

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/08/2019			
Junior High Lunch	Total	4800	
Menu #16	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Burrito, Bean & Cheese, 5 oz	1 EACH	1000	444
Burrito, Beef & Bean, 5.2 oz	1 EACH	600	401
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	20
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	1600	964
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	1600	0
Cheese Combo (Chdr & Mozz)	1 OZ	1200	115
Pretzel Bites	4	1200	1219
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans, Black, 1/2 c	1/2 CUP	1000	383
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	450	68
Sour Cream	1 OZ	300	47
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1394
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 2

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/09/2019			
Junior High Lunch	Total	4800	
Menu #17	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Steak N Things Sandwich	2 oz	1600	400
Potato Wedges, 1/2 c	1/2 CUP	2400	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Green Beans: canned,ckd, 1/2 c	1/2 cup	1000	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Rice Krispies Treat -Large	1 Each	2200	140
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			947
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 3

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/10/2019			
Junior High Lunch	Total	4800	
Menu #18	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Turkey Club Sandwich wheat 51%	1 EACH	1600	1211
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	20
Chicken Alfredo Sauce-3/4 C	3/4 Cup	1600	788
Penne Pasta	3/4 CUP	1600	0
Rolls 51%/ 1.5 oz	1 EACH	1000	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	300	2
Beans Baked, 1/2 c	1/2 CUP	500	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1000	51
Applesauce Cup, Strawberry	1/2 CUP	1000	15
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	300	267
Mustard: individual PC	1 EACH	300	69
Mayonnaise, PC Packet	1 EACH	300	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1258
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 4

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 04/11/2019			
Junior High Lunch	Total	4800	
Menu #19	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Rib-B-Q Sandwich wheat 51%	1 EACH	1600	678
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	20
Lasagna	1 1/4 cup	1600	810
Rolls 51%/ 1.5 oz	1 EACH	1075	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	69
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	600	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1075
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 5

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 04/12/2019			
Junior High Lunch	Total	4800	
Menu #20	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Tater Tots, 1/2 CUP	1/2 CUP	1300	330
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Teriyaki Chicken 4.5 oz	4.5 oz	1600	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1300	2
Rolls 51%/ 1.5 oz	1 EACH	1300	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	1500	13
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Chocolate Chip Cookie	1 EACH	2300	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1093
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/15/2019			
Junior High Lunch	Total	4800	
Menu #21	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Corn Dog Chicken	1 EACH	1600	390
Potato Wedges, 1/2 c	1/2 CUP	2500	39
Chicken Fajita	1/2 cup	1600	387
Cheese Combo (Chdr & Mozz)	1 OZ	1000	115
Rolls 51%/ 2oz	1 EACH	1200	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Beans, Black, 1/2 c	1/2 CUP	500	383
Peaches: canned,ex light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
Sugar Cookies	1 EACH	1600	56
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			926
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 7

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/16/2019			
Junior High Lunch	Total	4800	
Menu #22	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1400	20
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Chicken Tetrazzini	1 cup	1600	696
Rolls 51%/ 1.5 oz	1 EACH	1400	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	500	2
Celery Sticks	1/4 CUP	500	26
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	1000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Creamie Variety: ban, choc	1 EACH	2000	39
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1041
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 8

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/17/2019			
Junior High Lunch	Total	4800	
Menu #23	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
Ham & Cheese Sub Wheat 51%	1 EACH	1600	1154
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	20
Breakfast Casserole	1 cup	1600	694
Eggo Waffle	1.00	1200	210
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	350	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce, Strawberry Cup	1/2 Cup	2000	15
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mayonnaise, PC Packet	1 EACH	500	82
Mustard: individual PC	1 EACH	500	69
SYRUP, MAPLE CHEF'S MARK	1 EACH	1200	45
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1207
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 9

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 04/18/2019			
Junior High Lunch	Total	4800	
Menu #24	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1500	20
Pork Roast	2 OZ	1600	26
Potatoes Whipped	1/2 CUP	1000	119
Gravy, Brown, 1/2 c	1/2 CUP	1600	323
Fiesta Chicken Bowl	1/2 Cup	1600	410
Cheese Combo (Chdr & Mozz)	1 OZ	1400	115
Rolls 51%/ 2oz	1 EACH	3000	205
Salad, Side--Green	1 CUP	2500	17
Tomato Grape	1/4 CUP	1000	2
Beans, Black, 1/2 c	1/2 CUP	750	383
Peas: frozen,warmed,1/2 c	1/2 CUP	1000	69
Pears: canned,light syrup	1/2 CUP	1000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	300	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	800	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	500	1
Sour Cream	1 OZ	500	47
Salsa	1 OZ	500	68
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1031
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 10

