

# Weber School District Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 12/8/2017 2:14:34 PM

	Portion Size	Carb (g)
Wed - 01/03/2018		
Elementary Lunch	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	7.35
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		81.16
% of Calories		52.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/04/2018		
Elementary Lunch	Total	
Menu #11	1	0.0
Popcorn Chicken, Adv. Pierre	10 Each	12.12
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Mac & Cheese	6 oz	27.22
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
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
Weighted Daily Average		80.67
% of Calories		53.0%
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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Fri - 01/05/2018		
Elementary Lunch	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Meaty Nachos- Beef	Serving	40.47
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
Salsa	1 OZ	1.96
Sour Cream	1 OZ	1.89
Rice Krispy Treat	1 each	9.0
Weighted Daily Average		59.87
% of Calories		43.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 01/08/2018		
Elementary Lunch	Total	
Menu #1	1	0.0
Chicken Tetrizzini	1 cup	24.52
Rolls 51%/ 2oz	1 EACH	30.79
Meatball Sub	1 EACH	39.51
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
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		78.07
% of Calories		48.6%
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

<sup>1</sup> - 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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Tue - 01/09/2018		
Elementary Lunch	Total	
Menu #2	1	0.0
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
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
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Beans Baked, 1/2 c	1/2 CUP	30.42
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
Chocolate Chip Cookie	1 EACH	18.51
Weighted Daily Average		105.38
% of Calories		65.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/10/2018		
Elementary Lunch	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
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
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
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		75.50
% of Calories		50.6%
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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Thu - 01/11/2018		
Elementary Lunch	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
Carrots Baby Fresh	1/4 CUP	4.0
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
Snickerdoodles	1 EACH	20.01
Weighted Daily Average		93.52
% of Calories		58.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/16/2018		
Elementary Lunch	Total	
Menu #7	1	0.0
Italian Dunkers	1/2 CUP	8.95
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--Elem S/R/C	1/2 CUP	0.8
Carrots Baby Fresh, 1/2 c	1/2 CUP	8.0
Broccoli Normandy 1/2	1/2 cup	2.67
Applesauce Cup, Cinnamon	1/2 CUP	14.0
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
Weighted Daily Average		90.76
% of Calories		63.9%
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

<sup>1</sup> - 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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Wed - 01/17/2018		
Elementary Lunch	Total	
Menu #8	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Hawaiian Haystacks	1/2 CUP	8.73
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
Rolls 51%/ 2oz	1 EACH	30.79
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
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Tomato Grape	1/4 CUP	0.99
Beans Baked, 1/2 c	1/2 CUP	30.42
Peas: frozen,warmed,1/4 c	1/4 CUP	6.79
Pineapple Chunks:canned,lt syr	1/2 CUP	13.22
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	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		85.29
% of Calories		54.9%
Nutrient Guideline		

Thu - 01/18/2018		
Elementary Lunch	Total	
Menu #9	1	0.0
Cheese Burger Wheat 51%	1 EACH	33.1
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Baked Ziti	1.25 cup	31.21
Rolls 51%/ 2oz	1 EACH	30.79
Salad, Side--Elem S/R/C	1/2 CUP	0.8
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
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
Rice Krispies Treat -Large	1 Each	30.0

\*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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 6

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Weighted Daily Average		83.71
% of Calories		51.6%
Nutrient Guideline		

Fri - 01/19/2018		
Elementary Lunch	Total	
Menu #10	1	0.0
Pizza, Cheese, Primo (10 cut)	slice	28.0
Pizza, Pepp, Primo (10 cut)	slice	28.0
Burrito, Bean & Cheese, 5 oz	1 EACH	43.25
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem Green	1/2 CUP	0.76
Carrots Baby Fresh	1/4 CUP	4.0
Broccoli Normandy 1/4 Cup	1/4 Cup	2.22
Peaches: canned,ex light syrup	1/2 CUP	13.31
Banana, 1/2	1/2 each	15.0
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
Sour Cream	1 OZ	1.89
Salsa	1 OZ	1.96
Jello	1/2 cup	17.39
Weighted Daily Average		101.29
% of Calories		62.6%
Nutrient Guideline		

Mon - 01/22/2018		
Elementary Lunch	Total	
Menu #11	1	0.0
Popcorn Chicken, Adv. Pierre	10 Each	12.12
Tater Tots, 1/2 CUP	1/2 CUP	17.04
Mac & Cheese	6 oz	27.22
Salad, Side--Elem S/R/C	1/2 CUP	0.8
Rolls 51%/ 2oz	1 EACH	30.79
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
Weighted Daily Average		80.67
% of Calories		53.0%
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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Tue - 01/23/2018		
Elementary Lunch	Total	
Menu #12	1	0.0
Breakfast Casserole	1 cup	24.78
Rolls 51%/ 2oz	1 EACH	30.79
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
Carrots Baby Fresh	1/4 CUP	4.0
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
Snickerdoodles	1 EACH	20.01
Weighted Daily Average		86.90
% of Calories		56.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/24/2018		
Elementary Lunch	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	7.35
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		81.16
% of Calories		52.7%
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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 8

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Thu - 01/25/2018		
Elementary Lunch	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, 1/4 c	1/4 CUP	6.64
Rolls 51%/ 2oz	1 EACH	30.79
Carrots Baby Fresh	1/4 CUP	4.0
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
BBQ Sauce	1 OZ	16.0
Ketchup	1 OZ	8.34
Weighted Daily Average		86.61
% of Calories		55.4%
Nutrient Guideline		

Fri - 01/26/2018		
Elementary Lunch	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	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
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
Ketchup	1 OZ	8.34
Mustard: individual PC	1 EACH	0.35
Ranch Dressing: yogurt	1 FL OZ	3.31
Chocolate Chip Cookie	EACH	18.51
Weighted Daily Average		86.87
% of Calories		58.8%
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

<sup>1</sup> - 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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 9

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Mon - 01/29/2018		
Elementary Lunch	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
Tomato Grape	1/4 CUP	0.99
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
Weighted Daily Average		104.77
% of Calories		67.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/30/2018		
Elementary Lunch	Total	
Menu #17	1	0.0
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
Hot Dog Wrap: Wheat 51%	1 EACH	35.26
Potato Wedges, 1/2 c	1/2 CUP	27.35
Salad, Side--Elem Green	1/2 CUP	0.76
Carrots Baby Fresh	1/4 CUP	4.0
Beans Baked, 1/2 c	1/2 CUP	30.42
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
Pumpkin Chocolate Chip Cookies	1 Each	16.79
Weighted Daily Average		99.07
% of Calories		62.6%
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

Jan 3, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 10

Generated on: 12/8/2017 2:14:35 PM

	Portion Size	Carb (g)
Wed - 01/31/2018		
Elementary Lunch	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
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		90.12
% of Calories		56.6%
Nutrient Guideline		

Weighted Average		86.91
		56.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	86.91	56.24%						

\*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.