

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 08/22/2017		
LUNCH Elementary	Total	
Menu #2	1	0.0
Taco Crisp Elementary	1 each	10.09
Rolls 51%/ 2oz	1 EACH	30.79
Hot Dog on Wheat Bun 51 %	1 EACH	34.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Beans, Black, 1/2 c	1/2 CUP	17.01
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
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
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		122.20
% of Calories		56.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 08/23/2017		
LUNCH Elementary	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Breakfast Casserole	1 cup	24.78
Eggo Waffle	1.00	34.96
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Applesauce, canned: Plain	1/2 CUP	21.26
Orange Fresh, 1/2	1/2 EACH	5.64
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
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Salsa	1 OZ	1.96
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		116.90 58.4%
Nutrient Guideline		

Thu - 08/24/2017		
LUNCH Elementary	Total	
Menu #4	1	0.0
Hamburger Gravy	1/2 CUP	7.56
Potatoes Whipped	1/2 CUP	18.2
Rolls 51%/ 2oz	1 EACH	30.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Pears: canned,light syrup	1/2 CUP	13.57
Craisins, Strawberry	packet	28.0
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
Ketchup	1 OZ	8.34
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Snickerdoodles	1 EACH	18.92
Weighted Daily Average % of Calories		94.75 58.3%
Nutrient Guideline		

Fri - 08/25/2017		
LUNCH Elementary	Total	
Menu #5	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
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--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
Cucumber, Raw	1/4 CUP	1.18
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average % of Calories		91.07 61.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 08/28/2017		
LUNCH Elementary	Total	
Menu #6	1	0.0
Grilled Cheese Gold Fish	1 each	29.72
Chicken Nuggets, Adv. Pierre	5 Each	12.12
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Tomato Grape	1/4 CUP	0.99
Carrots:frzn, boiled, 1/4 c	1/4 CUP	3.25
Mandarin Oranges	1/2 CUP	21.26
Apples,Fresh 1/2 each	1/2 each	9.53
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
Ketchup	1 OZ	8.34
CINNAMON ROLLS	1 EACH	61.46
Weighted Daily Average		97.74
% of Calories		56.7%
Nutrient Guideline		

Tue - 08/29/2017		
LUNCH Elementary	Total	
Menu #7	1	0.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Potato Wedges, 1/2 c	1/2 CUP	27.35
Chicken Tetrazzini	1 cup	24.49
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Cucumber, Raw	1/4 CUP	1.18
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
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
Ketchup	1 OZ	8.34
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Jello	1/2 cup	17.39
Weighted Daily Average		92.49
% of Calories		57.0%
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	Portion Size	Carb (g)
Wed - 08/30/2017		
LUNCH Elementary	Total	
Menu #8	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Hawaiian Haystacks	1/2 CUP	8.73
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
Rolls 51%/ 2oz	1 EACH	30.79
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--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	30.42
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
Orange Fresh, 1/2	1/2 EACH	5.64
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
Ketchup	1 OZ	8.34
Mustard: individual PC	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
Weighted Daily Average		91.82
% of Calories		56.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 08/31/2017		
LUNCH Elementary	Total	
Menu #9	1	0.0
Cheese Burger Wheat 51%	1 EACH	33.1
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Baked Ziti	1.25 cup	31.21
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Craisins, Strawberry	packet	28.0
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
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
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		81.20
% of Calories		50.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Weighted Average		98.52 56.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	98.52	56.92%						

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