

# Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/01/2019			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Quesadilla, Chicken & Cheese	1 Each	10630	29.22
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side-Elem	1/2 CUP	3500	0.8
Tomato Grape	1/4 CUP	2000	0.99
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Apples,Fresh 1/2 each	1/2 each	3000	9.53
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	3500	8.34
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Weighted Daily Average			86.11
% of Calories			60.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/02/2019			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	16.71
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Cucumber, Raw	1/4 CUP	2000	1.18
Broccoli: fresh, steamed, 1/4c	1/4 CUP	3000	1.63
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			89.45
% of Calories			52.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/03/2019			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Teriyaki Chicken 4.5 oz	4.5 oz	10630	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	2500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	1500	28.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Rice Krispy Treat-Small	1 each	10000	9.0
Weighted Daily Average			98.08
% of Calories			63.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/04/2019			
Elementary Lunch-1	Total	10630	
Menu #35	1	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	5000	0.76
Tomato Grape	1/4 CUP	2000	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	0.08
Mandarin Oranges	1/2 CUP	5000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	21.0
Ranch Dressing: yogurt	1 FL OZ	7000	3.31
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			95.92
% of Calories			55.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 10/07/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #1	1	0	0.0
Grill Cheese Sandwich	1 EACH	10630	30.96
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side-Elem	1/2 CUP	3000	0.8
Tomato Grape	1/4 CUP	8000	0.99
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	1.63
Applesauce, canned: Sweet	1/2 CUP	2500	17.78
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	5000	3.31
Ketchup	1 OZ	10000	8.34
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			107.22
% of Calories			67.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 10/08/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #2	1	0	0.0
Taco Crisp Elementary	1 each	10630	10.09
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Rolls 51%/ 2oz	1 EACH	5000	30.79
Salad, Side-Elem	1/2 CUP	4000	0.8
Peas: frozen, warmed, 1/4 c	1/4 CUP	4000	6.79
Refried Beans Seasoned	1/2 CUP	8000	18.02
Pineapple Chunks: canned, lt syr	1/2 CUP	4000	13.22
Apples, Fresh 1/2 each	1/2 each	4000	9.53
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	8500	0.25
Lettuce, Shred, 1/8 c	1/8 CUP	5000	0.32
Tomatoes, Cnd, Diced, Drnd	1/4 cup	5000	1.87
Sour Cream	1 OZ	5000	1.89
Salsa	1 OZ	5000	1.96
Weighted Daily Average			87.41
% of Calories			44.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/09/2019			
Elementary Lunch-1	Total	10630	
Menu #3	1	0	0.0
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	16.71
Salad, Side-Elem	1/2 CUP	5000	0.8
Cucumber, Raw	1/4 CUP	2000	1.18
Tomato Grape	1/4 CUP	5000	0.99
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Peaches: canned,ex light syrup	1/2 CUP	5000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			97.93
% of Calories			54.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/10/2019			
Elementary Lunch-1	Total	10630	
Menu #4	1	1	0.0
Pancakes, Cinnamon Glazed	PKG	10630	35.0
Egg, Hard Boiled	1 EACH	8000	0.56
Bacon, 2 ea	2 Each	8000	0.0
Hash Brown Potatoes	1/2 CUP	8000	20.41
Salad, Side-Elem	1/2 CUP	2500	0.8
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	1500	28.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup 2oz	2 OZ	5000	16.68
Weighted Daily Average			112.96
% of Calories			69.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/11/2019			
Elementary Lunch-1	Total	10630	
Menu #5	1	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	7500	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	0.08
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			96.54
% of Calories			56.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/14/2019			
Elementary Lunch-1	Total	10630	
Menu #6	1	0	0.0
Corn Dog Chicken	1 EACH	10630	30.0
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	6000	0.8
Carrots Baby Fresh	1/4 CUP	4000	4.0
Applesauce Cup, Cinnamon	1/2 CUP	6000	22.0
Orange Fresh, 1/2	1/2 EACH	6000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	21.0
Ranch Dressing: yogurt	1 FL OZ	6000	3.31
Ketchup	1 OZ	10000	8.34
Mustard: individual PC	1 EACH	8000	0.35
Weighted Daily Average			86.26
% of Calories			60.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/15/2019			
Elementary Lunch-1	Total	10630	
Menu #7	1	0	0.0
Burrito, Bean & Cheese, 5 oz	1 EACH	10630	43.25
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	3500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	3000	9.07
Tomato Grape	1/4 CUP	2000	0.99
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Apples,Fresh 1/2 each	1/2 each	3000	9.53
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Ketchup	1 OZ	2000	8.34
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
CINNAMON ROLLS	1 EACH	8000	44.97
Weighted Daily Average			125.19
% of Calories			61.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/16/2019			
Elementary Lunch-1	Total	10630	
Menu #8	1	0	0.0
Hamburger Wheat 51%	1 EACH	10630	32.08
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	16.71
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Green Beans: canned,ckd 1/4 c	1/4 cup	3000	0.08
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Pumpkin Chocolate Chip Cookies	1 Each	10000	16.59
Weighted Daily Average			93.06
% of Calories			53.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/21/2019			
Elementary Lunch-1	Total	10630	
Menu #11	1	1	0.0
Meatball Sub	1 EACH	10630	39.51
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	3500	0.8
Tomato Grape	1/4 CUP	2000	0.99
Applesauce Cup, Strawberry	1/2 CUP	4000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	5000	8.34
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			101.16
% of Calories			55.0%
Nutrient Guideline			

