

Weber School District Child Nutrition

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/5/2019 2:36:52 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 08/20/2019			
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
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 Size	Reimb Qty	Sodm (mg)
Wed - 08/21/2019			
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			990
% of Calories			
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 08/22/2019			
High School Lunch	Total	9000	
Menu #4	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Chicken Nuggets Gold Kist, 5 e	5 each	3000	370
Potato Wedges, 1c	1 CUP	2000	79
Country Fried Steak JTM	1 EACH	3000	340
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			1102
% of Calories			
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 08/23/2019			
High School Lunch	Total	9000	
Menu #5	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
Mandarin Orange Chicken	3.92 serving	3000	311
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	3000	4
Rolls 51%/ 2oz	1 EACH	2500	205
Salad, Side--Green	1 CUP	4500	17
Tomato Grape	1/4 CUP	3000	2
Carrots Baby Fresh	1/4 CUP	2500	20
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	3500	10
Beans Baked, 1/2 c	1/2 CUP	2000	452
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
Barbecue Sauce BULL'S EYE	1 OZ	2500	205
Buffalo Sauce Mild	1 OZ	2500	136
Chocolate Chip Cookie	1 EACH	7000	82
Weighted Daily Average			1136
% of Calories			
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 08/26/2019			
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
Weighted Daily Average			1110
% of Calories			
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 08/27/2019			
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
Refried Beans Seasoned	1/2 CUP	1000	583
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
CINNAMON ROLLS	1 EACH	7500	305
Weighted Daily Average			1657
% of Calories			
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 08/28/2019			
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 - 08/29/2019			
High School Lunch	Total	9000	
Menu #9	1	1	0
Chicken Sandwich 51%	1 EACH	3000	605
Potato Wedges, 1c	1 CUP	2000	79
Pork Roast	2 OZ	3000	26
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
Weighted Daily Average % of Calories			1189
Nutrient Guideline			1420

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 08/30/2019			
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 Combo, Br & Wh 50/50 Ckd	1 CUP	1500	4
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			1025
% of Calories			
Nutrient Guideline			1420

Weighted Average			1208
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1208		1420					

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