

Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/03/2019			
High School Lunch	Total	9000	
Menu #17	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Tater Tots, 1 CUP	1 CUP	2000	660
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Meaty Nachos- Beef	Serving	3000	778
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Refried Beans Seasoned	1/2 CUP	2300	583
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	4
Applesauce Cup, Strawberry	1/2 CUP	4500	15
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Weighted Daily Average			1384
% of Calories			
Nutrient Guideline			1420

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

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/04/2019			
High School Lunch	Total	9000	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	3000	605
Chicken Bacon Ranch Wrap	1 each	3000	917
French Fries: oven bkd, 1c	1 CUP	4000	40
Baked Ziti	1.25 cup	3000	572
Rolls 51%/ 2oz	1 EACH	3000	205
Salad, Side-Secondary	1 CUP	4500	13
Tomato Grape	1/4 CUP	3000	2
Cucumber, Raw	1/4 CUP	2500	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	51
Pears: canned,light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Jello	1/2 cup	5000	90
Weighted Daily Average			1184
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/07/2019			
High School Lunch	Total	9000	
Menu #1	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Popcorn Chicken, Adv. Pierre	10 Each	3000	311
French Fries: oven bkd, 1c	1 CUP	4000	40
Hawaiian Haystacks	1/2 CUP	3000	337
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	2500	4
Cheese Combo (Chdr & Mozz)	1 OZ	2000	115
Chow Mein Noodles	1/8 cup	2000	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1
Celery Chopped 1/8 cup	1/8 cup	2000	12
Salad, Side--Green	1 CUP	4500	17
Rolls 51%/ 2oz	1 EACH	2000	205
Tomato Grape	1/4 CUP	3000	2
Celery Sticks, 1/2 c	1/2 CUP	2000	52
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	69
Peaches: canned,ex light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/4 c	1/4 CUP	2000	2
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Chocolate Chip Cookie	1 EACH	7000	82
Weighted Daily Average			962
% of Calories			
Nutrient Guideline			1420

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/08/2019			
High School Lunch	Total	9000	
Menu #2	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Tater Tots, 1 CUP	1 CUP	2000	660
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Navajo Taco	1 EACH	3000	779
Cheese Combo (Chdr & Mozz)	1 OZ	2500	115
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	4
Applesauce, Cinnamon unsweet	1/2 Cup	4500	15
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	4000	1
Onions, Fresh Sliced	SLICE	1000	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Onions, fresh chopped	1/8 cup	1000	1
Sour Cream	1 OZ	2500	47
Salsa	1 OZ	2500	68
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Pudding Chocolate	1 EACH	3500	140
Pudding Vanilla	1 EACH	3500	140
Weighted Daily Average			1338
% of Calories			
Nutrient Guideline			1420

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Portion Values - Detailed

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High School Lunch

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/09/2019			
High School Lunch	Total	9000	
Menu #3	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Meatball Sub, High School	SANDWICH	3000	638
French Fries: oven bkd, 1c	1 CUP	4000	40
Cajun Chicken Pasta- Up	1.5 cups	3000	351
Rolls 51%/ 2oz	1 EACH	2500	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Cucumber, Raw	1/4 CUP	2500	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	51
Pears: canned,light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Sugar Cookies	1 EACH	5200	56
Weighted Daily Average % of Calories			990
Nutrient Guideline			1420

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/10/2019			
High School Lunch	Total	9000	
Menu #4	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Potato Wedges, 1c	1 CUP	2000	79
Country Fried Steak JTM	1 EACH	3000	340
Chicken Strips, Adv. Pierre	3 Each	3000	313
Potatoes Whipped	1/2 CUP	5000	119
Gravy, Country, 1/2 c	1/2 CUP	4000	314
Rolls 51%/ 2oz	1 EACH	5000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	16
Mandarin Oranges	1/2 CUP	4500	21
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	400	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
SideKicks BlueRasp-Lemon Fruit	Container	3500	44
SideKicks Fruit Cup Kiwi-Straw	Container	3500	44
Weighted Daily Average			1083
% of Calories			
Nutrient Guideline			1420