Tue - 10/22/2019			
Elementary Lunch-1	Total	10630	
Menu #12	1	1	0.0
Meaty Nachos- Beef	Serving	10630	40.47
Salad, Side-Elem	1/2 CUP	3500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	9.07
Beans, Black, 1/2 c	1/2 CUP	5000	17.01
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Apples,Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Sour Cream	1 OZ	2500	1.89
Salsa	1 OZ	2500	1.96
Weighted Daily Average			73.68
% of Calories			42.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/23/2019			
Elementary Lunch-1	Total	10630	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	16.71
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	1.63
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			96.79
% of Calories			53.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/24/2019			
Elementary Lunch-1	Total	10630	
Menu #14	1	1	0.0
Pork Roast	2 OZ	10630	0.0
Potatoes Whipped	1/2 CUP	10630	18.33
Gravy, Brown, 1/4 c	1/4 CUP	10000	5.0
Rolls 51%/ 2oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Cucumber, Raw	1/4 CUP	2000	1.18
Pears: canned,light syrup	1/2 CUP	3500	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Snickerdoodles	1 EACH	10000	19.73
Weighted Daily Average			95.31
% of Calories			56.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 10/28/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0.0
French Toast Sticks BC/WG	3 ea. serving	10630	42.8
SCRAMBLED EGGS	1/4 cup	8000	0.63
Sausage Link, 2	2 EACH	8000	1.14
Hash Brown Potatoes	1/2 CUP	5000	20.41
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Applesauce cup, plain	1/2	4000	30.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup	1 OZ	5000	8.34
Weighted Daily Average			118.07
% of Calories			66.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 10/29/2019</b>			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0.0
Sweet N' Sour Chicken	3.92 Serving	10630	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Pears: canned, light syrup	1/2 CUP	4000	13.57
Apples, Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19.64
SideKicks BlueRasp-Lemon Fruit	Container	4500	19.64
Weighted Daily Average			116.31
% of Calories			73.2%
Nutrient Guideline			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Weber School District Child Nutrition

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/30/2019			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0.0
Popcorn Chicken-Tyson	10 Each	10630	13.94
Potatoes Whipped	1/2 CUP	10000	18.33
Gravy, Chicken, 1/4 c	1/4 CUP	10000	4.13
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Beans Baked, 1/2 c	1/2 CUP	5000	29.2
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	5500	3.31
Barbecue Sauce BULL'S EYE	1 OZ	4500	10.24
Ketchup	1 OZ	2000	8.34
Weighted Daily Average			112.94
% of Calories			57.5%
Nutrient Guideline			

Thu - 10/31/2019			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0.0
Hawaiian Haystacks	1/2 CUP	10630	8.73
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	30.79
Cheese Cheddar Shred	1 OZ	8000	0.0
Chow Mein Noodles	1/8 cup	5000	6.48
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2500	0.99
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	6.79
Pineapple Chunks:canned,lt syr	1/2 CUP	5000	13.22
Craisins, Strawberry	packet	4000	28.0
Milk, Chocolate Fat Free	HALF PINT	4500	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4500	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Cookie, Holiday Frosted	1 each	10000	27.0
Weighted Daily Average			129.21
% of Calories			60.5%
Nutrient Guideline			

Weighted Average			100.98
			57.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	100.98	57.87%						

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