

Weber School District Child Nutrition

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/03/2019			
Elementary Lunch-1	Total	10630	
Menu #12	1	1	0
Meaty Nachos- Beef	Serving	10630	778
Salad, Side-Elem	1/2 CUP	3500	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	2
Beans, Black, 1/2 c	1/2 CUP	5000	383
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
Sour Cream	1 OZ	2500	47
Salsa	1 OZ	2500	68
Weighted Daily Average % of Calories			1078
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/04/2019			
Elementary Lunch-1	Total	10630	
Menu #13	1	1	0
Chicken Sandwich 51%	1 EACH	10630	605
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side--Elem Green	1/2 CUP	3500	8
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	9
Beans Baked, 1/2 c	1/2 CUP	2000	452
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	3000	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			903
Nutrient Guideline			1230

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Generated on: 8/6/2019 3:04:42 PM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/05/2019			
Elementary Lunch-1	Total	10630	
Menu #14	1	1	0
Pork Roast	2 OZ	10630	26
Potatoes Whipped	1/2 CUP	10630	119
Gravy, Brown, 1/4 c	1/4 CUP	10000	162
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Cucumber, Raw	1/4 CUP	2000	1
Pears: canned,light syrup	1/2 CUP	3500	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	3500	178
Snickerdoodles	1 EACH	10000	72
Weighted Daily Average			684
% of Calories			
Nutrient Guideline			1230

Fri - 09/06/2019			
Elementary Lunch-1	Total	10630	
Menu #15	1	1	0
Pizza, Pepp, Primo (10 cut)	slice	2630	530
Pizza, Cheese, Primo (10 cut)	slice	8000	480
Bread Sticks 51% 2 oz	1 EACH	8000	205
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
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	5000	178
Chocolate Chip Cookie	EACH	10000	82
Weighted Daily Average			916
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 09/09/2019			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0
French Toast Sticks BC/WG	3 ea. serving	10630	289
SCRAMBLED EGGS	1/4 cup	8000	120
Sausage Link, 2	2 EACH	8000	222
Hash Brown Potatoes	1/2 CUP	5000	0
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Applesauce cup, plain	1/2	4000	20
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	1000	178
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	45
Weighted Daily Average			712
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/10/2019			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0
Sweet N' Sour Chicken	3.92 Serving	10630	222
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
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Pears: canned, light syrup	1/2 CUP	4000	10
Apples, Fresh 1/2 each	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
SideKicks Fruit Cup Kiwi-Straw	Container	4500	44
SideKicks BlueRasp-Lemon Fruit	Container	4500	44
Weighted Daily Average			574
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/11/2019			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0
Popcorn Chicken-Tyson	10 Each	10630	488
Potatoes Whipped	1/2 CUP	10000	119
Gravy, Chicken, 1/4 c	1/4 CUP	10000	260
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Beans Baked, 1/2 c	1/2 CUP	5000	452
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	5500	178
Barbecue Sauce BULL'S EYE	1 OZ	4500	205
Weighted Daily Average			1540
% of Calories			
Nutrient Guideline			1230

Thu - 09/12/2019			
Elementary Lunch-1	Total	10630	
Menu #19	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	10000	205
Cheese Cheddar Shred	1 OZ	8000	182
Chow Mein Noodles	1/8 cup	5000	82
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2500	2
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	34
Pineapple Chunks:canned,lt syr	1/2 CUP	5000	12
Craisins, Strawberry	packet	4000	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
Weighted Daily Average			886
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/13/2019			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	0
Pizza, Cheese, Primo (10 cut)	slice	8000	480
Pizza, Pepp, Primo (10 cut)	slice	2630	530
Bread Sticks 51% 2 oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Cucumber, Raw	1/4 CUP	2000	1
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	9
Mandarin Oranges	1/2 CUP	5000	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
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			875
% of Calories			
Nutrient Guideline			1230