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/14/2019			
High School Lunch	Total	9000	
Menu #6	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Hot Dog Wrap: Wheat 50%	1 EACH	3000	837
Cheese Burger Wheat 51%	1 EACH	3000	664
Salad, Side--Green	1 CUP	4500	17
French Fries: oven bkd, 1c	1 CUP	7000	40
Tomato Grape	1/4 CUP	3000	2
Celery Sticks	1/4 CUP	2500	26
Peas: frozen,warmed,1/2 c	1/2 CUP	3500	69
Peaches: canned,ex light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	2000	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Buffalo Sauce Mild	1 OZ	1500	136
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Chocolate Chip Cookie	1 EACH	4000	82
Weighted Daily Average % of Calories			1147
Nutrient Guideline			1420

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High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/15/2019			
High School Lunch	Total	9000	
Menu #7	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Taco Crisp	2 each	1500	619
Taco Soft Shell	1 EACH	1500	737
Tater Tots, 1 CUP	1 CUP	3400	660
Rolls 51%/ 2oz	1 EACH	3500	205
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	2500	4
Applesauce Cup, Cinnamon	1/2 CUP	2500	15
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1
Cheese Combo (Chdr & Mozz)	1 OZ	1500	115
Sour Cream	1 OZ	1500	47
Salsa	1 OZ	1500	68
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Weighted Daily Average			1339
% of Calories			
Nutrient Guideline			1420

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Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/16/2019			
High School Lunch	Total	9000	
Menu #8	1	1	0
Chicken Sandwich 51%	EACH	3000	605
Rib-B-Q Sandwich wheat 51%	1 EACH	3000	678
French Fries: oven bkd, 1c	1 CUP	4000	40
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	3000	964
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	3000	0
Cheese Combo (Chdr & Mozz)	1 OZ	2500	115
Rolls 51%/ 2oz	1 EACH	2500	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Cucumber, Raw	1/4 CUP	2500	1
Beans Baked, 1/2 c	1/2 CUP	2000	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	2500	51
Pears: canned,light syrup	1/2 CUP	2500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Pudding Chocolate	1 EACH	2000	140
Pudding Vanilla	1 EACH	2000	140
Weighted Daily Average % of Calories			1329
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/17/2019			
High School Lunch	Total	9000	
Menu #9	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Potato Wedges, 1c	1 CUP	2000	79
Turkey Roast	2 oz	3000	29
Potatoes Whipped	1/2 CUP	3000	119
Chicken Gravy	1/2 CUP	2500	520
Mac & Cheese	8 oz	3000	1027
Rolls 51%/ 2oz	1 EACH	4000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	16
Mandarin Oranges	1/2 CUP	4500	21
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Jello	1/2 cup	7000	90
Weighted Daily Average			1260
% of Calories			
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/18/2019			
High School Lunch	Total	9000	
Menu #10	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
French Fries: oven bkd, 1c	1 CUP	2000	40
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Teriyaki Chicken 4.5 oz	4.5 oz	1500	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1500	2
Rolls 51%/ 2oz	1 EACH	1400	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	2500	40
Broccoli Normandy 1/2 C	1/2 cup	3500	41
Pineapple Chunks:canned,lt syr	1/2 CUP	4500	12
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Rice Krispies Treat -Large	1 Each	7000	140
Weighted Daily Average			1024
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/22/2019			
High School Lunch	Total	9000	
Menu #12	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Tater Tots, 1 CUP	1 CUP	2000	660
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Enchilada, Red Sauce	1 Each	3000	677
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Beans, Black, 1/2 c	1/2 CUP	2000	383
Spanish Rice	1/3 Cup	2000	16
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3100	4
Applesauce, canned: Sweet	1/2 CUP	2500	23
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	2000	1
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Buffalo Sauce Mild	1 OZ	1500	136
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Pumpkin Chocolate Chip Cookies	1 Each	4000	80
Weighted Daily Average			1325
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/23/2019			
High School Lunch	Total	9000	
Menu #13	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
French Fries: oven bkd, 1c	1 CUP	2000	40
Chicken Alfredo Sauce-3/4 C	3/4 Cup	3000	788
Noodles, Penne	1 CUP	3000	0
Rolls 51%/ 2oz	1 EACH	2000	205
Breakfast Casserole	1 cup	3000	694
Eggo Waffle-2	2	3000	260
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Cucumber, Raw	1/4 CUP	2500	1
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	3500	13
Pears: canned,light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	2000	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Weighted Daily Average			1186
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/24/2019			
High School Lunch	Total	9000	
Menu #14	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Corn Dog Chicken	1 EACH	3000	390
Potato Wedges, 1c	1 CUP	4500	79
Hamburger Gravy, 3/4 c	3/4 CUP	3000	378
Potatoes Whipped	1/2 CUP	3000	119
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	16
Mandarin Oranges	1/2 CUP	4500	21
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	2000	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Buffalo Sauce Mild	1 OZ	1500	136
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Sugar Cookies	1 EACH	6500	56
Weighted Daily Average % of Calories			978
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 15

