

Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/01/2018			
Junior High Lunch	Total	4800	
Menu #6	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Wrap Chicken Strip	1 EACH	1600	567
Potato Wedges, 1/2 c	1/2 CUP	1600	39
Meaty Nachos- Beef	Serving	1600	778
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Cucumber, Raw	1/4 CUP	700	1
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	300	68
Sour Cream	1 OZ	300	47
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			969
% of Calories			
Nutrient Guideline			1360

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

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/02/2018			
Junior High Lunch	Total	4800	
Menu #7	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Tater Tots, 1/2 CUP	1/2 CUP	1200	330
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Hawaiian Haystacks	1/2 CUP	1600	337
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	1600	4
Cheese Combo (Chdr & Mozz)	1 OZ	1200	115
Chow Mein Noodles	1/8 cup	1200	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1
Celery Chopped 1/8 cup	1/8 cup	650	12
Rolls 51%/ 2oz	1 EACH	1500	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Peas: frozen,warmed,1/2 c	1/2 CUP	1200	69
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1049
% of Calories			
Nutrient Guideline			1360

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Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/03/2018			
Junior High Lunch	Total	4800	
Menu #8	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Ham & Cheese Sub Wheat 51%	1 EACH	1600	1154
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	20
Enchilada, Red Sauce	1 Each	1600	677
Rolls 51%/ 2oz	1 EACH	1000	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
SPANISH RICE	1/3 CUP	1000	125
Beans, Black, 1/2 c	1/2 CUP	1000	383
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce Cup, Cinnamon	1/2 CUP	2000	15
Apples,Fresh	1 EACH	900	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	900	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1263
% of Calories			
Nutrient Guideline			1360

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/04/2018			
Junior High Lunch	Total	4800	
Menu #9	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Pulled Pork Sandwich	1 EACH	1600	771
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	20
Baked Ziti	1.25 cup	1600	572
Rolls 51%/ 2oz	1 EACH	1600	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Cucumber, Raw	1/4 CUP	1500	1
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			995
% of Calories			
Nutrient Guideline			1360

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 10/05/2018			
Junior High Lunch	Total	4800	
Menu #10	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Tater Tots, 1/2 CUP	1/2 CUP	1300	330
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Teriyaki Chicken 4.5 oz	4.5 oz	1600	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	2
Rolls 51%/ 2oz	1 EACH	1400	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Broccoli Normandy-HS	1/2 CUP	1500	20
Pineapple Chunks:canned,lt syr	1/2 CUP	1000	12
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	400	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Snickerdoodles	1 EACH	2000	72
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1088
% of Calories			
Nutrient Guideline			1360

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/08/2018			
Junior High Lunch	Total	4800	
Menu #11	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1200	20
Navajo Taco	1 EACH	1600	779
Cheese Combo (Chdr & Mozz)	1 OZ	1150	115
Mac & Cheese	8 oz	1600	1027
Rolls 51%/ 1.5 oz	1 EACH	1350	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1165
% of Calories			
Nutrient Guideline			1360

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Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/09/2018			
Junior High Lunch	Total	4800	
Menu #12	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Chicken Nuggets, Adv. Pierre	5 Each	1600	313
French Fries: ovn bkd, 1/2c	1/2 CUP	2800	20
Rolls 51%/ 2oz	1 EACH	1400	205
Pizza, Cheese, Primo (8 cut)	slice	600	660
Hawaiian Primo Pizza 8 cut	1 slice	1000	889
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans Baked, 1/2 c	1/2 CUP	1050	452
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	500	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1051
% of Calories			
Nutrient Guideline			1360

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/10/2018			
Junior High Lunch	Total	4800	
Menu #13	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Chicken Bacon Ranch Wrap	1 each	1600	917
Potato Wedges, 1/2 c	1/2 CUP	2800	39
Cajun Chicken Pasta	1.5 cups	1600	364
Rolls 51%/ 1.5 oz	1 EACH	1400	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce cup, plain	1/2	2000	*N/A*
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	900	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average % of Calories			1021
Nutrient Guideline			1360

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Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/11/2018			
Junior High Lunch	Total	4800	
Menu #14	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Cheese Burger Wheat 51%	1 EACH	1600	664
French Fries: ovn bkd, 1/2c	1/2 CUP	2300	20
Turkey Roast	2 oz	1600	29
Potatoes Whipped	1/2 CUP	1200	119
Chicken Gravy	1/2 CUP	1200	520
Rolls 51%/ 1.5 oz	1 EACH	1375	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	300	2
Celery Sticks	1/4 CUP	300	26
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	69
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			981
% of Calories			
Nutrient Guideline			1360

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 10/12/2018			
Junior High Lunch	Total	4800	
Menu #15	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Potato Wedges, 1/2 c	1/2 CUP	1200	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Sweet N' Sour Chicken	Serving	1600	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1200	2
Rolls 51%/ 2oz	1 EACH	1200	205
Salad, Side-Secondary	1 CUP	2000	13
Tomato Grape	1/4 CUP	1000	2
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2000	13
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1750	180
Milk, 1% Lowfat	HALF PINT	500	125
JUICE FRUITABLE	1 EACH	1750	20
Ranch Dressing: yogurt	1 FL OZ	1500	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	1500	82
Tomatoes,Fresh,Sliced	1 EACH	500	0
Lettuce,Shred, 1/8 c	1/8 CUP	500	1
Chocolate Chip Cookie	1 EACH	2050	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			965
% of Calories			
Nutrient Guideline			1360