Mon - 09/16/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Nuggets Gold Kist, 5 e	5 each	10630	370
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	20
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Beans Baked, 1/2 c	1/2 CUP	2000	452
Applesauce Cup, Cinnamon	1/2 CUP	4000	15
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	3500	178
Ketchup	1 OZ	2500	267
Barbecue Sauce BULL'S EYE	1 OZ	3500	205
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			1037
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 09/17/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Chili 1/2 cup	1/2 Cup	10630	459
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	12
Apples,Fresh 1/2 each	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
Cheese Cheddar Shred	1 OZ	5000	182
Sour Cream	1 OZ	5000	47
Weighted Daily Average			888
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/18/2019			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*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
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	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	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
Pumpkin Chocolate Chip Cookies	1 Each	10000	80
Weighted Daily Average			895
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/19/2019			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	10630	694
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	10000	0
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	34
Pears: canned,light syrup	1/2 CUP	2000	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
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average % of Calories			1047
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/20/2019			
Elementary Lunch-1	Total	10630	
Menu #25	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	2000	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2500	2
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	4000	178
Chocolate Chip Cookie	1 EACH	10000	82
Weighted Daily Average % of Calories			899
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Mon - 09/23/2019			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Mac & Cheese	6 oz	10630	770
Lil Smokies	3	10630	350
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Carrots:frzn, boiled, 1/4 c	1/4 CUP	2000	25
Beans, Black, 1/2 c	1/2 CUP	2500	383
Applesauce Cup, Strawberry	1/2 CUP	3000	15
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	3500	178
SideKicks BlueRasp-Lemon Fruit	Container	4500	44
SideKicks Fruit Cup Kiwi-Straw	Container	4500	44
Weighted Daily Average			1606
% of Calories			
Nutrient Guideline			1230

Tue - 09/24/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Wsd Bowl Elementary	1 each	10630	516
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem	1/2 CUP	3500	10
Carrots Baby Fresh	1/4 CUP	5000	20
Celery Sticks	1/4 CUP	5000	26
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Apples,Fresh 1/2 each	1/2 each	4000	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
Chocolate Chip Cookie	1 EACH	10000	82
Weighted Daily Average			970
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 09/25/2019			
Elementary Lunch-1	Total	10630	
Menu #28	1	0	*N/A*
Rib-B-Q Sandwich wheat 51%	1 EACH	10630	678
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side-Elem	1/2 CUP	5000	6
Cucumber, Raw	1/4 CUP	2000	1
Carrots Baby Fresh	1/4 CUP	2000	20
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
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
Mayonnaise, PC Packet	1 EACH	1000	82
Barbecue Sauce BULL'S EYE	1 OZ	4000	205
Weighted Daily Average			950
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 09/26/2019			
Elementary Lunch-1	Total	10630	
Menu #29	1	1	*N/A*
Hot Dog Wrap: Wheat 50%	1 EACH	10630	837
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side--Elem Green	1/2 CUP	5000	8
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Beans Baked, 1/2 c	1/2 CUP	2000	452
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
Ketchup	1 OZ	5000	267
Mustard: individual PC	1 EACH	5000	69
Snickerdoodles	1 EACH	10000	72
Weighted Daily Average			1291
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 09/27/2019			
Elementary Lunch-1	Total	10630	
Menu #30	1	1	*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	7500	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
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
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			826
% of Calories			
Nutrient Guideline			1230

Mon - 09/30/2019			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
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
Tomato Grape	1/4 CUP	5000	2
Carrots:frzn, boiled, 1/4 c	1/4 CUP	5000	25
Beans Baked, 1/2 c	1/2 CUP	4000	452
Applesauce Cup, Cinnamon	1/2 CUP	6000	15
Orange Fresh, 1/2	1/2 EACH	6000	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	6000	178
Ketchup	1 OZ	5000	267
Mustard: individual PC	1 EACH	5000	69
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			1369
% of Calories			
Nutrient Guideline			1230

Weighted Average			997
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	997		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.

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.