

Weber School District Child Nutrition

Aug 20, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 7/26/2019 2:26:23 PM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 08/20/2019			
Elementary Lunch-1	Total	10630	
Menu #1	1	0	0
Grill Cheese Sandwich	1 EACH	10630	581
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side-Elem	1/2 CUP	3000	6
Tomato Grape	1/4 CUP	8000	2
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	9
Applesauce, canned: Sweet	1/2 CUP	2500	23
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	4500	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	20
Ranch Dressing: yogurt	1 FL OZ	5000	178
Ketchup	1 OZ	10000	267
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average % of Calories			1178
Nutrient Guideline			1230

Wed - 08/21/2019			
Elementary Lunch-1	Total	10630	
Menu #3	1	0	0
Chicken Sandwich 51%	1 EACH	10630	605
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side-Elem	1/2 CUP	5000	6
Cucumber, Raw	1/4 CUP	2000	1
Tomato Grape	1/4 CUP	5000	2
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	4500	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	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			870
Nutrient Guideline			1230

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Page 2

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 08/22/2019			
Elementary Lunch-1	Total	10630	
Menu #4	1	1	0
Pancakes, Cinnamon Glazed	PKG	10630	260
Egg, Hard Boiled	1 EACH	8000	62
Bacon, 2 ea	2 Each	8000	274
Hash Brown Potatoes	1/2 CUP	8000	0
Salad, Side-Elem	1/2 CUP	2500	6
Pears: canned, light syrup	1/2 CUP	2000	10
Craisins, Strawberry	packet	1500	0
Milk, Chocolate Fat Free	HALF PINT	4500	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	45
Weighted Daily Average % of Calories			671
Nutrient Guideline			1230

Fri - 08/23/2019			
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
Green Beans: canned, ckd 1/4 c	1/4 cup	2000	8
Mandarin Oranges	1/2 CUP	4000	21
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	4500	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	20
Ranch Dressing: yogurt	1 FL OZ	2500	178
Chocolate Chip Cookie	1 EACH	10000	82
Weighted Daily Average % of Calories			865
Nutrient Guideline			1230

Mon - 08/26/2019			
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

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Page 3

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			1192
Nutrient Guideline			1230

Tue - 08/27/2019			
Elementary Lunch-1	Total	10630	
Menu #7	1	0	0
Quesadilla, Chicken & Cheese	1 Each	10630	433
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	3500	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	3000	2
Tomato Grape	1/4 CUP	2000	2
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Apples,Fresh 1/2 each	1/2 each	3000	0
Milk, Chocolate Fat Free	HALF PINT	4500	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Ketchup	1 OZ	2000	267
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON TWIST	1 EACH	8000	314
Weighted Daily Average % of Calories			1190
Nutrient Guideline			1230

Wed - 08/28/2019			
Elementary Lunch-1	Total	10630	
Menu #8	1	0	0
Hamburger Wheat 51%	1 EACH	10630	527
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	4500	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	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
Pumpkin Chocolate Chip Cookies	1 Each	10000	80
Weighted Daily Average % of Calories			833
Nutrient Guideline			1230

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Page 4

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 08/29/2019			
Elementary Lunch-1	Total	10630	
Menu #9	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	9000	205
Salad, Side--Elem Green	1/2 CUP	5000	8
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	5000	13
Pears: canned, light syrup	1/2 CUP	4000	10
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	4500	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Weighted Daily Average			613
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 08/30/2019			
Elementary Lunch-1	Total	10630	
Menu #10	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	8000	205
Salad, Side--Elem Green	1/2 CUP	7000	8
Peas: frozen, warmed, 1/4 c	1/4 CUP	5000	34
Mandarin Oranges	1/2 CUP	8000	21
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	4500	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4500	20
Ranch Dressing: yogurt	1 FL OZ	7000	178
Creamie Variety: ban, choc	1 EACH	8000	39
Weighted Daily Average			928
% of Calories			
Nutrient Guideline			1230

Weighted Average			926
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	926		1230					

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