

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/01/2017		
LUNCH Jr High	Total	
Menu #10	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
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--S/R/C	1 CUP	1.6
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
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
Snickerdoodles	1 EACH	18.92
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.15
% of Calories		54.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/04/2017		
LUNCH Jr High	Total	
Menu #11	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Navajo Taco	1 EACH	54.61
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Mac & Cheese SEC	8 oz	36.29
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Refried Beans Seasoned	1/2 CUP	18.02
Apples,Fresh	1 EACH	19.06
Orange Fresh	1 EACH	11.28
Bananas	1 EACH	30.0
Kiwifruit, Fresh	1 EACH	11.14
Pears: canned,light syrup	1/2 CUP	13.57
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	OZ	8.34
Mustard: individual PC	1 EACH	0.35
Mayonnaise, PC Packet	1 EACH	0.97
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		94.01
% of Calories		53.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/05/2017		
LUNCH Jr High	Total	
Menu #12	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Chicken Nuggets, Adv. Pierre	5 Each	12.12
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Rolls 51%/ 2oz	1 EACH	30.79
Pizza, Cheese, Primo (8 cut)	slice	34.0
Hawaiian Primo Pizza 8 cut	1 slice	36.77
Salad, Side--S/R/C	1 CUP	1.6
Beans Baked, 1/2 c	1/2 CUP	30.42
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
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
BBQ Ken's	1 oz	11.81
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		95.88
% of Calories		55.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/06/2017		
LUNCH Jr High	Total	
Menu #13	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Chicken Bacon Ranch Wrap	1 each	39.0
Potato Wedges, 1/2 c	1/2 CUP	27.35
Creamy Cajun Chicken Pasta	1.5 cups	14.4
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Applesauce, canned: Sweet	1/2 CUP	23.65
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		98.80
% of Calories		57.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/07/2017		
LUNCH Jr High	Total	
Menu #14	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Cheese Burger Wheat 51%	1 EACH	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Turkey Roast	2 oz	0.0
Potatoes Whipped	1/2 CUP	18.2
Gravy, Chicken, 1/2 c	1/2 CUP	8.27
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Celery Sticks	1/4 CUP	1.18
Tomato Grape	1/4 CUP	0.99
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
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		88.25
% of Calories		52.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/08/2017		
LUNCH Jr High	Total	
Menu #15	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
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--S/R/C	1 CUP	1.6
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
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
Chocolate Chip Cookie	1 EACH	18.51
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		107.70
% of Calories		61.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/11/2017		
LUNCH Jr High	Total	
Menu #16	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovr bkd, 1/2c	1/2 CUP	17.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	39.11
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	33.21
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Beans, Black, 1/2 c	1/2 CUP	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
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
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		104.61
% of Calories		59.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/12/2017		
LUNCH Jr High	Total	
Menu #17	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Steak N Things Sandwich	2 oz	33.76
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
Salad, Side--Green	1 CUP	1.52
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
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
Rice Krispy Treat	1 each	9.0
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.21
% of Calories		55.0%
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	Portion Size	Carb (g)
Wed - 09/13/2017		
LUNCH Jr High	Total	
Menu #18	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Turkey & Cheese Sub Wheat 51%	1 EACH	31.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Chicken Alfredo Sauce 2-3/4 C	3/4 Cup	17.77
Rolls 51%/ 1.5 oz	1 EACH	30.79
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		91.72
% of Calories		52.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/14/2017		
LUNCH Jr High	Total	
Menu #19	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	44.63
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Lasagna	1 1/4 cup	41.08
Rolls 51%/ 1.5 oz	1 EACH	30.79
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
Milk, Chocolate Fat Free	HALF PINT	20.0
Milk,1% Lowfat	HALF PINT	12.0
JUICE FRUITABLE	1 EACH	22.0
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
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		99.51
% of Calories		56.9%
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	Portion Size	Carb (g)
Fri - 09/15/2017		
LUNCH Jr High	Total	
Menu #20	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
Teriyaki Chicken 4.5 oz	4.5 oz	10.38
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: fresh, boiled, 1/2 c	1/2 CUP	2.25
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,diced, 1/8 c	1/8 CUP	1.01
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
Chocolate Chip Cookie	1 EACH	18.51
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		97.97
% of Calories		56.0%
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	Portion Size	Carb (g)
Mon - 09/18/2017		
LUNCH Jr High	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
Corn Dog Chicken	1 EACH	30.0
Potato Wedges, 1/2 c	1/2 CUP	27.35
Chicken Fajita	1/2 cup	28.62
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
Beans, Black, 1/2 c	1/2 CUP	17.01
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Sugar Cookies	1 EACH	16.02
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		103.88
% of Calories		59.4%
Nutrient Guideline		

