

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/04/2018			
Elementary Lunch-1	Total	10630	
Menu #12	1	1	0
Navajo Taco	1 EACH	10630	779
Salad, Side-Elem	1/2 CUP	3500	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	2
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Cheese Combo (Chdr & Mozz)	1 OZ	10000	115
Sour Cream	1 OZ	2500	47
Salsa	1 OZ	2500	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Sugar Cookies	1 EACH	6500	56
Weighted Daily Average			1041
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/05/2018			
Elementary Lunch-1	Total	10630	
Menu #13	1	1	0
Chicken Sandwich 51%	1 EACH	10630	605
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2000	6
Beans Baked, 1/2 c	1/2 CUP	2000	452
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Weighted Daily Average			874
% of Calories			
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 2

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/06/2018			
Elementary Lunch-1	Total	10630	
Menu #14	1	1	0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	10630	1064
Penne Pasta 1/2 Cup	1/2 CUP	10000	0
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Cucumber, Raw	1/4 CUP	2000	1
Pears: canned,light syrup	1/2 CUP	3500	10
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Weighted Daily Average % of Calories			1313
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/07/2018			
Elementary Lunch-1	Total	10630	
Menu #15	1	1	0
Pizza, Pepp, Primo (10 cut)	slice	2630	530
Pizza, Cheese, Primo (10 cut)	slice	8000	480
Bread Sticks 51% 2 oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	8
Mandarin Oranges	1/2 CUP	4000	21
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	5000	178
Chocolate Chip Cookie	EACH	8000	82
Weighted Daily Average % of Calories			873
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 3

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
<b>Mon - 09/10/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0
Ham & Cheese Sub Wheat 51%	1 EACH	10630	1154
Sun Chips Original	Package	10000	120
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Applesauce cup, plain	1/2	4000	*N/A*
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Mayonnaise, PC Packet	1 EACH	1000	82
Mustard: individual PC	1 EACH	1000	69
Tomatoes, Fresh, Sliced	1 EACH	1000	0
Lettuce, Shred, 1/8 c	1/8 CUP	1000	1
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			1406
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
<b>Tue - 09/11/2018</b>			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0
Taco Crisp Elementary	1 each	10630	464
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Refried Beans Seasoned	1/2 CUP	2000	583
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Mandarin Oranges	1/2 CUP	4000	21
Apples, Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Sour Cream	1 OZ	1500	47
Salsa	1 OZ	1500	68
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1000	1
Lettuce, Shred, 1/8 c	1/8 CUP	1000	1
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			998
% of Calories			
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 4

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/12/2018			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Weighted Daily Average			1114
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/13/2018			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0
French Toast Sticks BC/WG	serving	10630	289
SCRAMBLED EGGS	1/4 cup	5000	120
Hash Brown Potatoes	1/2 CUP	5000	0
Sausage Link, 2	2 EACH	4000	222
Pears: canned,light syrup	1/2 CUP	5000	10
Craisins, Strawberry	packet	4000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	45
Ketchup	1 OZ	2000	267
Weighted Daily Average			593
% of Calories			
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 5

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/14/2018			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	0
Teriyaki Chicken 4.5 oz	4.5 oz	10630	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	2
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2000	6
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	2500	178
Sugar Cookies	1 EACH	10000	56
Weighted Daily Average			920
% of Calories			
Nutrient Guideline			1230

Mon - 09/17/2018			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 4 ea	4 each	10630	493
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Beans Baked, 1/2 c	1/2 CUP	2000	452
Applesauce Cup, Cinnamon	1/2 CUP	4000	15
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
Ketchup	1 OZ	2500	267
Barbecue Sauce BULL'S EYE	1 OZ	3500	205
SideKicks BlueRasp-Lemon Fruit	Container	4500	44
SideKicks Fruit Cup Kiwi-Straw	Container	4500	44
Weighted Daily Average			900
% of Calories			
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 6

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/18/2018			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Mac & Cheese	6 oz	10630	770
Mini Corn Dogs	6 EA	10000	366
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	12
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Weighted Daily Average			1248
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/19/2018			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	605
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side--Elem Green	1/2 CUP	3500	8
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	8
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Tomatoes,Fresh.Sliced	1 EACH	1000	0
Weighted Daily Average			791
% of Calories			
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 7

