

# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/20/2018 9:27:52 AM

	Portion Size	Carb (g)
Mon - 04/09/2018		
High School Lunch	Total	
Menu #16	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Wrap Chicken Strip	1 EACH	36.12
Steak N Things Sand. DELI Beef	2 oz	33.68
French Fries: oven bkd, 1c	1 CUP	34.0
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Celery Sticks, 1/2 c	1/2 CUP	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Weighted Daily Average		120.76
% of Calories		56.4%
Nutrient Guideline		

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Generated on: 3/20/2018 9:27:52 AM

	Portion Size	Carb (g)
Tue - 04/10/2018		
High School Lunch	Total	
Menu #17	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Meaty Nachos- Beef	Serving	40.47
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Refried Beans Seasoned	1/2 CUP	18.02
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Applesauce Cup, Strawberry	1/2 CUP	14.0
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Weighted Daily Average		106.82
% of Calories		52.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/11/2018		
High School Lunch	Total	
Menu #18	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Malibu Chicken Sandwich 51%	1 EACH	47.22
French Fries: oven bkd, 1c	1 CUP	34.0
Lasagna	1 1/4 cup	41.08
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Weighted Daily Average		116.08
% of Calories		56.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/12/2018		
High School Lunch	Total	
Menu #19	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Pulled Pork Sandwich	1 EACH	43.27
Potato Wedges, 1c	1 CUP	54.7
Wsd Bowl High School & Jr High	1 Each	45.5
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	30.42
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Weighted Daily Average		138.39
% of Calories		66.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/13/2018		
High School Lunch	Total	
Menu #20	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Broccoli Normandy-HS	1/2 CUP	3.26
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Chocolate Chip Cookie	1 EACH	18.26
Weighted Daily Average		116.73
% of Calories		59.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/16/2018		
High School Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Chicken Strips, Adv. Pierre	3 Each	12.12
French Fries: oven bkd, 1c	1 CUP	34.0
Spaghetti Sauce, Meatless 3/4	3/4 Cup	17.47
Meatballs Cooked, 5 ea	5 each	6.85
Noodles, Penne	1 CUP	25.92
Salad, Side--Green	1 CUP	1.52
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Celery Sticks, 1/2 c	1/2 CUP	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		131.68
% of Calories		62.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 04/17/2018		
High School Lunch	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Fiesta Taco Bowl	1 EACH	43.96
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Beans, Black, 1/2 c	1/2 CUP	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce cup, plain	1/2	*N/A*
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Weighted Daily Average		108.50
% of Calories		53.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 04/18/2018		
High School Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Chicken Bacon Ranch Wrap	1 each	39.0
French Fries: oven bkd, 1c	1 CUP	34.0
Baked Ziti	1.25 cup	31.21
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Jello	1/2 cup	17.39
Weighted Daily Average		123.18
% of Calories		59.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 04/19/2018		
High School Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
FISH FILET SANDWICH Wheat 51%	1 EACH	48.81
Potato Wedges, 1c	1 CUP	54.7
Pork Roast	2 OZ	0.0
Potatoes Whipped	1/2 CUP	18.33
Gravy, Brown, 1/2 c	1/2 CUP	10.0
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard Yellow Prepared	1 tsp	0.32
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Chocolate Chip Cookie	1 EACH	18.26
Weighted Daily Average		132.21
% of Calories		62.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 04/20/2018		
High School Lunch	Total	
Menu #25	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Sweet N' Sour Chicken	Serving	20.0
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Broccoli Normandy-HS	1/2 CUP	3.26
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
SideKicks BlueRasp-Lemon Fruit	Container	19.64
Weighted Daily Average		127.05
% of Calories		65.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 04/23/2018		
High School Lunch	Total	
Menu #1	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Popcorn Chicken, Adv. Pierre	10 Each	12.12
French Fries: oven bkd, 1c	1 CUP	34.0
Hawaiian Haystacks	1/2 CUP	8.73
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Chow Mein Noodles	1/8 cup	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Celery Chopped 1/8 cup	1/8 cup	0.55
Salad, Side--Green	1 CUP	1.52
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Celery Sticks, 1/2 c	1/2 CUP	2.36
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/4 c	1/4 CUP	0.63
Onions, Fresh Sliced	SLICE	3.03
Chocolate Chip Cookie	1 EACH	18.26
Weighted Daily Average		124.30
% of Calories		59.4%
Nutrient Guideline		

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# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 9:27:52 AM

	Portion Size	Carb (g)
Tue - 04/24/2018		
High School Lunch	Total	
Menu #2	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut )	slice	34.0
Navajo Taco	1 EACH	57.58
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce Cup, Cinnamon	1/2 CUP	14.0
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Onions, fresh chopped	1/8 cup	2.29
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		123.60
% of Calories		59.7%
Nutrient Guideline		

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# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 9:27:53 AM

	Portion Size	Carb (g)
Wed - 04/25/2018		
High School Lunch	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Meatball Sub, High School	SANDWICH	40.48
French Fries: oven bkd, 1c	1 CUP	34.0
Cajun Chicken Pasta- Up	1.5 cups	33.66
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Pears: canned,light syrup	1/2 CUP	13.57
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Sugar Cookies	1 EACH	15.76
Weighted Daily Average		122.18
% of Calories		57.8%
Nutrient Guideline		

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# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 04/26/2018		
High School Lunch	Total	
Menu #4	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1c	1 CUP	54.7
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Potatoes Whipped	1/2 CUP	18.33
Gravy, Country, 1/2 c	1/2 CUP	13.29
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		133.27
% of Calories		64.1%
Nutrient Guideline		

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# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 9:27:53 AM

	Portion Size	Carb (g)
Fri - 04/27/2018		
High School Lunch	Total	
Menu #5	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: oven bkd, 1c	1 CUP	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Combo Primo Pizza 8 cut	1 slice	34.16
Mandarin Orange Chicken	serving	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh	1/4 CUP	4.0
Beans Baked, 1/2 c	1/2 CUP	30.42
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	5.1
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		126.41
% of Calories		61.0%
Nutrient Guideline		

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# Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 9:27:53 AM

	Portion Size	Carb (g)
Mon - 04/30/2018		
High School Lunch	Total	
Menu #6	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Hot Dog Wrap: Wheat 50%	1 EACH	35.26
Cheese Burger Wheat 51%	1 EACH	33.1
Salad, Side--Green	1 CUP	1.52
French Fries: oven bkd, 1c	1 CUP	34.0
Tomato Grape	1/4 CUP	0.99
Celery Sticks	1/4 CUP	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Peaches: canned,ex light syrup	1/2 CUP	13.31
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk, 1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Onions, Fresh Sliced	SLICE	3.03
Chocolate Chip Cookie	1 EACH	18.26
Weighted Daily Average		124.73
% of Calories		57.4%
Nutrient Guideline		

Weighted Average		123.49
		59.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	123.49	59.51%						

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