled Eggs, USDA	1/4 cup	90
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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	Portion Size	Sodm (mg)
LUNCH Elementary Menu #30	Total	
Pizza, Cheese, Primo (10 cut)	1 slice	*N/A*
Pizza, Pepp, Primo (10 cut)	1 slice	480
Mac & Cheese	6 oz	530
Salad, Side--Elem S/R/C	1/2 CUP	750
Carrots Baby Fresh	1/4 CUP	6
Applesauce, canned: Sweet	1/2 CUP	20
Craisins, Strawberry	packet	26
Green Beans: canned,ckd 1/4 c	1/4 cup	0
Milk, Chocolate Fat Free	HALF PINT	8
Milk, 1% Lowfat	HALF PINT	180
JUICE FRUITABLE	1 EACH	125
Ranch Dressing: yogurt	1 FL OZ	20
Creamie Variety: ban, choc	1 EACH	178
Weighted Daily Average % of Calories		39
Nutrient Guideline		771
		1068

Mon - 05/15/2017		
BREAKFAST Elementary Breakfast Menu #1	Total	
Pancakes, Cinnamon Glazed	1 EACH	0
Cereal, Frosted Mini-Wheats, Bow	BOWL	260
Cereal, Marshmallow Mateys	1 Each	10
POPTART, BROWN SUGAR CINN	PACKAGE	370
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	170
Scrambled Eggs, USDA	1/4 cup	50
Applesauce, canned: Sweet	1/2 CUP	90
Orange Fresh, 1/2	1/2 EACH	26
JUICE FRUITABLE	1 EACH	0
Milk, 1% Lowfat	HALF PINT	20
Milk, Chocolate Fat Free	HALF PINT	125
SYRUP, MAPLE CHEF'S MARK	1 EACH	180
LUNCH Elementary Menu #1	Total	
Chicken Nuggets, Adv. Pierre	5 Each	0
Breakfast Casserole	1 cup	313
Salad, Side--Elem S/R/C	1/2 CUP	694
Carrots Baby Fresh	1/4 CUP	6
Mandarin Oranges	1/2 CUP	20
Apples, Fresh 1/2 each	1/2 each	21
Broccoli, raw: fresh 1/4 c	1/4 CUP	0
Rolls 51%/ 2oz	1 EACH	5
Beans Baked, 1/2 c	1/2 CUP	205
Milk, Chocolate Fat Free	HALF PINT	471
Milk, 1% Lowfat	HALF PINT	180
JUICE FRUITABLE	1 EACH	125
Ketchup	1 OZ	20
Ranch Dressing: yogurt	1 FL OZ	267
Salsa	1 OZ	178
BBQ Ken's	1 oz	69
		307

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1013
Nutrient Guideline		1068

Tue - 05/16/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
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
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
LUNCH Elementary	Total	
Menu #2	1	0
Turkey & Cheese Sub Wheat 51%	1 EACH	648
Hawaiian Haystacks	1/2 CUP	337
Chow Mein Noodles	1/8 CUP	82
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Apples, Fresh 1/2 each	1/2 each	0
Pineapple Chunks: canned, lt syr	1/2 CUP	12
Peas: frozen, warmed, 1/4 c	1/4 CUP	34
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
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		813
Nutrient Guideline		1068

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 05/17/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
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
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary		
Menu #3	Total	
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Wsd Bowl Elementary	1 each	540
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Celery Sticks	1/4 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Applesauce, canned: Sweet	1/2 CUP	26
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
Sour Cream	1 OZ	47
Salsa	1 OZ	69
Weighted Daily Average		757
% of Calories		
Nutrient Guideline		1068

Thu - 05/18/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Page 12

Generated on: 3/27/2017 8:58:46 AM

	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #4	1	0
Chicken Sandwich 51%	1 EACH	605
Rib-B-Q Sandwich wheat 51%	1 EACH	678
Salad, Side--Elem S/R/C	1/2 CUP	6
Potato Wedges, 1/2 c	1/2 CUP	39
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Peaches: canned,ex light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
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
Mayonnaise, PC Packet	1 EACH	82
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		964
% of Calories		
Nutrient Guideline		1068

Fri - 05/19/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
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
Scrambled Eggs, USDA	1/4 cup	90
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Page 13

Generated on: 3/27/2017 8:58:46 AM

	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #5	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Hot Dog Wrap: Wheat 51%	1 EACH	837
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
Apples,Fresh 1/2 each	1/2 each	0
Orange Fresh, 1/2	1/2 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
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		883
% of Calories		
Nutrient Guideline		1068

Mon - 05/22/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
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
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Page 14

Generated on: 3/27/2017 8:58:46 AM

	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #6	1	0
Mandarin Orange Chicken	serving	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Corn Dog Chicken	1 EACH	390
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh 1/2 each	1/2 each	0
Broccoli Normandy 1/4 Cup	1/4 Cup	19
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
Weighted Daily Average		727
% of Calories		
Nutrient Guideline		1068

Tue - 05/23/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
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
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
LUNCH Elementary	Total	
Menu #7	1	0
French Toast Sticks, 4 each	4 EACH	370
Hash Brown Potatoes	1/2 CUP	0
Egg, Hard Boiled	1 EACH	62
Sausage,Pork,Patty frz	1 EACH	172
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
Carrots Baby Fresh	1/4 CUP	20
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

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Page 15

Generated on: 3/27/2017 8:58:46 AM

	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		783
Nutrient Guideline		1068

Wed - 05/24/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
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
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned, ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Salad, Side--Elem S/R/C	1/2 CUP	6
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
Weighted Daily Average % of Calories		482
Nutrient Guideline		1068

Thu - 05/25/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Salad, Side--Elem S/R/C	1/2 CUP	6
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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Generated on: 3/27/2017 8:58:46 AM

	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		549
Nutrient Guideline		1068

Fri - 05/26/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
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
Scrambled Eggs, USDA	1/4 cup	90
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Weighted Daily Average % of Calories		451
Nutrient Guideline		1068

Weighted Average		818
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	818		1068					

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