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/20/2018			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	378
Potatoes Whipped	1/2 CUP	10000	119
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	34
Pears: canned,light syrup	1/2 CUP	2000	10
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			815
% of Calories			
Nutrient Guideline			1230

Fri - 09/21/2018			
Elementary Lunch-1	Total	10630	
Menu #25	1	0	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	480
Pizza, Pepp, Primo (10 cut)	slice	2630	530
Bread Sticks 51% 2 oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2500	2
Mandarin Oranges	1/2 CUP	4000	21
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	4000	178
Pumpkin Chocolate Chip Cookies	1 Each	9000	80
Weighted Daily Average			862
% of Calories			
Nutrient Guideline			1230

Mon - 09/24/2018			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Meaty Nachos- Beef	Serving	10630	778
Salad, Side-Elem	1/2 CUP	3500	6
Carrots:frzn, boiled, 1/4 c	1/4 CUP	2000	25
Beans, Black, 1/2 c	1/2 CUP	2500	383
Applesauce Cup, Strawberry	1/2 CUP	3000	15
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178

\*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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 8

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			964
Nutrient Guideline			1230

Tue - 09/25/2018			
Elementary Lunch-1 Menu #27	Total	10630	
Breakfast Casserole	1	0	*N/A*
Waffle Snack'n Cinnamon	1 cup	10630	694
Pineapple Chunks:canned,lt syr	1 EACH	10000	279
Banana, 1/2	1/2 CUP	4000	12
Milk, Chocolate Fat Free	1/2 each	4000	0
Milk,1% Lowfat	HALF PINT	3000	180
JUICE FRUITABLE	HALF PINT	1000	125
	1 EACH	3000	20
Weighted Daily Average % of Calories			1028
Nutrient Guideline			1230

Wed - 09/26/2018			
Elementary Lunch-1 Menu #28	Total	10630	
Cheese Burger Wheat 51%	1	0	*N/A*
Tater Tots, 1/2 CUP	1 EACH	10630	664
Salad, Side-Elem	1/2 CUP	10000	330
Cucumber, Raw	1/2 CUP	5000	6
Carrots Baby Fresh	1/4 CUP	2000	1
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	20
Peaches: canned,ex light syrup	1/4 CUP	2000	2
Banana, 1/2	1/2 CUP	5000	10
Milk, Chocolate Fat Free	1/2 each	2000	0
Milk,1% Lowfat	HALF PINT	3000	180
JUICE FRUITABLE	HALF PINT	1000	125
Ranch Dressing: yogurt	1 EACH	3000	20
Ketchup	1 FL OZ	1000	178
Mayonnaise, PC Packet	1 OZ	1000	267
Tomatoes,Fresh,Sliced	1 EACH	1000	82
Lettuce,Shred, 1/8 c	1 EACH	1000	0
	1/8 CUP	1000	1
Weighted Daily Average % of Calories			1104
Nutrient Guideline			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.

# Weber School District Child Nutrition

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 9

Generated on: 8/3/2018 8:04:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/27/2018			
Elementary Lunch-1	Total	10630	
Menu #29	1	1	*N/A*
Hot Dog Wrap: Wheat 50%	1 EACH	10630	837
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side--Elem Green	1/2 CUP	5000	8
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Beans Baked, 1/2 c	1/2 CUP	2000	452
Pears: canned,light syrup	1/2 CUP	4000	10
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	4000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	5000	267
Mustard: individual PC	1 EACH	5000	69
Snickerdoodles	1 EACH	8000	72
Weighted Daily Average			1286
% of Calories			
Nutrient Guideline			1230

Fri - 09/28/2018			
Elementary Lunch-1	Total	10630	
Menu #30	1	1	*N/A*
Sweet N' Sour Chicken	Serving	10630	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	2
Rolls 51%/ 2oz	1 EACH	7500	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2500	6
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	2500	178
Creamie Variety: ban, choc	1 EACH	9000	39
Weighted Daily Average			521
% of Calories			
Nutrient Guideline			1230

Weighted Average			982
------------------	--	--	-----

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	982		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.