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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/19/2017		
LUNCH Jr High	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
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
Chicken Tetrzzini	1 cup	24.49
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Celery Sticks	1/4 CUP	1.18
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
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
Creamie Variety: ban, choc	1 EACH	14.0
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		87.36
% of Calories		49.9%
Nutrient Guideline		

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Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

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	Portion Size	Carb (g)
Wed - 09/20/2017		
LUNCH Jr High	Total	
Menu #23	1	*N/A*
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
Breakfast Casserole	1 cup	24.78
Eggo Waffle	1.00	34.96
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Carrots:frzn, boiled, 1/2 c	1/2 CUP	6.49
Applesauce, Strawberry Cup	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
Tomatoes,Fresh,Sliced	1 EACH	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Ketchup	1 OZ	8.34
Mayonnaise, PC Packet	1 EACH	0.97
Mustard: individual PC	1 EACH	0.35
SYRUP, MAPLE CHEF'S MARK	1 EACH	30.66
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		95.98
% of Calories		57.3%
Nutrient Guideline		

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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

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	Portion Size	Carb (g)
Thu - 09/21/2017		
LUNCH Jr High	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Pork Roast	2 OZ	0.0
Potatoes Whipped	1/2 CUP	18.2
Gravy, Brown, 1/2 c	1/2 CUP	10.0
Rolls 51%/ 2oz	1 EACH	30.79
Fiesta Chicken Bowl	1/2 Cup	29.48
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Peas: frozen,warmed,1/2 c	1/2 CUP	13.58
Beans, Black, 1/2 c	1/2 CUP	17.01
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
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	0.32
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		98.23
% of Calories		56.2%
Nutrient Guideline		

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Base Menu Spreadsheet

LUNCH Jr High

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	Portion Size	Carb (g)
Fri - 09/22/2017		
LUNCH Jr High	Total	
Menu #25	1	*N/A*
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%/ 2oz	1 EACH	30.79
Salad, Side--Green	1 CUP	1.52
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2.25
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
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
Snickerdoodles	1 EACH	18.92
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		101.08
% of Calories		60.2%
Nutrient Guideline		

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Weber School District Child Nutrition

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Base Menu Spreadsheet

LUNCH Jr High

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	Portion Size	Carb (g)
Mon - 09/25/2017		
LUNCH Jr High	Total	
Menu #1	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Popcorn Chicken, Adv. Pierre	10 Each	12.12
Rolls 51%/ 2oz	1 EACH	30.79
Taco Crisp	2 each	18.11
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	18.14
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,diced, 1/8 c	1/8 CUP	1.01
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
Buffalo Sauce	1 OZ	1.66
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Ranch Dressing: yogurt	1 FL OZ	3.31
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		91.88
% of Calories		52.6%
Nutrient Guideline		

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Base Menu Spreadsheet

LUNCH Jr High

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	Portion Size	Carb (g)
Tue - 09/26/2017		
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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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/27/2017		
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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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

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	Portion Size	Carb (g)
Thu - 09/28/2017		
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%
Nutrient Guideline		

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Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/29/2017		
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		

Weighted Average		97.54
		56.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	97.54	56.47%						

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