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 01/25/2019			
High School Lunch	Total	9000	
Menu #15	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
French Fries: oven bkd, 1c	1 CUP	2000	40
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Sweet N' Sour Chicken	Serving	3000	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	3000	2
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	2500	40
Broccoli Normandy 1/2 C	1/2 cup	3500	41
Pineapple Chunks:canned,lt syr	1/2 CUP	2500	12
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	2000	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Pudding Chocolate	1 EACH	3500	140
Pudding Vanilla	1 EACH	3500	140
Weighted Daily Average			1029
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 16

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 01/28/2019			
High School Lunch	Total	9000	
Menu #16	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Wrap Chicken Strip	1 EACH	3000	567
Steak N Things Sand. DELI Beef	2 oz	3000	762
French Fries: oven bkd, 1c	1 CUP	7900	40
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Celery Sticks, 1/2 c	1/2 CUP	2500	52
Peas: frozen, warmed, 1/2 c	1/2 CUP	3500	69
Peaches: canned,ex light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Buffalo Sauce Mild	1 OZ	1500	136
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Weighted Daily Average			1053
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 01/29/2019			
High School Lunch	Total	9000	
Menu #17	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Tater Tots, 1 CUP	1 CUP	2000	660
Pizza, Cheese, Primo (8 cut)	slice	1500	660
Pizza, Pepp, Primo, (8 cut)	slice	1500	660
Meaty Nachos- Beef	Serving	3000	778
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Refried Beans Seasoned	1/2 CUP	2300	583
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	3500	4
Applesauce Cup, Strawberry	1/2 CUP	4500	15
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Weighted Daily Average			1384
% of Calories			
Nutrient Guideline			1420

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 01/30/2019			
High School Lunch	Total	9000	
Menu #18	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Malibu Chicken Sandwich 51%	1 EACH	3000	1136
French Fries: oven bkd, 1c	1 CUP	4000	40
Lasagna	1 1/4 cup	3000	810
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Cucumber, Raw	1/4 CUP	2500	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	3500	51
Pears: canned,light syrup	1/2 CUP	4500	10
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	2500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Weighted Daily Average % of Calories			1265
Nutrient Guideline			1420

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Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Generated on: 12/21/2018 8:51:35 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 01/31/2019			
High School Lunch	Total	9000	
Menu #19	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Pulled Turkey BBQ Sandwich	4.11 oz	3000	666
Potato Wedges, 1c	1 CUP	4000	79
Wsd Bowl High School & Jr High	1 Each	3000	726
Rolls 51%/ 2oz	1 EACH	2000	205
Salad, Side-Secondary	1 CUP	4500	13
Tomato Grape	1/4 CUP	3000	2
Beans Baked, 1/2 c	1/2 CUP	2000	452
Green Beans: canned,ckd, 1/2 c	1/2 cup	3500	16
Mandarin Oranges	1/2 CUP	4000	21
Apples,Fresh	1 EACH	2000	1
Orange Fresh	1 EACH	2000	0
Bananas	1 EACH	3000	0
Kiwifruit, Fresh	1 EACH	1000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1500	20
Ranch Dressing: yogurt	1 FL OZ	2300	178
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	2000	82
Tomatoes,Fresh,Sliced	1 EACH	2000	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Onions, Fresh Sliced	SLICE	1000	1
Barbecue Sauce BULL'S EYE	1 OZ	1500	205
Buffalo Sauce Mild	1 OZ	1500	136
Weighted Daily Average % of Calories			1159
Nutrient Guideline			1420

Weighted Average			1180
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1180		1420					

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