

Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

Page 1

Generated on: 3/27/2017 8:45:45 AM

	Portion Size	Sodm (mg)
Mon - 04/10/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary		
Menu #21	Total	
Popcorn Chicken	14 EACH	400
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Baked Ziti	1.25 cup	572
Salad, Side--Elem S/R/C	1/2 CUP	6
Rolls 51%/ 2oz	1 EACH	205
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Barbecue Sauce BULL'S EYE	1 OZ	205
Ketchup	1 OZ	267
Weighted Daily Average		957
% of Calories		
Nutrient Guideline		1089

Tue - 04/11/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples, Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180

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Generated on: 3/27/2017 8:45:46 AM

	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #22	1	*N/A*
Ham & Cheese Sub Wheat 51%	1 EACH	1044
Potato Wedges, 1/2 c	1/2 CUP	39
Hamburger Gravy	1/2 CUP	284
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Craisins, Strawberry	packet	0
Orange Fresh, 1/2	1/2 EACH	0
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ketchup	1 OZ	267
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1089
% of Calories		
Nutrient Guideline		1089

Wed - 04/12/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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Portion Values - Detailed

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Generated on: 3/27/2017 8:45:46 AM

	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #23	1	*N/A*
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Sweet & Sour Chicken	Serving	201
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Celery Sticks	1/4 CUP	26
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Kiwifruit, Fresh	1 EACH	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Salsa	1 OZ	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		608
% of Calories		
Nutrient Guideline		1089

Thu - 04/13/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #24	1	*N/A*
Chili 3/4 cup	3/4 CUP	574
Cheese Combo 1/2 oz	1/2 OZ	57
Breakfast Casserole	1 cup	694
Salad, Side--Elem S/R/C	1/2 CUP	6
Rolls 51%/ 2oz	1 EACH	205
Pears: canned,light syrup	1/2 CUP	10
Kiwifruit, Fresh	1 EACH	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		976
Nutrient Guideline		1089

Mon - 04/17/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #26	1	*N/A*
Chicken Nuggets, Proview	5 Each	380
Turkey Club Sandwich ELEM	1 EACH	833
Salad, Side--Elem S/R/C	1/2 CUP	6
Potato Wedges, 1/2 c	1/2 CUP	39
Pears: canned, light syrup	1/2 CUP	10
Orange Fresh, 1/2	1/2 EACH	0
Green Beans: canned, ckd 1/4 c	1/4 cup	8
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
BBQ Ken's	1 oz	307
Ketchup	1 OZ	267
Lettuce, Shred, 1/8 c	1/8 CUP	1
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average % of Calories		922
Nutrient Guideline		1089

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	Portion Size	Sodm (mg)
Tue - 04/18/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
LUNCH Elementary	Total	
Menu #27	1	*N/A*
Cheese Burger Wheat 51%	1 EACH	664
Hot Dog Wrap: Wheat 51%	1 EACH	837
Salad, Side--Elem S/R/C	1/2 CUP	6
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Beans Baked, 1/2 c	1/2 CUP	471
Mandarin Oranges	1/2 CUP	21
Banana, 1/2	1/2 each	0
Celery Sticks	1/4 CUP	26
Carrots Baby Fresh	1/4 CUP	20
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1108
% of Calories		
Nutrient Guideline		1089

Wed - 04/19/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #28	1	*N/A*
Taco Crisp Elementary	1 each	464
Cheese Combo 1/2 oz	1/2 OZ	57
Cinnamon Bites	1 Each	114
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem S/R/C	1/2 CUP	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Kiwifruit, Fresh	1 EACH	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		970
% of Calories		
Nutrient Guideline		1089

Thu - 04/20/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmellow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #29	1	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	370
Country Fried Steak JTM	1 EACH	340
Salad, Side--Elem S/R/C	1/2 CUP	6
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/4 c	1/4 CUP	157
Rolls 51%/ 2oz	1 EACH	205
Apples,Fresh 1/2 each	1/2 each	0
Peaches: canned,ex light syrup	1/2 CUP	10
Broccoli,raw: fresh 1/4 c	1/4 CUP	5
Carrots Baby Fresh	1/4 CUP	20
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
BBQ Ken's	1 oz	307
Weighted Daily Average		1034
% of Calories		
Nutrient Guideline		1089

Fri - 04/21/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #5	1	0
Pancake 'n Sausage	1 EACH	310
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #30	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Mac & Cheese	6 oz	750
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Applesauce, canned: Sweet	1/2 CUP	26
Craisins, Strawberry	packet	0
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Creamie Variety: ban, choc	1 EACH	39

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		771
Nutrient Guideline		1089

Mon - 04/24/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #1	1	0
Pancakes, Cinnamon Glazed	1 EACH	260
Cereal, Frosted Mini-Wheats, Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPART, BROWN SUGAR CINN	PACKAGE	170
POPART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Applesauce, canned: Sweet	1/2 CUP	26
Orange Fresh, 1/2	1/2 EACH	0
JUICE FRUITABLE	1 EACH	20
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
LUNCH Elementary	Total	
Menu #31	1	*N/A*
Italian Dunkers	1/2 CUP	532
Bread Sticks 51% 2 oz	1 EACH	205
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem S/R/C	1/2 CUP	6
Pears: canned, light syrup	1/2 CUP	10
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
Beans Baked, 1/2 c	1/2 CUP	471
Milk, 1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ketchup	1 OZ	267
Weighted Daily Average % of Calories		1011
Nutrient Guideline		1089

