

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Wed - 11/01/2017		
Junior High Lunch	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
Tomato Grape	1/4 CUP	0.99
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		111.40
% of Calories		63.6%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 2

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Thu - 11/02/2017		
Junior High Lunch	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
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		97.13
% of Calories		55.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 3

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Fri - 11/03/2017		
Junior High Lunch	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	21.11
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
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		105.44
% of Calories		61.3%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 4

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Mon - 11/06/2017		
Junior High Lunch	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
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		87.64
% of Calories		50.2%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 5

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Tue - 11/07/2017		
Junior High Lunch	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
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	42.48
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
Tomato Grape	1/4 CUP	0.99
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		96.01
% of Calories		55.3%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 6

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Wed - 11/08/2017		
Junior High Lunch	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
Tomato Grape	1/4 CUP	0.99
SPANISH RICE	1/3 CUP	14.61
Beans, Black, 1/2 c	1/2 CUP	17.01
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		98.13
% of Calories		56.1%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 7

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Thu - 11/09/2017		
Junior High Lunch	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
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
Green Beans: canned,ckd, 1/2 c	1/2 cup	0.17
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		97.30
% of Calories		57.9%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 8

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Fri - 11/10/2017		
Junior High Lunch	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 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
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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	20.01
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.69
% of Calories		55.2%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 9

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Mon - 11/13/2017		
Junior High Lunch	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	57.58
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
Tomato Grape	1/4 CUP	0.99
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		93.21
% of Calories		53.6%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 10

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Tue - 11/14/2017		
Junior High Lunch	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
Tomato Grape	1/4 CUP	0.99
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		97.07
% of Calories		55.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 11

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Wed - 11/15/2017		
Junior High Lunch	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
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
Tomato Grape	1/4 CUP	0.99
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		101.40
% of Calories		58.1%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 12

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Thu - 11/16/2017		
Junior High Lunch	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
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		90.64
% of Calories		53.2%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 10/30/2017 9:48:35 AM

	Portion Size	Carb (g)
Fri - 11/17/2017		
Junior High Lunch	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, 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
Tomato Grape	1/4 CUP	0.99
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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		105.81
% of Calories		61.1%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 14

Generated on: 10/30/2017 9:48:36 AM

	Portion Size	Carb (g)
Mon - 11/20/2017		
Junior High Lunch	Total	
Menu #16	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	39.11
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
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
Rölls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		103.68
% of Calories		59.3%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 10/30/2017 9:48:36 AM

	Portion Size	Carb (g)
Tue - 11/21/2017		
Junior High Lunch	Total	
Menu #17	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Steak N Things Sandwich	2 oz	32.75
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
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
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
Rice Krispies Treat -Large	1 Each	30.0
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		104.20
% of Calories		60.0%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 16

Generated on: 10/30/2017 9:48:36 AM

	Portion Size	Carb (g)
Mon - 11/27/2017		
Junior High Lunch	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
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
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		102.32
% of Calories		58.7%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 17

Generated on: 10/30/2017 9:48:36 AM

	Portion Size	Carb (g)
Tue - 11/28/2017		
Junior High Lunch	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	24.52
Rolls 51%/ 1.5 oz	1 EACH	30.79
Salad, Side--S/R/C	1 CUP	1.6
Tomato Grape	1/4 CUP	0.99
Celery Sticks	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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		87.79
% of Calories		50.2%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 18

Generated on: 10/30/2017 9:48:36 AM

	Portion Size	Carb (g)
Wed - 11/29/2017		
Junior High Lunch	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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		98.37
% of Calories		57.6%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Weber School District Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 19

Generated on: 10/30/2017 9:48:36 AM

	Portion Size	Carb (g)
Thu - 11/30/2017		
Junior High Lunch	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
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
Tomato Grape	1/4 CUP	0.99
Beans, Black, 1/2 c	1/2 CUP	17.01
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
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce Mild	1 OZ	1.24
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		96.59
% of Calories		55.7%
Nutrient Guideline		

Weighted Average		98.46
		56.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	98.46	56.74%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.