

Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 03/01/2019			
Elementary Lunch-1	Total	10630	
Menu #40	1	1	*N/A*
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	9000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Broccoli: fresh, steamed, 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	3500	178
Rice Krispies Treat -Large	1 Each	10000	140
Weighted Daily Average			997
% of Calories			
Nutrient Guideline			1230

Mon - 03/04/2019			
Elementary Lunch-1	Total	10630	
Menu #41	1	1	*N/A*
Chicken Nuggets Gold Kist, 5 e	7 each	10630	518
Rolls 51%/ 2oz	1 EACH	8000	205
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
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
Barbecue Sauce BULL'S EYE	1 OZ	5000	205
Ketchup	1 OZ	10000	267
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			1163
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 2

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 03/05/2019			
Elementary Lunch-1	Total	10630	
Menu #42	1	0	*N/A*
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
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	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			1102
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 03/06/2019			
Elementary Lunch-1	Total	10630	
Menu #43	1	1	*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
Tomato Grape	1/4 CUP	2000	2
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	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			774
% of Calories			
Nutrient Guideline			1230

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Mar 1, 2019 thru Mar 29, 2019

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Elementary Lunch-1

Portion Values - Detailed

Page 3

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 03/07/2019			
Elementary Lunch-1	Total	10630	
Menu #44	1	0	*N/A*
Pancakes WG	1 EACH	10630	160
SCRAMBLED EGGS	1/4 cup	10000	120
Hash Brown Potatoes	1/2 CUP	10000	0
Sausage Link, 2	2 EACH	10000	222
Pears: canned,light syrup	1/2 CUP	5000	10
Craisins, Strawberry	packet	4000	0
Milk, Chocolate Fat Free	HALF PINT	4000	180
Milk,1% Lowfat	HALF PINT	2000	125
JUICE FRUITABLE	1 EACH	4000	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	45
Ketchup	1 OZ	1000	267
Weighted Daily Average			652
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 03/08/2019			
Elementary Lunch-1	Total	10630	
Menu #45	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	1000	2
Cucumber, Raw	1/4 CUP	5000	1
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	2500	178
Sugar Cookies	1 EACH	8000	56
Weighted Daily Average			810
% of Calories			
Nutrient Guideline			1230

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Mar 1, 2019 thru Mar 29, 2019

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Elementary Lunch-1

Portion Values - Detailed

Page 4

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 03/11/2019			
Elementary Lunch-1	Total	10630	
Menu #46	1	0	*N/A*
Pretzel Bites	4	10630	1219
Queso Blanco Sauce	2 oz	5000	433
Cheddar Cheese Sauce	2 oz	5000	434
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	5000	20
Celery Sticks	1/4 CUP	2000	26
Applesauce Cup, Cinnamon	1/2 CUP	5000	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
SideKicks BlueRasp-Lemon Fruit	Container	5000	44
SideKicks Fruit Cup Kiwi-Straw	Container	5000	44
Weighted Daily Average			1819
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 03/12/2019			
Elementary Lunch-1	Total	10630	
Menu #47	1	0	*N/A*
Burrito, Bean & Cheese, 5 oz	1 EACH	10630	444
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
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Mandarin Oranges	1/2 CUP	5000	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
Sour Cream	1 OZ	3000	47
Salsa	1 OZ	3000	68
Jello	1/2 cup	10000	90
Weighted Daily Average			707
% of Calories			
Nutrient Guideline			1230

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Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 5

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 03/13/2019			
Elementary Lunch-1	Total	10630	
Menu #48	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 Green	1/2 CUP	3500	8
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	34
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
Weighted Daily Average % of Calories			1128
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 03/14/2019			
Elementary Lunch-1	Total	10630	
Menu #49	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	370
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 % of Calories			1089
Nutrient Guideline			1230

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Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 6

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 03/15/2019			
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, steamed, 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

Mon - 03/18/2019			
Elementary Lunch-1	Total	10630	
Menu #1	1	0	0
Grill Cheese Sandwich	1 EACH	10630	581
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			1127
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 7

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 03/19/2019			
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

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 03/20/2019			
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			867
% of Calories			
Nutrient Guideline			1230

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Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 8

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 03/21/2019			
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			981
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 03/22/2019			
Elementary Lunch-1	Total	10630	
Menu #5	1	1	0
Pizza, Cheese, Primo (10 cut)	slice	8000	480
Pizza, Pepp, Primo (10 cut)	slice	2630	530
Bread Sticks 51% 2 oz	1 EACH	7500	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	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	2500	178
Creamie Variety: ban, choc	1 EACH	9000	39
Weighted Daily Average			792
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 9

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 03/25/2019			
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

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 03/26/2019			
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
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	2000	1
Cheese Combo (Chdr & Mozz)	1 OZ	2000	115
Lettuce, Shred, 1/8 c	1/8 CUP	2000	1
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON TWIST	1 EACH	8000	314
Weighted Daily Average % of Calories			1217
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 10

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 03/27/2019			
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 - 03/28/2019			
Elementary Lunch-1	Total	10630	
Menu #9	1	1	0
Popcorn Chicken-Tyson	10 Each	10630	490
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			1050
Nutrient Guideline			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.

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Weber School District Child Nutrition

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 11

Generated on: 2/26/2019 2:29:55 PM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 03/29/2019			
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			765
% of Calories			
Nutrient Guideline			1230

Weighted Average			980
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	980		1230					

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