

Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:59:55 AM

	Portion Size	Sodm (mg)
Mon - 05/01/2017		
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 #6	1	0
Breakfast Casserole	1 cup	694
Pancakes, Cinnamon Glazed	PKG	260
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
Orange Fresh	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Pears: canned,light syrup	1/2 CUP	10
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
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Syrup, Pancake	1 OZ	23
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1241
% of Calories		
Nutrient Guideline		1264

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Page 2

Generated on: 3/27/2017 8:59:55 AM

	Portion Size	Sodm (mg)
Tue - 05/02/2017		
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 #11	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Hawaiian Primo Pizza 8 cut	1 slice	889
Popcorn Chicken, Adv. Pierre	10 Each	313
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Beans Baked, 1/2 c	1/2 CUP	471
Applesauce Cup, Cinnamon	1/2 CUP	15
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
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*
Weighted Daily Average		1094
% of Calories		
Nutrient Guideline		1264

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Generated on: 3/27/2017 8:59:55 AM

	Portion Size	Sodm (mg)
Wed - 05/03/2017		
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 #3	1	0
Penne Pasta	3/4 CUP	0
Spaghetti Sauce, Meatless 3/4	3/4 Cup	827
Meatballs Cooked, 5 ea	5 each	287
Parm Cheese	2 tsp	58
Rolls 51%/ 2oz	1 EACH	205
Chicken Sandwich 51%	1 EACH	605
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Peaches: canned, ex light syrup	1/2 CUP	10
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
Lettuce, Shred, 1/8 c	1/8 CUP	1
Tomatoes, Fresh, Sliced	1 EACH	0
Onions, Fresh Sliced	SLICE	1
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		1189
% of Calories		
Nutrient Guideline		1264

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	Portion Size	Sodm (mg)
Thu - 05/04/2017		
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 #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
Mandarin Oranges	1/2 CUP	21
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*
Weighted Daily Average		921
% of Calories		
Nutrient Guideline		1264

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	Portion Size	Sodm (mg)
Fri - 05/05/2017		
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 #15	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
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
Celery Sticks	1/4 CUP	26
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Fresh Fruit Salad	1/2 cup	8
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	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
Creamie Variety: ban, choc	1 EACH	39
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		842
% of Calories		
Nutrient Guideline		1264

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	Portion Size	Sodm (mg)
Mon - 05/08/2017		
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 #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		1004
% of Calories		
Nutrient Guideline		1264

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Portion Values - Detailed

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Generated on: 3/27/2017 8:59:55 AM

	Portion Size	Sodm (mg)
Tue - 05/09/2017		
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 #1	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
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
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
Ranch Dressing: yogurt	1 FL OZ	178
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		925
% of Calories		
Nutrient Guideline		1264

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	Portion Size	Sodm (mg)
Wed - 05/10/2017		
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 #11	1	0
Corn Dog Chicken	1 EACH	390
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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
Carrots Baby Fresh	1/4 CUP	20
Peaches: canned, ex light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
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
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		814
% of Calories		
Nutrient Guideline		1264

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	Portion Size	Sodm (mg)
Thu - 05/11/2017		
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 #28	1	*N/A*
Lasagna	1 1/4 cup	810
Rolls 51%/ 2oz	1 EACH	205
Chicken Sandwich 51%	1 EACH	605
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
Applesauce Cup, Strawberry	1/2 CUP	15
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		1089
% of Calories		
Nutrient Guideline		1264

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	Portion Size	Sodm (mg)
Fri - 05/12/2017		
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 #37	1	*N/A*
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Buffalo Chicken, BD-8	Slice	748
Chicken Strips, Adv. Pierre	3 Each	313
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		1183
% of Calories		
Nutrient Guideline		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 05/15/2017		
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*
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*
Weighted Daily Average		1066
% of Calories		
Nutrient Guideline		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 05/16/2017		
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 #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		1084
% of Calories		
Nutrient Guideline		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 05/17/2017		
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 #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		899
% of Calories		
Nutrient Guideline		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:59:56 AM

	Portion Size	Sodm (mg)
Thu - 05/18/2017		
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		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 05/19/2017		
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 #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
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
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
Pears: canned,light syrup	1/2 CUP	10
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		864
% of Calories		
Nutrient Guideline		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:59:56 AM

	Portion Size	Sodm (mg)
Mon - 05/22/2017		
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		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 05/23/2017		
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, canned: Sweet	1/2 CUP	26
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		1239
% of Calories		
Nutrient Guideline		1264

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:59:56 AM

	Portion Size	Sodm (mg)
Wed - 05/24/2017		
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		
Salad, Side--S/R/C	1 CUP	13
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Weighted Daily Average		490
% of Calories		
Nutrient Guideline		1264

	Portion Size	Sodm (mg)
Thu - 05/25/2017		
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
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, 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

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Jr High/LUNCH Jr High

Portion Values - Detailed

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Generated on: 3/27/2017 8:59:56 AM

	Portion Size	Sodm (mg)
LUNCH Jr High	Total	
Salad, Side--S/R/C	1 CUP	13
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		1264

Fri - 05/26/2017		
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, Marshmallow 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
Weighted Daily Average % of Calories		494
Nutrient Guideline		1264

Weighted Average		937
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	937		1264					

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* - 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.