

# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 02/01/2018		
Elementary Lunch	Total	
Menu #19	1	0
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	694
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	0
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Pulled Pork Sandwich, Elem	1 EACH	629
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem S/R/C	1/2 CUP	6
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
Mayonnaise, PC Packet	1 EACH	82
Snickerdoodles	1 EACH	72
Weighted Daily Average		1178
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Fri - 02/02/2018		
Elementary Lunch	Total	
Menu #20	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Navajo Taco	1 EACH	792
Cheese Combo (Chdr & Mozz)	1 OZ	115
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
Ranch Dressing: yogurt	1 FL OZ	178
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Lettuce,Shred, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		892
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Mon - 02/05/2018		
Elementary Lunch	Total	
Menu #21	1	*N/A*
Sweet N' Sour Chicken	Serving	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Chili Con Carne and Beans	1 CUP	800
Cheese Combo (Chdr & Mozz)	1 OZ	115
Salad, Side--Elem Green	1/2 CUP	8
Rolls 51%/ 2oz	1 EACH	205
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
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
Weighted Daily Average		814
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 02/06/2018		
Elementary Lunch	Total	
Menu #22	1	*N/A*
Taco Crisp Elementary	1 each	464
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Wrap Chicken Strip	1 EACH	567
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
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
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Sugar Cookies	1 EACH	56
Weighted Daily Average		849
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 02/07/2018		
Elementary Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Cajun Chicken Pasta	1.5 cups	364
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
Lettuce,Shred, 1/8 c	1/8 CUP	1
Tomatoes,Fresh,Sliced	1 EACH	0
Jello	1/2 cup	90
Weighted Daily Average		826
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Thu - 02/08/2018		
Elementary Lunch	Total	
Menu #24	1	*N/A*
Pork Roast	2 OZ	26
Potatoes Whipped	1/2 CUP	119
Gravy, Chicken, 1/4 c	1/4 CUP	260
Rolls 51%/ 2oz	1 EACH	205
Corn Dog Chicken	1 EACH	390
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
Beans Baked, 1/2 c	1/2 CUP	471
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
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		768
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 02/09/2018		
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
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Pumpkin Chocolate Chip Cookies	1 Each	80
Weighted Daily Average		1028
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Mon - 02/12/2018		
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
Cucumber, Raw	1/4 CUP	1
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		1032
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Tue - 02/13/2018		
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	1/4 CUP	20
Celery Sticks	1/4 CUP	26
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
Weighted Daily Average		1015
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Wed - 02/14/2018		
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
Cookie, Holiday Frosted	1 each	78
Weighted Daily Average		941
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Thu - 02/15/2018		
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
Weighted Daily Average		933
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 02/20/2018		
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	1/4 CUP	20
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		1001
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 02/21/2018		
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 - 02/22/2018		
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
Carrot Sticks	1/4 cup	21
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		1054
Nutrient Guideline		1230

Fri - 02/23/2018		
Elementary Lunch Menu #10	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 Green	1/2 CUP	39
Carrots Baby Fresh	1/4 CUP	8
Broccoli Normandy 1/4 Cup	1/4 Cup	20
Peaches: canned,ex light syrup	1/2 CUP	19
Banana, 1/2	1/2 each	10
Kiwifruit, Fresh	1 EACH	0
Milk, Chocolate Fat Free	HALF PINT	2
Milk, 1% Lowfat	HALF PINT	180
JUICE FRUITABLE	1 EACH	125
Ranch Dressing: yogurt	1 FL OZ	20
Sour Cream	1 OZ	178
Salsa	1 OZ	47
Jello	1/2 cup	68
Weighted Daily Average % of Calories		90
Nutrient Guideline		883
		1230

Mon - 02/26/2018		
Elementary Lunch Menu #11	Total	
Popcorn Chicken, Adv. Pierre	10 Each	0
Tater Tots, 1/2 CUP	1/2 CUP	313
Mac & Cheese SEC	8 oz	330
Salad, Side--Elem S/R/C	1/2 CUP	1000
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		1159
		1230

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	Portion Size	Sodm (mg)
<b>Tue - 02/27/2018</b>		
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

<b>Wed - 02/28/2018</b>		
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-1/2 C	1/2 Cup	548
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		882
Nutrient Guideline		1230

Weighted Average		957
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Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Portion	Sodm	Shortfall	Overage	Error Messages (if any)
					Size	(mg)			
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.