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/22/2019			
Junior High Lunch	Total	4800	
Menu #1	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Popcorn Chicken-Tyson	10 Each	1600	490
French Fries: ovr bkd, 1/2c	1/2 CUP	2400	20
Taco Crisp	2 each	1600	619
Cheese Combo (Chdr & Mozz)	1 OZ	1250	115
Rolls 51%/ 2oz	1 EACH	2150	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	4
Peaches: canned,ex light syrup	1/2 CUP	1500	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	500	205
Buffalo Sauce Mild	1 OZ	500	136
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Tomatoes,Fresh,Sliced	1 EACH	300	0
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	500	68
Sour Cream	1 OZ	500	47
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			977
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 11

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/23/2019			
Junior High Lunch	Total	4800	
Menu #2	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Meatball Sub	1 EACH	1600	597
French Fries: ovn bkd, 1/2c	1/2 CUP	2000	20
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Carrots Baby Fresh	1/4 CUP	1000	20
Cucumber, Raw	1/4 CUP	1000	1
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	16
Mandarin Oranges	1/2 CUP	2000	21
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	1700	178
Barbecue Sauce BULL'S EYE	1 OZ	500	205
Buffalo Sauce Mild	1 OZ	500	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	650	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Sugar Cookies	1 EACH	2000	56
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			926
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 12

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/24/2019			
Junior High Lunch	Total	4800	
Menu #3	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Hot Dog Wrap: Wheat 50%	1 EACH	1600	837
Turkey Club Sandwich wheat 51%	1 EACH	1600	1211
Potato Wedges, 1/2 c	1/2 CUP	4000	39
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Beans Baked, 1/2 c	1/2 CUP	1000	452
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	51
Applesauce Cup, Cinnamon	1/2 CUP	2000	15
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	2000	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average % of Calories			1410
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 04/25/2019			
Junior High Lunch	Total	4800	
Menu #4	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
French Fries: ovn bkd, 1/2c	1/2 CUP	1000	20
Country Fried Steak JTM	1 EACH	1600	340
Chicken Strips, Adv. Pierre	3 Each	1600	313
Rolls 51%/ 2oz	1 EACH	2400	205
Potatoes Whipped	1/2 CUP	2100	119
Gravy, Country, 1/2 c	1/2 CUP	2100	314
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Cucumber, Raw	1/4 CUP	1000	1
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	69
Pears: canned,light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
SideKicks BlueRasp-Lemon Fruit	Container	2000	44
SideKicks Fruit Cup Kiwi-Straw	Container	2000	44
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			1071
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Apr 1, 2019 thru Apr 30, 2019

Junior High Lunch

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 04/26/2019			
Junior High Lunch	Total	4800	
Menu #5	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Potato Wedges, 1/2 c	1/2 CUP	1600	39
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Mandarin Orange Chicken	3.92 serving	1600	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	2
Rolls 51%/ 1.5 oz	1 EACH	1600	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	1500	10
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	1000	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	1000	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			909
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/29/2019			
Junior High Lunch	Total	4800	
Menu #6	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Wrap Chicken Strip	1 EACH	1600	567
Potato Wedges, 1/2 c	1/2 CUP	1600	39
Meaty Nachos- Beef	Serving	1600	778
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Cucumber, Raw	1/4 CUP	700	1
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	4
Peaches: canned,ex light syrup	1/2 CUP	2000	10
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk, 1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
Salsa	1 OZ	300	68
Sour Cream	1 OZ	300	47
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			969
% of Calories			
Nutrient Guideline			1360

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.

Weber School District Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 16

Generated on: 2/26/2019 3:22:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/30/2019			
Junior High Lunch	Total	4800	
Menu #7	1	1	0
Chicken Sandwich 51%	1 EACH	1600	605
Tater Tots, 1/2 CUP	1/2 CUP	1200	330
Pizza, Cheese, Primo (8 cut)	slice	600	660
Pizza, Pepp, Primo, (8 cut)	slice	1000	660
Hawaiian Haystacks	1/2 CUP	1600	337
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	1600	4
Cheese Combo (Chdr & Mozz)	1 OZ	1200	115
Chow Mein Noodles	1/8 cup	1200	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1
Celery Chopped 1/8 cup	1/8 cup	650	12
Rolls 51%/ 2oz	1 EACH	1500	205
Salad, Side-Secondary	1 CUP	2500	13
Tomato Grape	1/4 CUP	1000	2
Peas: frozen,warmed,1/2 c	1/2 CUP	1200	69
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	12
Apples,Fresh	1 EACH	650	1
Orange Fresh	1 EACH	650	0
Bananas	1 EACH	650	0
Kiwifruit, Fresh	1 EACH	400	2
Milk, Chocolate Fat Free	HALF PINT	1500	180
Milk,1% Lowfat	HALF PINT	1500	125
JUICE FRUITABLE	1 EACH	500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Buffalo Sauce Mild	1 OZ	1000	136
Tomatoes,Fresh,Sliced	1 EACH	300	0
Lettuce,Shred, 1/8 c	1/8 CUP	300	1
Ketchup	1 OZ	500	267
Mustard: individual PC	1 EACH	500	69
Mayonnaise, PC Packet	1 EACH	500	82
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			1049
% of Calories			
Nutrient Guideline			1360

Weighted Average			1080
------------------	--	--	------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1080		1360					

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.