

# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:37:50 PM

	Portion Size	Sodm (mg)
Thu - 11/01/2018		
High School Lunch	Total	
Menu #4	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1c	1 CUP	79
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		1083
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Fri - 11/02/2018		
High School Lunch	Total	
Menu #5	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
Mandarin Orange Chicken	3.92 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
Carrots Baby Fresh	1/4 CUP	20
Beans Baked, 1/2 c	1/2 CUP	452
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	10
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1108
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Mon - 11/05/2018		
High School Lunch	Total	
Menu #6	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 50%	1 EACH	837
Cheese Burger Wheat 51%	1 EACH	664
Salad, Side--Green	1 CUP	17
French Fries: oven bkd, 1c	1 CUP	40
Tomato Grape	1/4 CUP	2
Celery Sticks	1/4 CUP	26
Peas: frozen,warmed,1/2 c	1/2 CUP	69
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
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
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce Mild	1 OZ	136
Barbecue Sauce BULL'S EYE	1 OZ	205
Chocolate Chip Cookie	1 EACH	82
Weighted Daily Average % of Calories		1147
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Tue - 11/06/2018		
High School Lunch	Total	
Menu #7	1	0
Chicken Sandwich 51%	1 EACH	605
Taco Crisp	2 each	619
Taco Soft Shell	1 EACH	737
Tater Tots, 1 CUP	1 CUP	660
Rolls 51%/ 2oz	1 EACH	205
Pizza, Pepp, Primo, (8 cut )	slice	660
Pizza, Cheese, Primo (8 cut)	slice	660
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
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
Onions, Fresh Sliced	SLICE	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Cheese Combo (Chdr & Mozz)	1 OZ	115
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Weighted Daily Average		1339
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Wed - 11/07/2018		
High School Lunch	Total	
Menu #8	1	0
Chicken Sandwich 51%	EACH	605
Rib-B-Q Sandwich wheat 51%	1 EACH	678
French Fries: oven bkd, 1c	1 CUP	40
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%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Beans Baked, 1/2 c	1/2 CUP	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1329
% of Calories		
Nutrient Guideline		1420

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Base Menu Spreadsheet

High School Lunch

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	Portion Size	Sodm (mg)
Thu - 11/08/2018		
High School Lunch	Total	
Menu #9	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1c	1 CUP	79
Turkey Roast	2 oz	29
Potatoes Whipped	1/2 CUP	119
Chicken Gravy	1/2 CUP	520
Mac & Cheese	8 oz	1027
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Jello	1/2 cup	90
Weighted Daily Average		1260
% of Calories		
Nutrient Guideline		1420

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High School Lunch

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	Portion Size	Sodm (mg)
Fri - 11/09/2018		
High School Lunch	Total	
Menu #10	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
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--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Broccoli Normandy 1/2 C	1/2 cup	41
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Rice Krispies Treat -Large	1 Each	140
Weighted Daily Average		1024
% of Calories		
Nutrient Guideline		1420

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High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 11/12/2018		
High School Lunch	Total	
Menu #11	1	0
Chicken Sandwich 51%	1 EACH	605
Chicken Nuggets, Adv. Pierre	5 Each	313
French Fries: oven bkd, 1c	1 CUP	40
Chicken Parmesan	1 Each	1381
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
Peas: frozen,warmed,1/2 c	1/2 CUP	69
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	OZ	205
Buffalo Sauce Mild	1 OZ	136
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1230
% of Calories		
Nutrient Guideline		1420

