

Weber School District Child Nutrition

Aug 21, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 8/2/2018 3:45:36 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 08/21/2018			
Junior High Lunch	Total	4800	
Menu #2	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Meatball Sub	1 EACH	1600	39.51
French Fries: ovn bkd, 1/2c	1/2 CUP	2000	17.0
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Carrots Baby Fresh	1/4 CUP	1000	4.0
Cucumber, Raw	1/4 CUP	1000	1.18
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	0.17
Mandarin Oranges	1/2 CUP	2000	21.26
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	1700	3.31
Barbecue Sauce BULL'S EYE	1 OZ	500	10.24
Buffalo Sauce Mild	1 OZ	500	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	650	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Sugar Cookies	1 EACH	2000	15.76
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			93.43
% of Calories			53.5%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)
Wed - 08/22/2018			
Junior High Lunch	Total	4800	
Menu #3	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Hot Dog Wrap: Wheat 50%	1 EACH	1600	35.26
Turkey & Cheese Sub Wheat 51%	1 EACH	1600	31.79
Potato Wedges, 1/2 c	1/2 CUP	4000	27.35
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Beans Baked, 1/2 c	1/2 CUP	1000	29.2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce Cup, Cinnamon	1/2 CUP	2000	14.0
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			108.13
% of Calories			63.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 08/23/2018			
Junior High Lunch	Total	4800	
Menu #4	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
French Fries: ovn bkd, 1/2c	1/2 CUP	1000	17.0
Country Fried Steak JTM	1 EACH	1600	11.4
Chicken Strips, Adv. Pierre	3 Each	1600	12.12
Rolls 51%/ 2oz	1 EACH	2400	30.79
Potatoes Whipped	1/2 CUP	2100	18.33
Gravy, Country, 1/2 c	1/2 CUP	2100	13.29
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Cucumber, Raw	1/4 CUP	1000	1.18
Peas: frozen,warmed,1/2 c	1/2 CUP	1500	13.58
Pears: canned,light syrup	1/2 CUP	2000	13.57
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			97.19
% of Calories			55.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 08/24/2018			
Junior High Lunch	Total	4800	
Menu #5	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Potato Wedges, 1/2 c	1/2 CUP	1600	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Mandarin Orange Chicken	serving	1600	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	24.51
Rolls 51%/ 1.5 oz	1 EACH	1600	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	1500	5.1
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			99.20
% of Calories			60.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/27/2018			
Junior High Lunch	Total	4800	
Menu #6	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Wrap Chicken Strip	1 EACH	1600	36.12
Potato Wedges, 1/2 c	1/2 CUP	1600	27.35
Meaty Nachos- Beef	Serving	1600	40.47
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Cucumber, Raw	1/4 CUP	700	1.18
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	18.14
Peaches: canned,ex light syrup	1/2 CUP	2000	13.31
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Salsa	1 OZ	300	1.96
Sour Cream	1 OZ	300	1.89
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			87.30
% of Calories			49.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 08/28/2018			
Junior High Lunch	Total	4800	
Menu #7	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Tater Tots, 1/2 CUP	1/2 CUP	1200	17.04
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Hawaiian Haystacks	1/2 CUP	1600	8.73
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	1600	42.48
Cheese Combo (Chdr & Mozz)	1 OZ	1200	0.25
Chow Mein Noodles	1/8 cup	1200	6.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1.01
Celery Chopped 1/8 cup	1/8 cup	650	0.55
Rolls 51%/ 2oz	1 EACH	1500	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Peas: frozen,warmed,1/2 c	1/2 CUP	1200	13.58
Pineapple Chunks:canned,lt syr	1/2 CUP	2000	13.22
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			96.01
% of Calories			55.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 08/29/2018			
Junior High Lunch	Total	4800	
Menu #8	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Ham & Cheese Sub Wheat 51%	1 EACH	1600	31.64
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	17.0
Enchilada, Red Sauce	1 Each	1600	31.76
Rolls 51%/ 2oz	1 EACH	1000	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
SPANISH RICE	1/3 CUP	1000	14.61
Beans, Black, 1/2 c	1/2 CUP	1000	17.01
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce Cup, Cinnamon	1/2 CUP	2000	14.0
Apples,Fresh	1 EACH	900	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	900	30.0
Kiwifruit, Fresh	1 EACH	400	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk, 1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Sour Cream	1 OZ	500	1.89
Salsa	1 OZ	500	1.96
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			97.74
% of Calories			55.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 08/30/2018			
Junior High Lunch	Total	4800	
Menu #9	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Pulled Pork Sandwich	1 EACH	1600	43.27
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	17.0
Baked Ziti	1.25 cup	1600	31.21
Rolls 51%/ 2oz	1 EACH	1600	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Cucumber, Raw	1/4 CUP	1500	1.18
Green Beans: canned,ckd, 1/2 c	1/2 cup	1500	0.17
Pears: canned,light syrup	1/2 CUP	2000	13.57
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	650	11.28
Bananas	1 EACH	1000	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			97.30
% of Calories			57.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 08/31/2018			
Junior High Lunch	Total	4800	
Menu #10	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Tater Tots, 1/2 CUP	1/2 CUP	1300	17.04
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Teriyaki Chicken 4.5 oz	4.5 oz	1600	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1600	24.51
Rolls 51%/ 2oz	1 EACH	1400	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli Normandy-HS	1/2 CUP	1500	3.26
Pineapple Chunks:canned,lt syr	1/2 CUP	1000	13.22
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	400	11.28
Bananas	1 EACH	650	30.0
Kiwifruit, Fresh	1 EACH	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1500	20.0
Milk,1% Lowfat	HALF PINT	1500	12.0
JUICE FRUITABLE	1 EACH	500	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	1.24
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	500	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	500	0.97
Snickerdoodles	1 EACH	2000	19.73
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			90.59
% of Calories			53.8%
Nutrient Guideline			

Weighted Average			96.32
			56.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	96.32	56.03%						

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