

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 7/31/2017 1:15:45 PM

	Portion Size	Carb (g)
Tue - 08/22/2017		
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	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Salad, Side--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Refried Beans Seasoned	1/2 CUP	18.02
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Applesauce, Cinnamon unsweet	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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		125.68
% of Calories		59.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/23/2017		
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
Creamy 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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		122.40
% of Calories		57.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 08/24/2017		
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	18.2
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
SideKicks BlueRasp-Lemon Fruit	Container	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	19.64
Weighted Daily Average		133.26
% of Calories		64.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 08/25/2017		
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	10.56
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	1/4 CUP	4.0
Beans Baked, 1/2 c	1/2 CUP	30.42
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	5.1
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		128.95
% of Calories		62.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 08/28/2017		
High School Lunch	Total	
Menu #6	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Cheese Burger Wheat 51%	1 EACH	33.1
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	1/4 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
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
Buffalo Sauce	1 OZ	1.66
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Rice Krispy Treat	1 each	9.0
Weighted Daily Average		122.48
% of Calories		58.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 08/29/2017		
High School Lunch	Total	
Menu #7	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Taco Crisp	2 each	18.11
Taco Soft Shell	2 EACH	55.42
Tater Tots, 1 CUP	1 CUP	34.07
Pizza, Pepp, Primo, (8 cut)	slice	34.0
Pizza, Cheese, Primo (8 cut)	slice	34.0
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
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
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Weighted Daily Average		105.91
% of Calories		51.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 08/30/2017		
High School Lunch	Total	
Menu #8	1	0.0
Chicken Sandwich 51%	EACH	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
French Fries: oven bkd, 1c	1 CUP	34.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	17.58
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	20.76
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
Cucumber, Raw	1/4 CUP	1.18
Beans Baked, 1/2 c	1/2 CUP	30.42
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		129.60
% of Calories		61.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 08/31/2017		
High School Lunch	Total	
Menu #9	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Potato Wedges, 1c	1 CUP	54.7
Turkey Roast 3 oz	3 OZ	0.08
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Rolls 51%/ 2oz	1 EACH	30.79
Breakfast Casserole	1 cup	24.78
Eggo Waffle-2	2	34.96
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
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
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
Jello	1/2 cup	17.39
Weighted Daily Average		130.30
% of Calories		63.8%
Nutrient Guideline		

Weighted Average		124.82
		59.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	124.82	59.74%						

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