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	Portion Size	Sodm (mg)
Tue - 04/25/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #2	1	0
Muffin Blueberry	1 EACH	140
Muffin Chocolate Choc Chip	1 EACH	135
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Yogurt, strawberry	1 EACH	50
Sausage Link, 2	2 EACH	222
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
LUNCH Elementary		
Menu #32	Total	
Popcorn Chicken, Adv. Pierre	10 Each	*N/A*
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Chicken Tacos Elementary	1 each	203
Cheese Combo 1/2 oz	1/2 OZ	57
Salad, Side--Elem S/R/C	1/2 CUP	6
Celery Sticks	1/4 CUP	26
Mandarin Oranges	1/2 CUP	21
APPLE SLICES, PACKAGE	PKG	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Lettuce,Shred, 1/8 c	1/8 CUP	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Kellogg's Rice Krispies Treat	1 Each	140
Weighted Daily Average		729
% of Calories		
Nutrient Guideline		1089

Wed - 04/26/2017		
BREAKFAST Elementary	Total	
Breakfast Menu #3	1	0
French Toast Sticks, 4 each	4 EACH	370
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
POPTART, BROWN SUGAR CINN	PACKAGE	170
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	1 EACH	50
Scrambled Eggs, USDA	1/4 cup	90
Peaches: canned,ex light syrup	1/2 cup	10
Banana, 1/2	1/2 each	0
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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	Portion Size	Sodm (mg)
LUNCH Elementary	Total	
Menu #33	1	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	694
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	0
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Pulled Pork Sandwich	1 EACH	771
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem S/R/C	1/2 CUP	6
Carrot Sticks	1/4 cup	21
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Banana, 1/2	1/2 each	0
Peaches: canned,ex light syrup	1/2 CUP	10
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
JUICE FRUITABLE	1 EACH	20
Ketchup	1 OZ	267
Ranch Dressing: yogurt	1 FL OZ	178
Weighted Daily Average		1135
% of Calories		
Nutrient Guideline		1089

Thu - 04/27/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary	Total	
Breakfast Menu #4	1	0
Waffle Snack'n Blueberry	1 EACH	252
Waffle Snack'n Cinnamon	1 EACH	279
Waffle Snack'n Maple	1 EACH	279
Cereal,Frosted Mini-Wheats,Bow	BOWL	10
Cereal, Marshmallow Mateys	1 Each	370
Sausage Link, 2	2 EACH	222
Yogurt, strawberry	1 EACH	50
Strawberry Cup	.5 Cup	0
Kiwifruit, Fresh	1 EACH	2
JUICE FRUITABLE	1 EACH	20
Milk,1% Lowfat	HALF PINT	125
Milk, Chocolate Fat Free	HALF PINT	180
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
LUNCH Elementary Menu #34	Total	
Teriyaki Chicken	1	*N/A*
Rice, Br & Wh 50/50 Ckd, 1/2 c	3 3/8 oz	415
Rolls 51%/ 2oz	1/2 CUP	2
Corn Dog Chicken	1 EACH	205
French Fries: ovn bkd, 1/2c	1 EACH	390
Salad, Side--Elem Green	1/2 CUP	20
Tomato Grape	1/2 CUP	8
Pineapple Chunks:canned,lt syr	1/4 CUP	2
Kiwifruit, Fresh	1/2 CUP	12
Peas: frozen,warmed,1/4 c	1 EACH	2
Milk, Chocolate Fat Free	1/4 CUP	34
Milk,1% Lowfat	HALF PINT	180
JUICE FRUITABLE	HALF PINT	125
Ketchup	1 EACH	20
Mustard: individual PC	1 OZ	267
Ranch Dressing: yogurt	1 EACH	69
Chocolate Chip Cookie	1 FL OZ	178
Weighted Daily Average	1 EACH	81
% of Calories		872
Nutrient Guideline		1089

Fri - 04/28/2017		
	Portion Size	Sodm (mg)
BREAKFAST Elementary Breakfast Menu #5	Total	
Pancake 'n Sausage	1	0
Cereal,Frosted Mini-Wheats,Bow	1 EACH	310
Cereal, Marshmallow Mateys	BOWL	10
POPTART, BROWN SUGAR CINN	1 Each	370
POPTART, STRAWBERRY	PACKAGE	170
Yogurt, strawberry	PACKAGE	170
Scrambled Eggs, USDA	1 EACH	50
Pears: canned,light syrup	1/4 cup	90
Apples,Fresh 1/2 each	1/2 CUP	10
JUICE FRUITABLE	1/2 each	0
Milk,1% Lowfat	1 EACH	20
Milk, Chocolate Fat Free	HALF PINT	125
SYRUP, MAPLE CHEF'S MARK	HALF PINT	180
LUNCH Elementary Menu #35	1 EACH	45
Pancakes, Cinnamon Glazed	1	*N/A*
Egg, Hard Boiled	1 EACH	260
Bacon, 2 ea	1 EACH	62
Hash Brown Potatoes	2 Each	274
Applesauce, canned: Sweet	1/2 CUP	0
Orange Fresh, 1/2	1/2 CUP	26
Milk, Chocolate Fat Free	1/2 EACH	0
Milk,1% Lowfat	HALF PINT	180
JUICE FRUITABLE	HALF PINT	125
Ketchup	1 EACH	20
SYRUP, MAPLE CHEF'S MARK	1 OZ	267
	1 EACH	45

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Weber School District Child Nutrition

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: BREAKFAST Elementary/LUNCH
Elementary

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		710
Nutrient Guideline		1089

Weighted Average		921
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	921		1089					

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