

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/01/2017		
LUNCH Elementary	Total	
Menu #10	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Teriyaki Chicken 4.5 oz	4.5 oz	10.38
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 1/2	1/2 cup	2.67
Banana, 1/2	1/2 each	15.0
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		94.54
% of Calories		63.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/05/2017		
LUNCH Elementary	Total	
Menu #12	1	0.0
Navajo Taco	1 EACH	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
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, 1/4 c	1/4 CUP	9.07
Refried Beans Seasoned	1/2 CUP	18.02
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
Mayonnaise, PC Packet	1 EACH	0.97
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
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		92.63
% of Calories		57.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/06/2017		
LUNCH Elementary	Total	
Menu #13	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Chicken Alfredo Sauce 2 -1/2 C	1/2 Cup	8.95
Penne Pasta 1/2 Cup	1/2 CUP	20.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Applesauce Cup, Strawberry	1/2 CUP	14.0
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	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
Weighted Daily Average		81.97
% of Calories		52.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/07/2017		
LUNCH Elementary	Total	
Menu #14	1	0.0
Country Fried Steak JTM	1 EACH	11.4
Chicken Strips, Adv. Pierre	3 Each	12.12
Salad, Side--Elem Green	1/2 CUP	0.76
Potatoes Whipped	1/2 CUP	18.2
Gravy, Country, 1/2 c	1/2 CUP	13.29
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Celery Sticks	1/4 CUP	1.18
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,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Fat Free	HALF PINT	20.0
JUICE FRUITABLE	1 EACH	22.0
Ranch Dressing: yogurt	1 FL OZ	3.31
Weighted Daily Average		88.72
% of Calories		54.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/08/2017		
LUNCH Elementary	Total	
Menu #15	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
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--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
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
Chocolate Chip Cookie	EACH	18.51
Weighted Daily Average		89.18
% of Calories		61.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/11/2017		
LUNCH Elementary	Total	
Menu #16	1	0.0
French Toast Sticks, 4 each	4 EACH	36.0
SCRAMBLED EGGS (Rogers Jug)	1/4 cup	0.19
Bacon, 2 ea	2 Each	0.0
Hash Brown Potatoes	1/2 CUP	20.41
Salad, Side--Elem Green	1/2 CUP	0.76
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
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Salsa	1 OZ	1.96
Weighted Daily Average		106.63
% of Calories		65.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/12/2017		
LUNCH Elementary	Total	
Menu #17	1	0.0
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Chicken Tacos Elementary	1 each	9.92
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Potato Wedges, 1/2 c	1/2 CUP	27.35
Tomato Grape	1/4 CUP	0.99
Beans, Black, 1/2 c	1/2 CUP	17.01
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
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
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		98.03
% of Calories		60.3%
Nutrient Guideline		

Wed - 09/13/2017		
LUNCH Elementary	Total	
Menu #18	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Wsd Bowl Elementary	1 each	39.06
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
Applesauce, canned: Sweet	1/2 CUP	23.65
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
Weighted Daily Average		90.09
% of Calories		56.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/14/2017		
LUNCH Elementary	Total	
Menu #19	1	0.0
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	12.89
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
Turkey & Cheese Sub ELEM	1 EACH	31.79
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
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
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Snickerdoodles	1 EACH	18.92
Weighted Daily Average		90.91
% of Calories		56.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/15/2017		
LUNCH Elementary	Total	
Menu #20	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Teriyaki Chicken 4.5 oz	4.5 oz	10.38
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
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
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		87.54
% of Calories		57.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/18/2017		
LUNCH Elementary	Total	
Menu #21	1	*N/A*
FISH FILET SANDWICH Wheat 51%	1 EACH	48.81
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Chili Con Carne and Beans	1 CUP	35.72
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Mandarin Oranges	1/2 CUP	21.26
Cucumber, Raw	1/4 CUP	1.18
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
Weighted Daily Average		94.90
% of Calories		58.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/19/2017		
LUNCH Elementary	Total	
Menu #22	1	*N/A*
Ham & Cheese Sub Wheat 51%	1 EACH	32.78
Wrap Chicken Strip	1 EACH	37.13
Salad, Side--Elem Green	1/2 CUP	0.76
Potato Wedges, 1/2 c	1/2 CUP	27.35
Tomato Grape	1/4 CUP	0.99
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	9.07
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
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		90.90
% of Calories		56.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/20/2017		
LUNCH Elementary	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Creamy Cajun Chicken Pasta	1.5 cups	14.4
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem Green	1/2 CUP	0.76
Tomato Grape	1/4 CUP	0.99
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Applesauce Cup, Strawberry	1/2 CUP	14.0
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	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Tomatoes,Fresh,Sliced	1 EACH	0.37
Jello	1/2 cup	17.39
Weighted Daily Average		85.27
% of Calories		55.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/21/2017		
LUNCH Elementary	Total	
Menu #24	1	*N/A*
Pork Roast	2 OZ	0.0
Corn Dog Chicken	1 EACH	30.0
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Potatoes Whipped	1/2 CUP	18.2
Gravy, Chicken, 1/2 c	1/2 CUP	8.27
Rolls 51%/ 2oz	1 EACH	30.79
Tomato Grape	1/4 CUP	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	0.08
Beans Baked, 1/2 c	1/2 CUP	30.42
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
Mustard: individual PC	1 EACH	0.35
Creamie Variety: ban, choc	1 EACH	14.0
Weighted Daily Average		97.95
% of Calories		60.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/22/2017		
LUNCH Elementary	Total	
Menu #25	1	*N/A*
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
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
Rice Krispy Treat	1 each	9.0
Weighted Daily Average		83.74
% of Calories		61.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/25/2017		
LUNCH Elementary	Total	
Menu #1	1	0.0
Italian Dunkers	1/2 CUP	8.95
Meatball Sub	1 EACH	39.51
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Sugar Cookies	1 EACH	16.02
Weighted Daily Average		76.32
% of Calories		48.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/26/2017		
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		82.96
% of Calories		51.0%
Nutrient Guideline		

Wed - 09/27/2017		
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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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		87.90
% of Calories		54.1%
Nutrient Guideline		

Thu - 09/28/2017		
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		94.75
% of Calories		58.3%
Nutrient Guideline		

Fri - 09/29/2017		
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		91.07
% of Calories		61.9%
Nutrient Guideline		

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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Average		90.30 57.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	90.30	57.46%						

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