

# Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

Elementary Lunch-1

Generated on: 2/26/2019 3:10:26 PM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/08/2019			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0
Ham & Cheese Sub Wheat 51%	1 EACH	10630	1154
Sun Chips Original	Package	10000	120
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Applesauce cup, plain	1/2	4000	*N/A*
Orange Fresh, 1/2	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
Mayonnaise, PC Packet	1 EACH	1000	82
Mustard: individual PC	1 EACH	1000	69
Tomatoes, Fresh, Sliced	1 EACH	1000	0
Lettuce, Shred, 1/8 c	1/8 CUP	1000	1
SideKicks BlueRasp-Lemon Fruit	Container	5000	44
SideKicks Fruit Cup Kiwi-Straw	Container	5000	44
Weighted Daily Average			1411
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/09/2019			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0
Taco Crisp Elementary	1 each	10630	464
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Refried Beans Seasoned	1/2 CUP	2000	583
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Mandarin Oranges	1/2 CUP	4000	21
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
Cheese Combo (Chdr & Mozz)	1 OZ	1000	115
Sour Cream	1 OZ	1500	47
Salsa	1 OZ	1500	68
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1000	1
Lettuce, Shred, 1/8 c	1/8 CUP	1000	1
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			1008
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/10/2019			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	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
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			1114
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 04/11/2019			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0
French Toast Sticks BC/WG	serving	10630	289
Hash Brown Potatoes	1/2 CUP	5000	0
SCRAMBLED EGGS	1/4 cup	5000	120
Sausage Link, 2	2 EACH	4000	222
Pears: canned,light syrup	1/2 CUP	5000	10
Craisins, Strawberry	packet	4000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	45
Ketchup	1 OZ	2000	267
Weighted Daily Average			593
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 04/12/2019			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	0
Teriyaki Chicken 4.5 oz	4.5 oz	10630	554
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
Tomato Grape	1/4 CUP	2000	2
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2000	9
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Kiwifruit, Fresh	1 EACH	2000	2
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	2500	178
Rice Krispy Treat	1 each	10000	45
Weighted Daily Average			910
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/15/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	370
Rolls 51%/ 2oz	1 EACH	8000	205
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	20
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	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
Ketchup	1 OZ	2500	267
Barbecue Sauce BULL'S EYE	1 OZ	3500	205
SideKicks BlueRasp-Lemon Fruit	Container	4500	44
SideKicks Fruit Cup Kiwi-Straw	Container	4500	44
Weighted Daily Average			927
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/16/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
White Mac N' Cheese	6 oz	10630	801
Lil Smokies	5	10000	350
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	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	4000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Barbecue Sauce BULL'S EYE	1 OZ	1000	205
Weighted Daily Average			1251
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/17/2019			
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
Tomato Grape	1/4 CUP	2000	2
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	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	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
Rice Krispies Treat -Large	1 Each	10000	140
Weighted Daily Average			923
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 04/18/2019			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	378
Potatoes Whipped	1/2 CUP	10000	119
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	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			815
% of Calories			
Nutrient Guideline			1230

Mon - 04/22/2019			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Meaty Nachos- Beef	Serving	10630	778
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	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	2000	47
Salsa	1 OZ	2000	68
Weighted Daily Average			986
% of Calories			
Nutrient Guideline			1230

Tue - 04/23/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	694
Waffle, WG, Bake Crafters, Map	1	10000	244
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Banana, 1/2	1/2 each	4000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	45
Ketchup	1 OZ	5000	267

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			1163
Nutrient Guideline			1230

Wed - 04/24/2019			
Elementary Lunch-1 Menu #28	Total	10630	
Cheese Burger Wheat 51%	1	0	*N/A*
Tater Tots, 1/2 CUP	1 EACH	10630	664
Salad, Side-Elem	1/2 CUP	10000	330
Cucumber, Raw	1/2 CUP	5000	6
Carrots Baby Fresh	1/4 CUP	2000	1
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	20
Peaches: canned,ex light syrup	1/4 CUP	2000	2
Banana, 1/2	1/2 CUP	5000	10
Milk, Chocolate Fat Free	1/2 each	2000	0
Milk,1% Lowfat	HALF PINT	3000	180
JUICE FRUITABLE	HALF PINT	1000	125
Ranch Dressing: yogurt	1 EACH	3000	20
Ketchup	1 FL OZ	1000	178
Mustard: individual PC	1 OZ	1000	267
Mayonnaise, PC Packet	1 EACH	1000	69
Tomatoes,Fresh,Sliced	1 EACH	1000	82
Lettuce,Shred, 1/8 c	1 EACH	1000	0
Weighted Daily Average % of Calories	1/8 CUP	1000	1
Nutrient Guideline			1111
			1230

Thu - 04/25/2019			
Elementary Lunch-1 Menu #29	Total	10630	
Hot Dog Wrap: Wheat 50%	1	1	*N/A*
Potato Wedges, 1/2 c	1 EACH	10630	837
Salad, Side--Elem Green	1/2 CUP	10000	39
Green Beans: canned,ckd 1/4 c	1/2 CUP	5000	8
Beans Baked, 1/2 c	1/4 cup	5000	8
Pears: canned,light syrup	1/2 CUP	2000	452
Craisins, Strawberry	1/2 CUP	4000	10
Milk, Chocolate Fat Free	packet	2000	0
Milk,1% Lowfat	HALF PINT	4000	180
JUICE FRUITABLE	HALF PINT	1000	125
Ranch Dressing: yogurt	1 EACH	4000	20
Ketchup	1 FL OZ	1000	178
Mustard: individual PC	1 OZ	5000	267
Cookie, Holiday Frosted	1 EACH	5000	69
Weighted Daily Average % of Calories	1 each	10000	78
Nutrient Guideline			1305
			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 04/26/2019			
Elementary Lunch-1	Total	10630	
Menu #30	1	1	*N/A*
Sweet N' Sour Chicken	Serving	10630	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	2
Rolls 51%/ 2oz	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
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Kiwifruit, Fresh	1 EACH	2000	2
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	2500	178
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			525
% of Calories			
Nutrient Guideline			1230

Mon - 04/29/2019			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
Chicken Nuggets Gold Kist, 5 e	7 each	10630	518
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side-Elem	1/2 CUP	6000	6
Tomato Grape	1/4 CUP	5000	2
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	5000	267
Barbecue Sauce BULL'S EYE	1 OZ	5000	205
Weighted Daily Average			1113
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/30/2019			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	464
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	3500	6
Refried Beans Seasoned	1/2 CUP	2000	583
Mandarin Oranges	1/2 CUP	4000	21
Apples,Fresh 1/2 each	1/2 each	3000	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	3500	178
Ketchup	1 OZ	3500	267
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	3500	1
Lettuce,Shred, 1/8 c	1/8 CUP	2000	1
Cheese Combo (Chdr & Mozz)	1 OZ	2000	115
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON TWIST	1 EACH	8000	314
Weighted Daily Average % of Calories			1389
Nutrient Guideline			1230

Weighted Average			1034
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1034		1230					

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