

Weber School District Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 02/01/2019			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	0
Teriyaki Chicken 4.5 oz	4.5 oz	10630	554
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	2000	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
Rice Krispy Treat	1 each	10000	45
Weighted Daily Average			910
% of Calories			
Nutrient Guideline			1230

Mon - 02/04/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	370
Rolls 51%/ 2oz	1 EACH	8000	205
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	20
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Beans Baked, 1/2 c	1/2 CUP	2000	452
Applesauce Cup, Cinnamon	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	3500	178
Ketchup	1 OZ	2500	267
Barbecue Sauce BULL'S EYE	1 OZ	3500	205
SideKicks BlueRasp-Lemon Fruit	Container	4500	44
SideKicks Fruit Cup Kiwi-Straw	Container	4500	44
Weighted Daily Average			927
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 02/05/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Mac & Cheese	6 oz	10630	770
Lil Smokies	5	10000	350
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	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	4000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Weighted Daily Average			1233
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 02/06/2019			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	605
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side--Elem Green	1/2 CUP	3500	8
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	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	2000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Rice Krispies Treat -Large	1 Each	10000	140
Weighted Daily Average			922
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 02/07/2019			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	378
Potatoes Whipped	1/2 CUP	10000	119
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	34
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
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average % of Calories			815
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 02/08/2019			
Elementary Lunch-1	Total	10630	
Menu #25	1	0	*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	3500	8
Tomato Grape	1/4 CUP	2000	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2500	2
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	4000	178
Pumpkin Chocolate Chip Cookies	1 Each	9000	80
Weighted Daily Average % of Calories			862
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 02/11/2019			
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 - 02/12/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	694
Waffle, WG, Bake Crafters, Map	1	10000	244
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			1163
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 02/13/2019			
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 - 02/14/2019			
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
Cookie, Holiday Frosted	1 each	10000	78
Weighted Daily Average % of Calories			1305
Nutrient Guideline			1230

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Elementary Lunch-1

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 02/19/2019			
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	5000	115
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON TWIST	1 EACH	8000	314
Weighted Daily Average % of Calories			1422
Nutrient Guideline			1230

Wed - 02/20/2019			
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 - 02/21/2019			
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 - 02/22/2019			
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 Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 02/25/2019			
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 - 02/26/2019			
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
Chocolate Chip Cookie	1 EACH	10000	82
Weighted Daily Average			1170
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 02/27/2019			
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 - 02/28/2019			
Elementary Lunch-1	Total	10630	
Menu #39	1	1	*N/A*
Grilled Cheese Gold Fish	1 each	10630	511
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
Ketchup	1 OZ	3000	267
Jello	1/2 cup	10000	90
Weighted Daily Average % of Calories			857
Nutrient Guideline			1230

Weighted Average			1021
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1021		1230					

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