

# Weber School District Child Nutrition

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 11/27/2017 10:02:22 AM

	Portion Size	Sodm (mg)
Fri - 12/01/2017		
Elementary Lunch	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
FISH FILET SANDWICH Wheat 51%	1 EACH	671
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Broccoli: fresh, boiled, 1/4c	1/4 CUP	6
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Pumpkin Chocolate Chip Cookies	1 Each	80
Weighted Daily Average		950
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Mon - 12/04/2017		
Elementary Lunch	Total	
Menu #1	1	0
Chicken Tetrazzini	1 cup	696
Rolls 51%/ 2oz	1 EACH	205
Meatball Sub	1 EACH	597
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Carrots:frzn, boiled, 1/4 c	1/4 CUP	25
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1031
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Tue - 12/05/2017		
Elementary Lunch	Total	
Menu #2	1	0
Sweet N' Sour Chicken	Serving	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Hot Dog on Wheat Bun 51 %	1 EACH	835
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
Peaches: canned,ex light syrup	1/2 CUP	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		1075
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Wed - 12/06/2017		
Elementary Lunch	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Breakfast Casserole	1 cup	694
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Peas: frozen,warmed,1/4 c	1/4 CUP	34
Applesauce, canned: Plain	1/2 CUP	14
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Salsa	1 OZ	68
Weighted Daily Average		882
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Thu - 12/07/2017		
Elementary Lunch	Total	
Menu #4	1	0
Hamburger Gravy	1/2 CUP	284
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Rib-B-Q Sandwich wheat 51%	1 EACH	678
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem Green	1/2 CUP	8
Carrots Baby Fresh	1/4 CUP	20
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Pears: canned,light syrup	1/2 CUP	10
Craisins, Strawberry	packet	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
Snickerdoodles	1 EACH	72
Weighted Daily Average		977
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Fri - 12/08/2017		
Elementary Lunch	Total	
Menu #5	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Four Meat, BD-10	Slice	521
Turkey & Cheese Sub ELEM	1 EACH	646
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
Broccoli Normandy 1/4 Cup	1/4 Cup	19
Cucumber, Raw	1/4 CUP	1
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Lettuce,Shred, 1/8 c	1/8 CUP	1
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		937
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Mon - 12/11/2017		
Elementary Lunch	Total	
Menu #6	1	0
Grilled Cheese Gold Fish	1 each	511
Chicken Nuggets, Adv. Pierre	5 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
Tater Tots, 1/2 CUP	1/2 CUP	330
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
BBQ Sauce	1 OZ	285
Ketchup	1 OZ	267
CINNAMON ROLLS	1 EACH	46
Weighted Daily Average		962
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 12/12/2017		
Elementary Lunch	Total	
Menu #10	1	0
Italian Dunkers	1/2 CUP	532
Teriyaki Chicken 4.5 oz	4.5 oz	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Carrots Baby Fresh	1/4 CUP	20
Broccoli Normandy 1/4 Cup	1/4 Cup	19
Banana, 1/2	1/2 each	0
Applesauce Cup, Cinnamon	1/2 CUP	15
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
Jello	1/2 cup	90
Weighted Daily Average		997
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 12/13/2017		
Elementary Lunch	Total	
Menu #8	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Hawaiian Haystacks	1/2 CUP	337
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Cheese Combo (Chdr & Mozz)	1 OZ	115
Chow Mein Noodles	1/8 cup	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Celery Chopped 1/8 cup	1/8 cup	12
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Beans Baked, 1/2 c	1/2 CUP	471
Peas: frozen,warmed,1/4 c	1/4 CUP	34
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mustard: individual PC	EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Weighted Daily Average		824
% of Calories		
Nutrient Guideline		1230

Thu - 12/14/2017		
Elementary Lunch	Total	
Menu #9	1	0
Cheese Burger Wheat 51%	1 EACH	664
Tater Tots, 1/2 CUP	1/2 CUP	330
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
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
Pears: canned,light syrup	1/2 CUP	10
Craisins, Strawberry	packet	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
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Rice Krispies Treat -Large	1 Each	140

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1079
Nutrient Guideline		1230

Fri - 12/15/2017		
Elementary Lunch Menu #7	Total	
Pizza, Cheese, Primo (10 cut)	1 slice	0
Pizza, Pepp, Primo (10 cut)	1 slice	480
Burrito, Bean & Cheese, 5 oz	1 EACH	530
Potato Wedges, 1/2 c	1/2 CUP	444
Salad, Side--Elem S/R/C	1/2 CUP	39
Tomato Grape	1/4 CUP	6
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2
Cucumber, Raw	1/4 CUP	6
Peaches: canned,ex light syrup	1/2 CUP	1
Banana, 1/2	1/2 each	10
Milk, Chocolate Fat Free	HALF PINT	0
Milk,1% Lowfat	HALF PINT	180
JUICE FRUITABLE	1 EACH	125
Ranch Dressing: yogurt	1 FL OZ	20
Ketchup	1 OZ	178
Sour Cream	1 OZ	267
Salsa	1 OZ	47
Pudding Chocolate	1 EACH	68
Pudding Vanilla	1 EACH	140
Weighted Daily Average % of Calories		140
Nutrient Guideline		820
		1230

Mon - 12/18/2017		
Elementary Lunch Menu #11	Total	
Popcorn Chicken, Adv. Pierre	10 Each	0
Tater Tots, 1/2 CUP	1/2 CUP	313
Mac & Cheese	6 oz	330
Salad, Side--Elem S/R/C	1/2 CUP	750
Rolls 51%/ 2oz	1 EACH	6
Tomato Grape	1/4 CUP	205
Carrots:frzn, boiled, 1/4 c	1/4 CUP	2
Mandarin Oranges	1/2 CUP	25
Apples,Fresh 1/2 each	1/2 each	21
Milk, Chocolate Fat Free	HALF PINT	0
Milk,1% Lowfat	HALF PINT	180
JUICE FRUITABLE	1 EACH	125
Ranch Dressing: yogurt	1 FL OZ	20
Ketchup	1 OZ	178
Barbecue Sauce BULL'S EYE	1 OZ	267
Weighted Daily Average % of Calories		205
Nutrient Guideline		1044
		1230

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	Portion Size	Sodm (mg)
Tue - 12/19/2017		
Elementary Lunch	Total	
Menu #12	1	0
Breakfast Casserole	1 cup	694
Rolls 51%/ 2oz	1 EACH	205
Ham & Cheese Sub Wheat 51%	1 EACH	1044
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Peaches: canned,ex light syrup	1/2 CUP	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Sugar Cookies	1 EACH	56
Weighted Daily Average		1143
% of Calories		
Nutrient Guideline		1230

Wed - 12/20/2017		
Elementary Lunch	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Chicken Alfredo Sauce 2 -1/2 C	1/2 Cup	509
Penne Pasta 1/2 Cup	1/2 CUP	0
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Peas: frozen,warmed,1/4 c	1/4 CUP	34
Applesauce Cup, Strawberry	1/2 CUP	15
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
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
Weighted Daily Average		862
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Thu - 12/21/2017		
Elementary Lunch	Total	
Menu #16	1	0
French Toast Sticks, 4 each	4 EACH	370
SCRAMBLED EGGS (Rogers Jug)	1/4 cup	126
Bacon, 2 ea	2 Each	274
Hash Brown Potatoes	1/2 CUP	0
Salad, Side--Elem Green	1/2 CUP	8
Carrots Baby Fresh	1/4 CUP	20
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Salsa	1 OZ	68
Weighted Daily Average		997
% of Calories		
Nutrient Guideline		1230

Weighted Average		972
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	972		1230					

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