

# Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 01/03/2018		
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

	Portion Size	Sodm (mg)
Thu - 01/04/2018		
Elementary Lunch	Total	
Menu #11	1	0
Popcorn Chicken, Adv. Pierre	10 Each	313
Tater Tots, 1/2 CUP	1/2 CUP	330
Mac & Cheese	6 oz	750
Salad, Side--Elem S/R/C	1/2 CUP	6
Rolls 51%/ 2oz	1 EACH	205
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Weighted Daily Average		1044
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 01/05/2018		
Elementary Lunch	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Meaty Nachos- Beef	Serving	778
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
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
Salsa	1 OZ	68
Sour Cream	1 OZ	47
Rice Krispy Treat	1 each	45
Weighted Daily Average		819
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Mon - 01/08/2018		
Elementary Lunch	Total	
Menu #1	1	0
Chicken Tetrizzini	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 - 01/09/2018		
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
Beans Baked, 1/2 c	1/2 CUP	471
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
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		1075
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Wed - 01/10/2018		
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
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		882
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Thu - 01/11/2018		
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)
Tue - 01/16/2018		
Elementary Lunch	Total	
Menu #7	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 S/R/C	1/2 CUP	6
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Broccoli Normandy 1/2	1/2 cup	23
Applesauce Cup, Cinnamon	1/2 CUP	15
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1010
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 01/17/2018		
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
Tomato Grape	1/4 CUP	2
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		820
% of Calories		
Nutrient Guideline		1230

Thu - 01/18/2018		
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
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
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		1057
Nutrient Guideline		1230

Fri - 01/19/2018		
Elementary Lunch	Total	
Menu #10	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem Green	1/2 CUP	8
Carrots Baby Fresh	1/4 CUP	20
Broccoli Normandy 1/4 Cup	1/4 Cup	19
Peaches: canned,ex light syrup	1/2 CUP	10
Banana, 1/2	1/2 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
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Jello	1/2 cup	90
Weighted Daily Average % of Calories		883
Nutrient Guideline		1230

Mon - 01/22/2018		
Elementary Lunch	Total	
Menu #11	1	0
Popcorn Chicken, Adv. Pierre	10 Each	313
Tater Tots, 1/2 CUP	1/2 CUP	330
Mac & Cheese	6 oz	750
Salad, Side--Elem S/R/C	1/2 CUP	6
Rolls 51%/ 2oz	1 EACH	205
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Weighted Daily Average % of Calories		1044
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Tue - 01/23/2018		
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
Snickerdoodles	1 EACH	72
Weighted Daily Average % of Calories		1153
Nutrient Guideline		1230

Wed - 01/24/2018		
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 % of Calories		862
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Thu - 01/25/2018		
Elementary Lunch	Total	
Menu #14	1	0
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
Salad, Side--Elem Green	1/2 CUP	8
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/4 c	1/4 CUP	157
Rolls 51%/ 2oz	1 EACH	205
Carrots Baby Fresh	1/4 CUP	20
Celery Sticks	1/4 CUP	26
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Pears: canned,light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
BBQ Sauce	1 OZ	285
Ketchup	1 OZ	267
Weighted Daily Average		1034
% of Calories		
Nutrient Guideline		1230

Fri - 01/26/2018		
Elementary Lunch	Total	
Menu #15	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Mandarin Orange Chicken	serving	311
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
Tomato Grape	1/4 CUP	2
Broccoli Normandy 1/4 Cup	1/4 Cup	19
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
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
Chocolate Chip Cookie	EACH	81
Weighted Daily Average		747
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Mon - 01/29/2018		
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
Tomato Grape	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
Ketchup	1 OZ	267
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Weighted Daily Average		954
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 01/30/2018		
Elementary Lunch	Total	
Menu #17	1	0
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
Hot Dog Wrap: Wheat 51%	1 EACH	837
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem Green	1/2 CUP	8
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
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
Pumpkin Chocolate Chip Cookies	1 Each	80
Weighted Daily Average		1094
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 01/31/2018		
Elementary Lunch	Total	
Menu #18	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Wsd Bowl Elementary	1 each	540
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Applesauce, canned: Sweet	1/2 CUP	26
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		836
% of Calories		
Nutrient Guideline		1230

Weighted Average		957
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	957		1230					

\*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.