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High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 11/13/2018		
High School Lunch	Total	
Menu #12	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
Enchilada, Red Sauce	1 Each	677
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
Spanish Rice	1/3 Cup	16
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce, canned: Sweet	1/2 CUP	23
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
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
Onions, Fresh Sliced	SLICE	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Lettuce,Shred, 1/8 c	1/8 CUP	1
Buffalo Sauce Mild	1 OZ	136
Barbecue Sauce BULL'S EYE	1 OZ	205
Pumpkin Chocolate Chip Cookies	1 Each	80
Weighted Daily Average		1325
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Wed - 11/14/2018		
High School Lunch	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Chicken Alfredo Sauce-3/4 C	3/4 Cup	788
Noodles, Penne	1 CUP	0
Rolls 51%/ 2oz	1 EACH	205
Breakfast Casserole	1 cup	694
Eggo Waffle-2	2	260
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
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Weighted Daily Average		1186
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Thu - 11/15/2018		
High School Lunch	Total	
Menu #14	1	0
Chicken Sandwich 51%	1 EACH	605
Corn Dog Chicken	1 EACH	390
Potato Wedges, 1c	1 CUP	79
Hamburger Gravy, 3/4 c	3/4 CUP	378
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce Mild	1 OZ	136
Barbecue Sauce BULL'S EYE	1 OZ	205
Sugar Cookies	1 EACH	56
Weighted Daily Average		978
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Fri - 11/16/2018		
High School Lunch	Total	
Menu #15	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
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
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Broccoli Normandy 1/2 C	1/2 cup	41
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1029
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 10/26/2018 3:37:50 PM

	Portion Size	Sodm (mg)
Mon - 11/19/2018		
High School Lunch	Total	
Menu #16	1	0
Chicken Sandwich 51%	1 EACH	605
Wrap Chicken Strip	1 EACH	567
Steak N Things Sand. DELI Beef	2 oz	762
French Fries: oven bkd, 1c	1 CUP	40
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
Peas: frozen, warmed, 1/2 c	1/2 CUP	69
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
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
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce Mild	1 OZ	136
Barbecue Sauce BULL'S EYE	1 OZ	205
Weighted Daily Average		1053
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 14

Generated on: 10/26/2018 3:37:50 PM

	Portion Size	Sodm (mg)
Tue - 11/20/2018		
High School Lunch	Total	
Menu #17	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
Meaty Nachos- Beef	Serving	778
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Refried Beans Seasoned	1/2 CUP	583
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce Cup, Strawberry	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
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
Onions, Fresh Sliced	SLICE	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Weighted Daily Average		1384
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 10/26/2018 3:37:50 PM

	Portion Size	Sodm (mg)
Mon - 11/26/2018		
High School Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Chicken Strips, Adv. Pierre	3 Each	313
French Fries: oven bkd, 1c	1 CUP	40
Spaghetti Sauce, Meatless 3/4	3/4 Cup	827
Meatballs Cooked, 5 ea	5 each	287
Noodles, Penne	1 CUP	0
Salad, Side--Green	1 CUP	17
Rolls 51%/ 2oz	1 EACH	205
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
Peas: frozen,warmed,1/2 c	1/2 CUP	69
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1274
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

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	Portion Size	Sodm (mg)
Tue - 11/27/2018		
High School Lunch	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
Fiesta Taco Bowl	1 EACH	682
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
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
Applesauce, canned: Plain	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
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
Onions, Fresh Sliced	SLICE	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Weighted Daily Average		1337
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 10/26/2018 3:37:50 PM

	Portion Size	Sodm (mg)
Wed - 11/28/2018		
High School Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Chicken Bacon Ranch Wrap	1 each	917
French Fries: oven bkd, 1c	1 CUP	40
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Jello	1/2 cup	90
Weighted Daily Average		1184
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 11/29/2018		
High School Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
FISH FILET SANDWICH Wheat 51%	1 EACH	671
Potato Wedges, 1c	1 CUP	79
Pork Roast	2 OZ	26
Potatoes Whipped	1/2 CUP	119
Gravy, Brown, 1/2 c	1/2 CUP	323
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
Ketchup	1 OZ	267
Mustard Yellow Prepared	1 tsp	63
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
Chocolate Chip Cookie	1 EACH	82
Weighted Daily Average		1033
% of Calories		
Nutrient Guideline		1420

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# Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 19

Generated on: 10/26/2018 3:37:50 PM

	Portion Size	Sodm (mg)
Fri - 11/30/2018		
High School Lunch	Total	
Menu #25	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
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
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	136
SideKicks Fruit Cup Kiwi-Straw	Container	44
SideKicks BlueRasp-Lemon Fruit	Container	44
Weighted Daily Average		949
% of Calories		
Nutrient Guideline		1420

Weighted Average		1171
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1171		1420					

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