

Weber School District Child Nutrition

Jun 5, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer Lunch

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 1:03:35 PM

	Portion Size	Sodm (mg)
Mon - 06/05/2017		
Summer Lunch	Total	
Menu #1	1	0
Popcorn Chicken, Adv. Pierre	10 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Beans Baked, 1/2 c	1/2 CUP	471
Carrots Baby Fresh	1/4 CUP	20
Kiwifruit, Fresh	1 EACH	2
Peaches: canned,ex light syrup	1/2 CUP	10
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
BBQ Ken's	1 oz	307
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1050
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 06/06/2017		
Summer Lunch	Total	
Menu #2	1	0
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Salad, Side--Elem S/R/C	1/2 CUP	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Watermelon, Chunks 1/2 cup	1/2 CUP	1
APPLE SLICES, PACKAGE	PKG	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
Salsa, Commodity	1 FL OZ	138
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		845
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 06/07/2017		
Summer Lunch	Total	
Menu #3	1	0
Ham & Cheese Sub Summer	1 EACH	1058
Salad, Side--Elem S/R/C	1/2 CUP	6
Vegetable Cup	1/2 Cup	48
Bananas	1 EACH	0
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Chocolate Chip Cookie	1 EACH	81
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Lettuce,Shred, 1/8 c	1/8 CUP	1
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1470
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Thu - 06/08/2017		
Summer Lunch	Total	
Menu #4	1	0
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Egg, Hard Boiled	1 EACH	62
Tater Tots, 1/2 CUP	1/2 CUP	330
Mandarin Oranges	1/2 CUP	21
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		1019
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Fri - 06/09/2017		
Summer Lunch	Total	
Menu #5	1	0
Pizza Cheese Bid Daddy's (10)	SLICE	525
Pizza Pepp Big Daddy's (10)	SLICE	622
Salad, Side--Elem S/R/C	1/2 CUP	6
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Carrots Baby Fresh	1/4 CUP	20
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	13
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
Ranch Dressing: yogurt	1 FL OZ	178
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1034
Nutrient Guideline		1230

Mon - 06/12/2017		
Summer Lunch	Total	
Menu #6	1	0
Chicken Nuggets, Adv. Pierre	5 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
Rolls 51%/ 2oz	1 EACH	205
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Carrots Baby Fresh	1/4 CUP	20
Mandarin Oranges	1/2 CUP	21
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
BBQ Ken's	1 oz	307
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1211
Nutrient Guideline		1230

Tue - 06/13/2017		
Summer Lunch	Total	
Menu #7	1	0
Taco Crisp Elementary	1 each	464
Lettuce,Shred, 1/8 c	1/8 CUP	1
Cheese Combo (Chdr & Mozz)	1 OZ	115
Salad, Side--Elem S/R/C	1/2 CUP	6
Cinnamon Bites-High School	1 Each	205
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
APPLE SLICES, PACKAGE	PKG	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Salsa	1 OZ	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1043
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 06/14/2017		
Summer Lunch	Total	
Menu #8	1	0
Cheese Burger Wheat 51%	1 EACH	664
Salad, Side--Elem S/R/C	1/2 CUP	6
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	13
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Lettuce, Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1324
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Thu - 06/15/2017		
Summer Lunch	Total	
Menu #9	1	0
FISH FILET SANDWICH Wheat 51%	1 EACH	535
Salad, Side--Elem S/R/C	1/2 CUP	6
Tater Tots, 1/2 CUP	1/2 CUP	330
Broccoli, raw: fresh 1/4 c	1/4 CUP	5
Carrots Baby Fresh	1/4 CUP	20
Bananas	1 EACH	0
Chocolate Chip Cookie	1 EACH	81
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
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		1197
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 06/16/2017		
Summer Lunch	Total	
Menu #10	1	0
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
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Craisins, Strawberry	packet	0
Strawberries, Fresh 1/2 cup	1/2 CUP	1
JUICE FRUITABLE	1 EACH	20
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		604
% of Calories		
Nutrient Guideline		1230

