

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/30/2017 10:08:08 AM

	Portion Size	Sodm (mg)
Wed - 11/01/2017		
High School Lunch	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
Meatball Sub, High School	SANDWICH	638
French Fries: oven bkd, 1c	1 CUP	40
Cajun Chicken Pasta- Up	1.5 cups	351
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Sugar Cookies	1 EACH	56
Weighted Daily Average		979
% of Calories		
Nutrient Guideline		1420

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 10/30/2017 10:08:08 AM

	Portion Size	Sodm (mg)
Thu - 11/02/2017		
High School Lunch	Total	
Menu #4	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1c	1 CUP	79
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		1072
% of Calories		
Nutrient Guideline		1420

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 3

Generated on: 10/30/2017 10:08:08 AM

	Portion Size	Sodm (mg)
Fri - 11/03/2017		
High School Lunch	Total	
Menu #5	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
Mandarin Orange Chicken	serving	311
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh	1/4 CUP	20
Beans Baked, 1/2 c	1/2 CUP	471
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	10
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1094
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 4

Generated on: 10/30/2017 10:08:08 AM

	Portion Size	Sodm (mg)
Mon - 11/06/2017		
High School Lunch	Total	
Menu #6	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 51%	1 EACH	837
Cheese Burger Wheat 51%	1 EACH	664
Salad, Side--Green	1 CUP	17
French Fries: oven bkd, 1c	1 CUP	40
Tomato Grape	1/4 CUP	2
Celery Sticks	1/4 CUP	26
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Peaches: canned,ex 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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average % of Calories		1135
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 5

Generated on: 10/30/2017 10:08:08 AM

	Portion Size	Sodm (mg)
Tue - 11/07/2017		
High School Lunch	Total	
Menu #7	1	0
Chicken Sandwich 51%	1 EACH	605
Taco Crisp	2 each	619
Taco Soft Shell	1 EACH	737
Tater Tots, 1 CUP	1 CUP	660
Rolls 51%/ 2oz	1 EACH	205
Pizza, Pepp, Primo, (8 cut)	slice	660
Pizza, Cheese, Primo (8 cut)	slice	660
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce Cup, Cinnamon	1/2 CUP	15
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Cheese Combo (Chdr & Mozz)	1 OZ	115
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Weighted Daily Average		1327
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 6

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Wed - 11/08/2017		
High School Lunch	Total	
Menu #8	1	0
Chicken Sandwich 51%	EACH	605
Rib-B-Q Sandwich wheat 51%	1 EACH	678
French Fries: oven bkd, 1c	1 CUP	40
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	964
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	0
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Beans Baked, 1/2 c	1/2 CUP	471
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1325
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 7

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Thu - 11/09/2017		
High School Lunch	Total	
Menu #9	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1c	1 CUP	79
Turkey Roast 3 oz	3 OZ	29
Potatoes Whipped	1/2 CUP	119
Gravy, Chicken, 1/2 c	1/2 CUP	520
Mac & Cheese SEC	8 oz	1000
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Jello	1/2 cup	90
Weighted Daily Average		1240
% of Calories		
Nutrient Guideline		1420

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High School Lunch

Portion Values - Detailed

Page 8

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Fri - 11/10/2017		
High School Lunch	Total	
Menu #10	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Teriyaki Chicken 4.5 oz	4.5 oz	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1 CUP	3
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Broccoli Normandy 1/2	1/2 cup	23
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Rice Krispies Treat -Large	1 Each	140
Weighted Daily Average		1006
% of Calories		
Nutrient Guideline		1420

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High School Lunch

Portion Values - Detailed

Page 9

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Mon - 11/13/2017		
High School Lunch	Total	
Menu #11	1	0
Chicken Sandwich 51%	1 EACH	605
Chicken Nuggets, Adv. Pierre	5 Each	313
French Fries: oven bkd, 1c	1 CUP	40
Chicken Parmesan	1 Each	1381
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Peaches: canned,ex 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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	OZ	205
Buffalo Sauce Mild	1 OZ	68
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1219
% of Calories		
Nutrient Guideline		1420

