

Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:56:47 AM

	Portion Size	Sodm (mg)
Mon - 05/01/2017		
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 #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
Cheese Burger Wheat 51%	1 EACH	664
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Lettuce,Shred, 1/8 c	1/8 CUP	1
Tomatoes,Fresh,Sliced	1 EACH	0
Onions, Fresh Sliced	SLICE	1
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1045
Nutrient Guideline		1276

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Portion Values - Detailed

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Generated on: 3/27/2017 8:56:47 AM

	Portion Size	Sodm (mg)
Tue - 05/02/2017		
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 #20	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Buffalo Chicken, BD-8	Slice	748
Lasagna	1 1/4 cup	810
Bread Sticks 51% 2 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Carrots Baby Fresh	1/4 CUP	20
Celery Sticks	1/4 CUP	26
Peaches: canned, ex light syrup	1/2 CUP	10
Orange Fresh	1 EACH	0
Apples, Fresh	1 EACH	1
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
Ranch Dressing: yogurt	1 FL OZ	178
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1157
% of Calories		
Nutrient Guideline		1276

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Portion Values - Detailed

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Generated on: 3/27/2017 8:56:47 AM

	Portion Size	Sodm (mg)
Wed - 05/03/2017		
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 #31	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Meaty Nachos- Beef	Serving	778
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
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
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
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	69
Ranch Dressing: yogurt	1 FL OZ	178

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1147
Nutrient Guideline		1276

Thu - 05/04/2017		
BREAKFAST High School Breakfast Menu #4	Total	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 #29	Total	*N/A*
Turkey Roast 3 oz	3 OZ	29
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
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--S/R/C	1 CUP	13
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
Bananas	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
Onions, Fresh Sliced	SLICE	1
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1064
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Fri - 05/05/2017		
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 #12	1	0
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
Popcorn Chicken, Adv. Pierre	10 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
Carrots Baby Fresh	1/4 CUP	20
Applesauce Cup, Cinnamon	1/2 CUP	15
Apples,Fresh	1 EACH	1
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Orange Fresh	1 EACH	0
Cucumber, Raw	1/4 CUP	1
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
Buffalo Sauce Mild	1 OZ	68
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1061
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Mon - 05/08/2017		
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
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
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 #3	1	0
Penne Pasta	3/4 CUP	0
Spaghetti Sauce, Meatless 1/2	1/2 Cup	620
Meatballs Cooked, 5 ea	5 each	287
Parm Cheese	2 tsp	58
Rolls 51%/ 2oz	1 EACH	205
Steak N Things, Philly Steak	Serving	763
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
Craisins, Strawberry	packet	0
Bananas	1 EACH	0
Apples,Fresh	1 EACH	1
Kiwifruit, Fresh	1 EACH	2
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
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1181
% of Calories		
Nutrient Guideline		1276

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 05/09/2017		
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		
Menu #37	Total	
Pizza, Cheese, Primo (8 cut)	1 slice	*N/A*
Pizza, Pepp, Primo, (8 cut)	1 slice	660
Chicken Strips, Adv. Pierre	3 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
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
Pears: canned, light syrup	1/2 CUP	10
Apples, Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	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
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		1055
% of Calories		
Nutrient Guideline		1276

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 05/10/2017		
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 #13	1	0
Creamy Cajun Chicken Pasta- Up	1.5 cups	351
Rolls 51%/ 2oz	1 EACH	205
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1/2 c	1/2 CUP	39
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
Apples,Fresh	1 EACH	1
Bananas	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,Sliced	1 EACH	0
Onions, Fresh Sliced	SLICE	1
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		794
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Thu - 05/11/2017		
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 #9	Total	
Country Fried Steak JTM	1 EACH	340
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Rolls 51%/ 2oz	1 EACH	205
Rib-B-Q Sandwich wheat 51%	1 EACH	678
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
Peas: frozen, warmed, 1/2 c	1/2 CUP	69
Mandarin Oranges	1/2 CUP	21
Apples, Fresh	1 EACH	1
Bananas	1 EACH	0
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
Ketchup	1 OZ	267
Barbecue Sauce BULL'S EYE	1 OZ	205
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1092
% of Calories		
Nutrient Guideline		1276

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	Portion Size	Sodm (mg)
Fri - 05/12/2017		
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 #17	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
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
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		819
% of Calories		
Nutrient Guideline		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 05/15/2017		
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
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
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		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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Generated on: 3/27/2017 8:56:48 AM

	Portion Size	Sodm (mg)
Tue - 05/16/2017		
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 #42	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
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
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
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
Sour Cream	1 OZ	47
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1002
% of Calories		
Nutrient Guideline		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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Generated on: 3/27/2017 8:56:48 AM

	Portion Size	Sodm (mg)
Wed - 05/17/2017		
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		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 05/18/2017		
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	
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		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 05/19/2017		
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 #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		870
% of Calories		
Nutrient Guideline		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

Page 16

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	Portion Size	Sodm (mg)
Mon - 05/22/2017		
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
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
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		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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Generated on: 3/27/2017 8:56:48 AM

	Portion Size	Sodm (mg)
Tue - 05/23/2017		
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		1276

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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Generated on: 3/27/2017 8:56:48 AM

	Portion Size	Sodm (mg)
Wed - 05/24/2017		
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	
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		477
% of Calories		
Nutrient Guideline		1276

Thu - 05/25/2017		
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, Marshmellow 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

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Weber School District Child Nutrition

May 1, 2017 thru May 26, 2017

Base Menu Spreadsheet

Combined: BREAKFAST High School/High School Lunch

Portion Values - Detailed

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Generated on: 3/27/2017 8:56:48 AM

	Portion Size	Sodm (mg)
High School Lunch	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		487
Nutrient Guideline		1276

Fri - 05/26/2017		
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
Weighted Daily Average % of Calories		476
Nutrient Guideline		1276

Weighted Average		982
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	982		1276					

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.