

# Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 12/21/2018 8:42:18 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/03/2019			
Elementary Lunch-1	Total	10630	
Menu #49	1	0	*N/A*
Chicken Strips: Brakebush	4 each	10630	340
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Tomato Grape	1/4 CUP	2000	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	2
Beans Baked, 1/2 c	1/2 CUP	2000	452
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
Ketchup	1 OZ	10000	267
Barbecue Sauce BULL'S EYE	1 OZ	3500	205
Creamie Variety: ban, choc	1 EACH	9000	39
Weighted Daily Average			1059
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/04/2019			
Elementary Lunch-1	Total	10630	
Menu #50	1	0	*N/A*
Mandarin Orange Chicken	3.92 serving	10630	311
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	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	4000	178
Pumpkin Chocolate Chip Cookies	1 Each	9000	80
Weighted Daily Average			719
% of Calories			
Nutrient Guideline			1230

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Generated on: 12/21/2018 8:42:18 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/07/2019			
Elementary Lunch-1	Total	10630	
Menu #1	1	0	0
Grill Cheese Sandwich Wheat	1 EACH	10630	537
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	3000	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Mandarin Oranges	1/2 CUP	2500	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
Ketchup	1 OZ	1000	267
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			1084
% of Calories			
Nutrient Guideline			1230

Tue - 01/08/2019			
Elementary Lunch-1	Total	10630	
Menu #2	1	0	0
Hawaiian Haystacks	1/2 CUP	10630	337
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	2
Rolls 51%/ 2oz	1 EACH	5000	205
Salad, Side-Elem	1/2 CUP	4000	6
Tomato Grape	1/4 CUP	2000	2
Peas: frozen,warmed,1/4 c	1/4 CUP	4000	34
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	3000	125
JUICE FRUITABLE	1 EACH	1000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Cheese Combo (Chdr & Mozz)	1 OZ	8500	115
Chow Mein Noodles	1/8 cup	6000	82
Chocolate Chip Cookie	1 EACH	8000	82
Weighted Daily Average			759
% of Calories			
Nutrient Guideline			1230

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Jan 1, 2019 thru Jan 31, 2019

Elementary Lunch-1

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/09/2019			
Elementary Lunch-1	Total	10630	
Menu #3	1	0	0
Chicken Sandwich 51%	1 EACH	10630	605
Potato Wedges, 1/2 c	1/2 CUP	6000	39
Salad, Side-Elem	1/2 CUP	5000	6
Cucumber, Raw	1/4 CUP	2000	1
Carrots Baby Fresh	1/4 CUP	2000	20
Beans Baked, 1/2 c	1/2 CUP	2000	452
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	3000	125
JUICE FRUITABLE	1 EACH	1000	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			867
Nutrient Guideline			1230

Thu - 01/10/2019			
Elementary Lunch-1	Total	10630	
Menu #7	1	0	0
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
Tomato Grape	1/4 CUP	2000	2
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	2000	178
Ketchup	1 OZ	2000	267
Cheese Combo (Chdr & Mozz)	1 OZ	2000	115
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON ROLLS	1 EACH	8000	305
Weighted Daily Average % of Calories			1210
Nutrient Guideline			1230

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Elementary Lunch-1

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/14/2019			
Elementary Lunch-1	Total	10630	
Menu #6	1	0	0
Corn Dog Chicken	1 EACH	10630	390
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	6000	6
Carrots Baby Fresh	1/4 CUP	4000	20
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	10000	267
Mustard: individual PC	1 EACH	8000	69
Weighted Daily Average % of Calories			1192
Nutrient Guideline			1230

Tue - 01/15/2019			
Elementary Lunch-1	Total	10630	
Menu #4	1	1	0
Meaty Nachos- Beef	Serving	10630	778
Salad, Side-Elem	1/2 CUP	2500	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Beans, Black, 1/2 c	1/2 CUP	2000	383
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
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
Rice Krispy Treat	1 each	5000	45
Weighted Daily Average % of Calories			981
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/16/2019			
Elementary Lunch-1	Total	10630	
Menu #8	1	0	0
Cheese Burger Wheat 51%	1 EACH	10630	664
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side-Elem	1/2 CUP	3500	6
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Green Beans: canned,ckd 1/4 c	1/4 cup	3000	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	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			866
Nutrient Guideline			1230

Thu - 01/17/2019			
Elementary Lunch-1	Total	10630	
Menu #9	1	1	0
Popcorn Chicken-Tyson	10 Each	10630	327
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	20
Rolls 51%/ 2oz	1 EACH	9000	205
Salad, Side--Elem Green	1/2 CUP	5000	8
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Pears: canned,light syrup	1/2 CUP	4000	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
Ketchup	1 OZ	5000	267
Barbecue Sauce BULL'S EYE	1 OZ	5000	205
Snickerdoodles	1 EACH	8000	72
Weighted Daily Average % of Calories			887
Nutrient Guideline			1230

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Elementary Lunch-1

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/18/2019			
Elementary Lunch-1	Total	10630	
Menu #10	1	1	0
Mandarin Orange Chicken	3.92 serving	10630	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	2
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	7000	8
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	34
Pineapple Chunks:canned,lt syr	1/2 CUP	5000	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	7000	178
Jello	1/2 cup	10000	90
Weighted Daily Average % of Calories			765
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/22/2019			
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 % of Calories			1041
Nutrient Guideline			1230

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Jan 1, 2019 thru Jan 31, 2019

Elementary Lunch-1

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	Portion Size	Reimb Qty	Sodm (mg)
<b>Wed - 01/23/2019</b>			
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	9
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			875
Nutrient Guideline			1230

<b>Thu - 01/24/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #14	1	1	0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	10630	788
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			1037
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/25/2019			
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			873
% of Calories			
Nutrient Guideline			1230

Mon - 01/28/2019			
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
SideKicks BlueRasp-Lemon Fruit	Container	5000	44
SideKicks Fruit Cup Kiwi-Straw	Container	5000	44
Weighted Daily Average			1411
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/29/2019			
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
Cheese Combo (Chdr & Mozz)	1 OZ	1000	115
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			1008
% of Calories			
Nutrient Guideline			1230

Wed - 01/30/2019			
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

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/31/2019			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0
French Toast Sticks BC/WG	serving	10630	289
Hash Brown Potatoes	1/2 CUP	5000	0
SCRAMBLED EGGS	1/4 cup	5000	120
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			965
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	965		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.