

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed

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Generated on: 7/31/2017 3:47:13 PM

	Portion Size	Carb (g)
Tue - 08/22/2017		
LUNCH Jr High	Total	
Menu #2	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Meatball Sub	1 EACH	39.51
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Salad, Side--S/R/C	1 CUP	1.6
Carrots Baby Fresh	1/4 CUP	4.0
Cucumber, Raw	1/4 CUP	1.18
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Sugar Cookies	1 EACH	16.02
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		94.35
% of Calories		53.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/23/2017		
LUNCH Jr High	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Turkey & Cheese Sub Wheat 51%	1 EACH	31.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--S/R/C	1 CUP	1.6
Beans Baked, 1/2 c	1/2 CUP	30.42
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Applesauce, canned: Plain	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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		108.81
% of Calories		63.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 08/24/2017		
LUNCH Jr High	Total	
Menu #4	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Rolls 51%/ 2oz	1 EACH	30.79
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Salad, Side--S/R/C	1 CUP	1.6
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
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
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.62
% of Calories		55.3%
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	Portion Size	Carb (g)
Fri - 08/25/2017		
LUNCH Jr High	Total	
Menu #5	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1/2 c	1/2 CUP	27.35
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Mandarin Orange Chicken	serving	10.56
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	5.1
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		99.32
% of Calories		61.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 08/28/2017		
LUNCH Jr High	Total	
Menu #6	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Wrap Chicken Strip	1 EACH	37.13
Potato Wedges, 1/2 c	1/2 CUP	27.35
Meaty Nachos- Beef	Serving	40.47
Salad, Side--S/R/C	1 CUP	1.6
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Cucumber, Raw	1/4 CUP	1.18
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Salsa	1 OZ	1.96
Sour Cream	1 OZ	1.89
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Buffalo Sauce	1 OZ	1.66
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		89.27
% of Calories		51.0%
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	Portion Size	Carb (g)
Tue - 08/29/2017		
LUNCH Jr High	Total	
Menu #7	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Pizza, Cheese, Primo (8 cut)	slice	34.0
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Hawaiian Haystacks	1/2 CUP	8.73
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
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Ranch Dressing: yogurt	1 FL OZ	3.31
Chocolate Chip Cookie	EACH	18.51
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		93.05
% of Calories		53.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/30/2017		
LUNCH Jr High	Total	
Menu #8	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Enchilada, Red Sauce	1 Each	31.8
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
SPANISH RICE	1/3 CUP	14.61
Beans, Black, 1/2 c	1/2 CUP	17.01
Tomato Grape	1/4 CUP	0.99
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.76
% of Calories		56.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 08/31/2017		
LUNCH Jr High	Total	
Menu #9	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Pulled Pork Sandwich	1 EACH	43.27
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Baked Ziti	1.25 cup	31.21
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Cucumber, Raw	1/4 CUP	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		98.89
% of Calories		58.1%
Nutrient Guideline		

Weighted Average		97.13 56.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	97.13	56.51%						

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