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/15/2018			
Junior High Lunch	Total	4800	
Menu #16	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Burrito, Bean & Cheese, 5 oz	1 EACH	1000	444
Burrito, Beef & Bean, 5.2 oz	1 EACH	600	401
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	20
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	1600	964
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	1600	0
Cheese Combo (Chdr & Mozz)	1 OZ	1200	115
Rolls 51%/ 1.5 oz	1 EACH	1200	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans, Black, 1/2 c	1/2 CUP	1000	383
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	450	68
Sour Cream	1 OZ	300	47
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1141
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/16/2018			
Junior High Lunch	Total	4800	
Menu #17	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Steak N Things Sandwich	2 oz	1600	400
Potato Wedges, 1/2 c	1/2 CUP	2400	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Green Beans: canned,ckd, 1/2 c	1/2 cup	1000	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Rice Krispies Treat -Large	1 Each	2200	140
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			947
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/17/2018			
Junior High Lunch	Total	4800	
Menu #18	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Turkey & Cheese Sub Wheat 51%	1 EACH	1600	648
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	20
Chicken Alfredo Sauce-3/4 C	3/4 Cup	1600	788
Penne Pasta	3/4 CUP	1600	0
Rolls 51%/ 1.5 oz	1 EACH	1000	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	300	2
Beans Baked, 1/2 c	1/2 CUP	500	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1000	51
Applesauce Cup, Strawberry	1/2 CUP	1000	15
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	300	267
Mustard: individual PC	1 EACH	300	69
Mayonnaise, PC Packet	1 EACH	300	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1070
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/22/2018			
Junior High Lunch	Total	4800	
Menu #21	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Corn Dog Chicken	1 EACH	1600	390
Potato Wedges, 1/2 c	1/2 CUP	2500	39
Chicken Fajita	1/2 cup	1600	387
Cheese Combo (Chdr & Mozz)	1 OZ	1000	115
Rolls 51%/ 2oz	1 EACH	1200	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Beans, Black, 1/2 c	1/2 CUP	500	383
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
Sugar Cookies	1 EACH	1600	56
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			926
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 9/12/2018 11:16:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/23/2018			
Junior High Lunch	Total	4800	
Menu #22	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1400	20
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Chicken Tetrazzini	1 cup	1600	696
Rolls 51%/ 1.5 oz	1 EACH	1400	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	500	2
Celery Sticks	1/4 CUP	500	26
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	1000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Creamie Variety: ban, choc	1 EACH	2000	39
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1041
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:29 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/24/2018			
Junior High Lunch	Total	4800	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Ham & Cheese Sub Wheat 51%	1 EACH	1600	1154
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	20
Breakfast Casserole	1 cup	1600	694
Eggo Waffle	1.00	1200	210
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	350	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce, Strawberry Cup	1/2 Cup	2000	15
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mayonnaise, PC Packet	1 EACH	500	82
Mustard: individual PC	1 EACH	500	69
SYRUP, MAPLE CHEF'S MARK	1 EACH	1200	45
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1207
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 17

Generated on: 9/12/2018 11:16:29 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/25/2018			
Junior High Lunch	Total	4800	
Menu #24	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1500	20
Pork Roast	2 OZ	1600	26
Potatoes Whipped	1/2 CUP	1000	119
Gravy, Brown, 1/2 c	1/2 CUP	1600	323
Fiesta Chicken Bowl	1/2 Cup	1600	410
Cheese Combo (Chdr & Mozz)	1 OZ	1400	115
Rolls 51%/ 2oz	1 EACH	3000	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Beans, Black, 1/2 c	1/2 CUP	750	383
Peas: frozen,warmed,1/2 c	1/2 CUP	1000	69
Pears: canned,light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	800	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	500	1
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1031
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 9/12/2018 11:16:29 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/29/2018			
Junior High Lunch	Total	4800	
Menu #1	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Popcorn Chicken, Adv. Pierre	10 Each	1600	311
French Fries: ovr bkd, 1/2c	1/2 CUP	2400	20
Taco Crisp	2 each	1600	619
Cheese Combo (Chdr & Mozz)	1 OZ	1250	115
Rolls 51%/ 2oz	1 EACH	2150	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Peaches: canned,ex light syrup	1/2 CUP	1500	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	500	205
Buffalo Sauce Mild	1 OZ	500	136
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	500	68
Sour Cream	1 OZ	500	47
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average % of Calories			917
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 19

Generated on: 9/12/2018 11:16:29 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/30/2018			
Junior High Lunch	Total	4800	
Menu #2	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Meatball Sub	1 EACH	1600	597
French Fries: ovn bkd, 1/2c	1/2 CUP	2000	20
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Carrots Baby Fresh	1/4 CUP	1000	20
Cucumber, Raw	1/4 CUP	1000	1
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	1700	178
Barbecue Sauce BULL'S EYE	1 OZ	500	205
Buffalo Sauce Mild	1 OZ	500	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	650	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Sugar Cookies	1 EACH	2000	56
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			926
% of Calories			
Nutrient Guideline			1360

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Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 20

Generated on: 9/12/2018 11:16:29 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/31/2018			
Junior High Lunch	Total	4800	
Menu #3	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Hot Dog Wrap: Wheat 50%	1 EACH	1600	837
Turkey & Cheese Sub Wheat 51%	1 EACH	1600	648
Potato Wedges, 1/2 c	1/2 CUP	4000	39
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans Baked, 1/2 c	1/2 CUP	1000	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce Cup, Cinnamon	1/2 CUP	2000	15
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average % of Calories			1223
Nutrient Guideline			1360

Weighted Average			1049
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1049		1360					

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