

Weber School District Child Nutrition

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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Generated on: 11/20/2018 9:08:47 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/03/2018			
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
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
Weighted Daily Average			986
% of Calories			
Nutrient Guideline			1230

Tue - 12/04/2018			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	694
Waffle Snack'n Cinnamon	1 EACH	10000	279
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Banana, 1/2	1/2 each	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	5000	267
Weighted Daily Average			1196
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 12/05/2018			
Elementary Lunch-1	Total	10630	
Menu #28	1	0	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	5000	6
Cucumber, Raw	1/4 CUP	2000	1
Carrots Baby Fresh	1/4 CUP	2000	20
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Peaches: canned,ex light syrup	1/2 CUP	5000	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 % of Calories			1111
Nutrient Guideline			1230

Thu - 12/06/2018			
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 % of Calories			1286
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 12/07/2018			
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	9
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	10000	39
Weighted Daily Average			525
% of Calories			
Nutrient Guideline			1230

Mon - 12/10/2018			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
Chicken Nuggets Gold Kist, 5 e	7 each	10630	518
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side-Elem	1/2 CUP	6000	6
Tomato Grape	1/4 CUP	5000	2
Applesauce Cup, Cinnamon	1/2 CUP	6000	15
Orange Fresh, 1/2	1/2 EACH	6000	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	6000	178
Ketchup	1 OZ	5000	267
Barbecue Sauce BULL'S EYE	1 OZ	5000	205
Weighted Daily Average			1113
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 12/11/2018			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	464
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	3500	6
Refried Beans Seasoned	1/2 CUP	2000	583
Mandarin Oranges	1/2 CUP	4000	21
Apples,Fresh 1/2 each	1/2 each	3000	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	3500	267
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	3500	1
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Cheese Combo (Chdr & Mozz)	1 OZ	2000	115
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON ROLLS	1 EACH	8000	305
Weighted Daily Average % of Calories			1382
Nutrient Guideline			1230

Wed - 12/12/2018			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	605
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	20
Salad, Side-Elem	1/2 CUP	3500	6
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Broccoli: fresh, boiled, 1/4c	1/4 CUP	3000	9
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	3500	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	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 % of Calories			803
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 12/13/2018			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Wsd Bowl Elementary	1 each	10630	541
Rolls 51%/ 2oz	1 EACH	9000	205
Salad, Side-Elem	1/2 CUP	2500	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Pears: canned,light syrup	1/2 CUP	2000	10
Craisins, Strawberry	packet	1500	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
Rice Krispy Treat	1 each	9000	45
Weighted Daily Average			841
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 12/14/2018			
Elementary Lunch-1	Total	10630	
Menu #35	1	1	*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	5000	8
Tomato Grape	1/4 CUP	2000	2
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Mandarin Oranges	1/2 CUP	5000	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	7000	178
Jello	1/2 cup	9000	90
Weighted Daily Average			927
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 12/17/2018			
Elementary Lunch-1	Total	10630	
Menu #36	1	1	*N/A*
Turkey & Cheese Sub Wheat 51%	1 EACH	10630	648
Sun Chips Original	Package	10000	120
Salad, Side-Elem	1/2 CUP	3500	6
Carrots Baby Fresh	1/4 CUP	2000	20
Applesauce Cup, Strawberry	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	1000	178
Mayonnaise, PC Packet	1 EACH	2000	82
Mustard: individual PC	1 EACH	2000	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			922
% of Calories			
Nutrient Guideline			1230

Tue - 12/18/2018			
Elementary Lunch-1	Total	10630	
Menu #37	1	1	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	10630	694
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	10000	0
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Green Beans: canned, ckd 1/4 c	1/4 cup	5000	8
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
Cheese Combo (Chdr & Mozz)	1 OZ	10000	115
Sugar Cookies	1 EACH	6500	56
Weighted Daily Average			1127
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 12/19/2018			
Elementary Lunch-1	Total	10630	
Menu #38	1	1	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	9000	330
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Cucumber, Raw	1/4 CUP	2000	1
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 % of Calories			1197
Nutrient Guideline			1230

Thu - 12/20/2018			
Elementary Lunch-1	Total	10630	
Menu #39	1	1	*N/A*
Grill Cheese Sandwich Wheat	1 EACH	10630	537
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side--Elem Green	1/2 CUP	3500	8
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	34
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	3500	178
Chocolate Chip Cookie	1 EACH	10000	82
Weighted Daily Average % of Calories			800
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 12/21/2018			
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

Weighted Average			987
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	987		1230					

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