

Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 12/8/2017 4:11:33 PM

	Portion Size	Sodm (mg)
Wed - 01/03/2018		
Junior High Lunch	Total	
Menu #16	1	0
Chicken Sandwich 51%	1 EACH	605
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Burrito, Beef & Bean, 5.2 oz	1 EACH	401
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
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
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Salsa	1 OZ	68
Sour Cream	1 OZ	47
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1127
% of Calories		
Nutrient Guideline		1360

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

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	Portion Size	Sodm (mg)
Thu - 01/04/2018		
Junior High Lunch	Total	
Menu #18	1	0
Chicken Sandwich 51%	1 EACH	605
Turkey & Cheese Sub Wheat 51%	1 EACH	648
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Chicken Alfredo Sauce 2-3/4 C	3/4 Cup	1064
Penne Pasta	3/4 CUP	0
Rolls 51%/ 1.5 oz	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
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1149
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 01/05/2018		
Junior High Lunch	Total	
Menu #25	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1/2 c	1/2 CUP	39
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
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--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
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Snickerdoodles	1 EACH	72
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		908
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 01/08/2018		
Junior High Lunch	Total	
Menu #1	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Popcorn Chicken, Adv. Pierre	10 Each	313
Rolls 51%/ 2oz	1 EACH	205
Taco Crisp	2 each	619
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Salsa	1 OZ	68
Sour Cream	1 OZ	47
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		895
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 01/09/2018		
Junior High Lunch	Total	
Menu #2	1	0
Chicken Sandwich 51%	1 EACH	605
Meatball Sub	1 EACH	597
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Sugar Cookies	1 EACH	56
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		904
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 01/10/2018		
Junior High Lunch	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 51%	1 EACH	837
Turkey & Cheese Sub Wheat 51%	1 EACH	648
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Beans Baked, 1/2 c	1/2 CUP	471
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1169
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Thu - 01/11/2018		
Junior High Lunch	Total	
Menu #4	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
Rolls 51%/ 2oz	1 EACH	205
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Peas: frozen,warmed,1/2 c	1/2 CUP	69
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
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		984
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 01/16/2018		
Junior High Lunch	Total	
Menu #7	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1/2 CUP	1/2 CUP	330
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Hawaiian Haystacks	1/2 CUP	337
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
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
Rolls 51%/ 2oz	1 EACH	205
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
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		992
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 01/17/2018		
Junior High Lunch	Total	
Menu #8	1	0
Chicken Sandwich 51%	1 EACH	605
Ham & Cheese Sub Wheat 51%	1 EACH	1044
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Enchilada, Red Sauce	1 Each	677
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
SPANISH RICE	1/3 CUP	125
Beans, Black, 1/2 c	1/2 CUP	383
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Sour Cream	1 OZ	47
Salsa	1 OZ	68
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1170
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Thu - 01/18/2018		
Junior High Lunch	Total	
Menu #9	1	0
Chicken Sandwich 51%	1 EACH	605
Pulled Pork Sandwich	1 EACH	771
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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
Green Beans: canned,ckd, 1/2 c	1/2 cup	16
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		939
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 01/19/2018		
Junior High Lunch	Total	
Menu #10	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1/2 CUP	1/2 CUP	330
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	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Broccoli Normandy-HS	1/2 CUP	20
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Snickerdoodles	1 EACH	72
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1040
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 01/22/2018		
Junior High Lunch	Total	
Menu #11	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Navajo Taco	1 EACH	792
Cheese Combo (Chdr & Mozz)	1 OZ	115
Mac & Cheese SEC	8 oz	1000
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1105
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 01/23/2018		
Junior High Lunch	Total	
Menu #12	1	0
Chicken Sandwich 51%	1 EACH	605
Chicken Nuggets, Adv. Pierre	5 Each	313
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Rolls 51%/ 2oz	1 EACH	205
Pizza, Cheese, Primo (8 cut)	slice	660
Hawaiian Primo Pizza 8 cut	1 slice	889
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
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
BBQ Ken's	1 oz	307
Buffalo Sauce	1 OZ	93
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1026
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 01/24/2018		
Junior High Lunch	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
Chicken Bacon Ranch Wrap	1 each	917
Potato Wedges, 1/2 c	1/2 CUP	39
Cajun Chicken Pasta	1.5 cups	364
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		974
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 01/25/2018		
Junior High Lunch	Total	
Menu #14	1	0
Chicken Sandwich 51%	1 EACH	605
Cheese Burger Wheat 51%	1 EACH	664
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Turkey Roast	2 oz	29
Potatoes Whipped	1/2 CUP	119
Chicken Gravy	1/2 CUP	520
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Celery Sticks	1/4 CUP	26
Peas: frozen,warmed,1/2 c	1/2 CUP	69
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		924
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 01/26/2018		
Junior High Lunch	Total	
Menu #15	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1/2 c	1/2 CUP	39
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--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	13
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Chocolate Chip Cookie	1 EACH	81
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		908
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 17

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	Portion Size	Sodm (mg)
Mon - 01/29/2018		
Junior High Lunch	Total	
Menu #16	1	0
Chicken Sandwich 51%	1 EACH	605
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Burrito, Beef & Bean, 5.2 oz	1 EACH	401
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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
Rölls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
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
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Salsa	1 OZ	68
Sour Cream	1 OZ	47
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1086
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 01/30/2018		
Junior High Lunch	Total	
Menu #17	1	0
Chicken Sandwich 51%	1 EACH	605
Steak N Things Sandwich	2 oz	400
Potato Wedges, 1/2 c	1/2 CUP	39
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Salad, Side--Green	1 CUP	17
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Rice Krispy Treat	1 each	45
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		863
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 01/31/2018		
Junior High Lunch	Total	
Menu #18	1	0
Chicken Sandwich 51%	1 EACH	605
Turkey & Cheese Sub Wheat 51%	1 EACH	648
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%/ 1.5 oz	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
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		961
% of Calories		
Nutrient Guideline		1360

Weighted Average		1006
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1006		1360					

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