Mon - 06/19/2017		
Summer Lunch	Total	
Menu #11	1	0
Chicken Strips, Adv. Pierre	3 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Tater Tots, 1/2 CUP	1/2 CUP	330
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Pears: canned,light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
BBQ Ken's	1 oz	307
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1313
% of Calories		
Nutrient Guideline		1230

Tue - 06/20/2017		
Summer Lunch	Total	
Menu #12	1	0
Mac & Cheese	6 oz	750
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
Watermelon, Chunks 1/2 cup	1/2 CUP	1
Peaches: canned,ex light syrup	1/2 CUP	10
Creamie Chocolate	1 EACH	39
Creamie Banana	1 EACH	39
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ranch Dressing: yogurt	1 FL OZ	178

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1052
Nutrient Guideline		1230

Wed - 06/21/2017		
Summer Lunch	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	13
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Lettuce, Shred, 1/8 c	1/8 CUP	1
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1112
Nutrient Guideline		1230

Thu - 06/22/2017		
Summer Lunch	Total	
Menu #14	1	0
Mini Corn Dogs	6 EA	366
Salad, Side--Elem S/R/C	1/2 CUP	6
Potato Wedges, 1/2 c	1/2 CUP	39
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
Mandarin Oranges	1/2 CUP	21
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Mustard: individual PC	1 EACH	69
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1064
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 06/23/2017		
Summer Lunch	Total	
Menu #15	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Green Beans: canned,ckd 1/4 c	1/4 cup	8
APPLE SLICES, PACKAGE	PKG	0
Chocolate Chip Cookie	1 EACH	81
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		823
% of Calories		
Nutrient Guideline		1230

Mon - 06/26/2017		
Summer Lunch	Total	
Menu #1	1	0
Popcorn Chicken, Adv. Pierre	10 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Beans Baked, 1/2 c	1/2 CUP	471
Carrots Baby Fresh	1/4 CUP	20
Kiwifruit, Fresh	1 EACH	2
Peaches: canned,ex light syrup	1/2 CUP	10
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
BBQ Ken's	1 oz	307
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1050
% of Calories		
Nutrient Guideline		1230

Tue - 06/27/2017		
Summer Lunch	Total	
Menu #2	1	0
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Salad, Side--Elem S/R/C	1/2 CUP	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Watermelon, Chunks 1/2 cup	1/2 CUP	1
APPLE SLICES, PACKAGE	PKG	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
Salsa, Commodity	1 FL OZ	138
Ranch Dressing: yogurt	1 FL OZ	178

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		845
Nutrient Guideline		1230

Wed - 06/28/2017		
Summer Lunch	Total	
Menu #3	1	0
Ham & Cheese Sub Summer	1 EACH	1058
Salad, Side--Elem S/R/C	1/2 CUP	6
Vegetable Cup	1/2 Cup	48
Bananas	1 EACH	0
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Chocolate Chip Cookie	1 EACH	81
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Lettuce,Shred, 1/8 c	1/8 CUP	1
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		1470
Nutrient Guideline		1230

Thu - 06/29/2017		
Summer Lunch	Total	
Menu #4	1	0
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Egg, Hard Boiled	1 EACH	62
Tater Tots, 1/2 CUP	1/2 CUP	330
Mandarin Oranges	1/2 CUP	21
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ketchup	1 OZ	267
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average % of Calories		1019
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 06/30/2017		
Summer Lunch	Total	
Menu #5	1	0
Pizza Cheese Bid Daddy's (10)	SLICE	525
Pizza Pepp Big Daddy's (10)	SLICE	622
Salad, Side--Elem S/R/C	1/2 CUP	6
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Carrots Baby Fresh	1/4 CUP	20
Melons, Cantaloupe, Raw 1/2 cu	1/2 CUP	13
Orange Fresh, 1/2	1/2 EACH	0
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1034
% of Calories		
Nutrient Guideline		1230

Weighted Average		1079
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1079		1230					

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