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 10

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Tue - 11/14/2017		
High School Lunch	Total	
Menu #12	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Enchilada, Red Sauce	1 Each	693
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
Spanish Rice	1/3 Cup	16
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce, canned: Sweet	1/2 CUP	26
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Lettuce,Shred, 1/8 c	1/8 CUP	1
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Pumpkin Chocolate Chip Cookies	1 Each	80
Weighted Daily Average		1320
% of Calories		
Nutrient Guideline		1420

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High School Lunch

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Page 11

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	Portion Size	Sodm (mg)
Wed - 11/15/2017		
High School Lunch	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Chicken Alfredo Sauce 2-3/4 C	3/4 Cup	1064
Noodles, Penne	1 CUP	0
Rolls 51%/ 2oz	1 EACH	205
Breakfast Casserole	1 cup	694
Eggo Waffle-2	2	260
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	13
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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Weighted Daily Average		1266
% of Calories		
Nutrient Guideline		1420

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 12

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	Portion Size	Sodm (mg)
Thu - 11/16/2017		
High School Lunch	Total	
Menu #14	1	0
Chicken Sandwich 51%	1 EACH	605
Corn Dog Chicken	1 EACH	390
Potato Wedges, 1c	1 CUP	79
Hamburger Gravy, 3/4 c	3/4 CUP	378
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Sugar Cookies	1 EACH	56
Weighted Daily Average		967
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 13

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Fri - 11/17/2017		
High School Lunch	Total	
Menu #15	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Sweet N' Sour Chicken	Serving	222
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Broccoli Normandy 1/2	1/2 cup	23
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1012
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Mon - 11/20/2017		
High School Lunch	Total	
Menu #16	1	0
Chicken Sandwich 51%	1 EACH	605
Wrap Chicken Strip	1 EACH	607
Steak N Things Sand. DELI Beef	2 oz	762
French Fries: oven bkd, 1c	1 CUP	40
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Peaches: canned,ex 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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce Mild	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Weighted Daily Average		1055
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Tue - 11/21/2017		
High School Lunch	Total	
Menu #17	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Meaty Nachos- Beef	Serving	778
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Refried Beans Seasoned	1/2 CUP	583
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce Cup, Strawberry	1/2 CUP	15
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Weighted Daily Average		1373
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Mon - 11/27/2017		
High School Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Chicken Strips, Adv. Pierre	3 Each	313
French Fries: oven bkd, 1c	1 CUP	40
Spaghetti Sauce, Meatless 3/4	3/4 Cup	827
Meatballs Cooked, 5 ea	5 each	287
Noodles, Penne	1 CUP	0
Salad, Side--Green	1 CUP	17
Rolls 51%/ 2oz	1 EACH	205
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Peaches: canned,ex 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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1259
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Tue - 11/28/2017		
High School Lunch	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Fiesta Taco Bowl	1 EACH	682
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce, canned: Plain	1/2 CUP	14
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Weighted Daily Average		1327
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 18

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Wed - 11/29/2017		
High School Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Chicken Bacon Ranch Wrap	1 each	917
French Fries: oven bkd, 1c	1 CUP	40
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Jello	1/2 cup	90
Weighted Daily Average		1173
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 19

Generated on: 10/30/2017 10:08:09 AM

	Portion Size	Sodm (mg)
Thu - 11/30/2017		
High School Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
FISH FILET SANDWICH Wheat 51%	1 EACH	671
Potato Wedges, 1c	1 CUP	79
Pork Roast	2 OZ	26
Potatoes Whipped	1/2 CUP	119
Gravy, Brown, 1/2 c	1/2 CUP	323
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Ketchup	1 OZ	267
Mustard Yellow Prepared	1 tsp	63
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		1022
% of Calories		
Nutrient Guideline		1420

Weighted Average		1167
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1167		1420					

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