

# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/01/2018		
Junior High Lunch	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
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
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,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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		98.80
% of Calories		56.6%
Nutrient Guideline		

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 02/02/2018		
Junior High Lunch	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, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	24.51
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: 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
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
Chocolate Chip Cookie	1 EACH	18.51
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		92.61
% of Calories		55.0%
Nutrient Guideline		

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 02/05/2018		
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		104.58
% of Calories		59.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/06/2018		
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		89.49
% of Calories		50.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Junior High Lunch

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	Portion Size	Carb (g)
Wed - 02/07/2018		
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	14.0
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		91.34
% of Calories		56.7%
Nutrient Guideline		

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Junior High Lunch

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	Portion Size	Carb (g)
Thu - 02/08/2018		
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
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
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
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		98.95
% of Calories		56.7%
Nutrient Guideline		

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 02/09/2018		
Junior High Lunch	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	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--Green	1 CUP	1.52
Tomato Grape	1/4 CUP	0.99
Cucumber, Raw	1/4 CUP	1.18
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
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		98.85
% of Calories		59.0%
Nutrient Guideline		

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 02/12/2018		
Junior High Lunch	Total	
Menu #1	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Popcorn Chicken, Adv. Pierre	10 Each	12.12
French Fries: ovn bkd, 1/2c	1/2 CUP	17.0
Taco Crisp	2 each	18.11
Cheese Combo (Chdr & Mozz)	1 OZ	0.25
Rolls 51%/ 2oz	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,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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		86.39
% of Calories		49.6%
Nutrient Guideline		

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 02/13/2018		
Junior High Lunch	Total	
Menu #2	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Turkey Club Sandwich wheat 51%	1 EACH	34.77
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
Tomato Grape	1/4 CUP	0.99
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
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
Pudding Chocolate	1 EACH	20.05
Pudding Vanilla	1 EACH	18.04
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		97.41
% of Calories		56.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/14/2018		
Junior High Lunch	Total	
Menu #3	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
Hot Dog Wrap: Wheat 50%	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 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
Cookie, Holiday Frosted	1 each	27.0
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		110.97
% of Calories		62.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 02/15/2018		
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
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
Ranch Dressing: yogurt	1 FL OZ	3.31
Barbecue Sauce BULL'S EYE	1 OZ	10.24
Buffalo Sauce	1 OZ	1.66
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		96.33
% of Calories		55.3%
Nutrient Guideline		

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# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 02/20/2018		
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		97.63
% of Calories		56.0%
Nutrient Guideline		

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# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/21/2018		
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		97.36
% of Calories		56.2%
Nutrient Guideline		

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# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/22/2018		
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		95.50
% of Calories		57.7%
Nutrient Guideline		

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# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 02/23/2018		
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, 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 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		95.95
% of Calories		55.2%
Nutrient Guideline		

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# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 02/26/2018		
Junior High Lunch	Total	
Menu #11	1	0.0
Chicken Sandwich 51%	1 EACH	46.79
French Fries: ovrn 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		94.59
% of Calories		54.1%
Nutrient Guideline		

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# Weber School District Child Nutrition

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 02/27/2018		
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
BBQ Ken's	1 oz	11.81
Buffalo Sauce	1 OZ	1.66
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		95.98
% of Calories		55.6%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/28/2018		
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 Cup, Strawberry	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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		95.48
% of Calories		57.1%
Nutrient Guideline		

Weighted Average		96.57
		56.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	96.57	56.10%						

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