

Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

Junior High Lunch

Generated on: 12/21/2018 8:47:43 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/03/2019			
Junior High Lunch	Total	4800	
Menu #16	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Burrito, Bean & Cheese, 5 oz	1 EACH	1000	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	600	39.11
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	17.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	1600	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	1600	27.67
Cheese Combo (Chdr & Mozz)	1 OZ	1200	0.25
Rolls 51%/ 1.5 oz	1 EACH	1200	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Beans, Black, 1/2 c	1/2 CUP	1000	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	18.14
Peaches: canned,ex light syrup	1/2 CUP	1000	13.31
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	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
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	450	1.96
Sour Cream	1 OZ	300	1.89
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			101.91
% of Calories			58.7%
Nutrient Guideline			

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

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Jan 1, 2019 thru Jan 31, 2019

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Junior High Lunch

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Generated on: 12/21/2018 8:47:43 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/04/2019			
Junior High Lunch	Total	4800	
Menu #25	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	1600	46.79
Potato Wedges, 1/2 c	1/2 CUP	1200	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Mandarin Orange Chicken	3.92 serving	1600	21.11
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1500	24.51
Rolls 51%/ 2oz	1 EACH	1100	30.79
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	500	0.99
Cucumber, Raw	1/4 CUP	500	1.18
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	1500	2.25
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	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	2.48
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	2300	19.73
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			102.02
% of Calories			59.0%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:43 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/07/2019			
Junior High Lunch	Total	4800	
Menu #1	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Popcorn Chicken, Adv. Pierre	10 Each	1600	12.03
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	17.0
Taco Crisp	2 each	1600	18.11
Cheese Combo (Chdr & Mozz)	1 OZ	1250	0.25
Rolls 51%/ 2oz	1 EACH	2150	30.79
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1500	18.14
Peaches: canned,ex light syrup	1/2 CUP	1500	13.31
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	500	10.24
Buffalo Sauce Mild	1 OZ	500	2.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
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	500	1.96
Sour Cream	1 OZ	500	1.89
9th offered more fruit/veggie	1 Each	0	*N/A*
Weighted Daily Average			88.06
% of Calories			50.2%
Nutrient Guideline			

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Generated on: 12/21/2018 8:47:43 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/08/2019			
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	2.48
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			93.56
% of Calories			53.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/09/2019			
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 Club Sandwich wheat 51%	1 EACH	1600	34.77
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	2.48
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			109.38
% of Calories			61.1%
Nutrient Guideline			

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Junior High Lunch

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/10/2019			
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	2.48
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			97.44
% of Calories			55.3%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/14/2019			
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	2.48
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			87.56
% of Calories			49.6%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:43 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/15/2019			
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	2.48
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			96.27
% of Calories			55.2%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/16/2019			
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	2.48
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			98.00
% of Calories			55.6%
Nutrient Guideline			

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Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/17/2019			
Junior High Lunch	Total	4800	
Menu #9	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Pulled Turkey BBQ Sandwich	4.11 oz	1600	47.79
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	2.48
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			99.06
% of Calories			59.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/18/2019			
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	2.48
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			90.84
% of Calories			53.7%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/22/2019			
Junior High Lunch	Total	4800	
Menu #12	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Chicken Nuggets, Adv. Pierre	5 Each	1600	12.12
French Fries: ovn bkd, 1/2c	1/2 CUP	2800	17.0
Rolls 51%/ 2oz	1 EACH	1400	30.79
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Hawaiian Primo Pizza 8 cut	1 slice	1000	36.77
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Beans Baked, 1/2 c	1/2 CUP	1050	29.2
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	500	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	2.48
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			97.07
% of Calories			55.5%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/23/2019			
Junior High Lunch	Total	4800	
Menu #13	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Chicken Bacon Ranch Wrap	1 each	1600	39.0
Potato Wedges, 1/2 c	1/2 CUP	2800	27.35
Cajun Chicken Pasta	1.5 cups	1600	14.4
Rolls 51%/ 1.5 oz	1 EACH	1400	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1500	6.49
Applesauce cup, plain	1/2	2000	*N/A*
Apples,Fresh	1 EACH	1000	19.06
Orange Fresh	1 EACH	900	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	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
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			91.58
% of Calories			55.3%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/24/2019			
Junior High Lunch	Total	4800	
Menu #14	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Cheese Burger Wheat 51%	1 EACH	1600	33.1
French Fries: ovn bkd, 1/2c	1/2 CUP	2300	17.0
Turkey Roast	2 oz	1600	0.0
Potatoes Whipped	1/2 CUP	1200	18.33
Chicken Gravy	1/2 CUP	1200	8.27
Rolls 51%/ 1.5 oz	1 EACH	1375	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	300	0.99
Celery Sticks	1/4 CUP	300	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	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	2.48
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			90.71
% of Calories			53.0%
Nutrient Guideline			

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Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Junior High Lunch

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/25/2019			
Junior High Lunch	Total	4800	
Menu #15	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Potato Wedges, 1/2 c	1/2 CUP	1200	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Sweet N' Sour Chicken	Serving	1600	20.0
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	1200	24.51
Rolls 51%/ 2oz	1 EACH	1200	30.79
Salad, Side-Secondary	1 CUP	2000	1.6
Tomato Grape	1/4 CUP	1000	0.99
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	2000	2.25
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	300	11.14
Milk, Chocolate Fat Free	HALF PINT	1750	20.0
Milk, 1% Lowfat	HALF PINT	500	12.0
JUICE FRUITABLE	1 EACH	1750	22.0
Ranch Dressing: yogurt	1 FL OZ	1500	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
Ketchup	1 OZ	2000	8.34
Mustard: individual PC	1 EACH	500	0.35
Mayonnaise, PC Packet	1 EACH	1500	0.97
Tomatoes,Fresh,Sliced	1 EACH	500	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	500	0.32
Chocolate Chip Cookie	1 EACH	2050	18.26
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			102.38
% of Calories			59.9%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/28/2019			
Junior High Lunch	Total	4800	
Menu #16	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Burrito, Bean & Cheese, 5 oz	1 EACH	1000	43.25
Burrito, Beef & Bean, 5.2 oz	1 EACH	600	39.11
French Fries: ovn bkd, 1/2c	1/2 CUP	2400	17.0
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	1600	17.58
Spaghetti Noodles Ckd, WG 3/4	3/4 CUP	1600	27.67
Cheese Combo (Chdr & Mozz)	1 OZ	1200	0.25
Rolls 51%/ 1.5 oz	1 EACH	1200	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	1000	0.99
Beans, Black, 1/2 c	1/2 CUP	1000	17.01
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	1000	18.14
Peaches: canned,ex light syrup	1/2 CUP	1000	13.31
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	2000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	1000	10.24
Buffalo Sauce Mild	1 OZ	1000	2.48
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	450	1.96
Sour Cream	1 OZ	300	1.89
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			101.91
% of Calories			58.7%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/29/2019			
Junior High Lunch	Total	4800	
Menu #17	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Steak N Things Sandwich	2 oz	1600	32.75
Potato Wedges, 1/2 c	1/2 CUP	2400	27.35
Pizza, Cheese, Primo (8 cut)	slice	600	34.0
Pizza, Pepp, Primo, (8 cut)	slice	1000	34.0
Salad, Side--Green	1 CUP	2500	1.52
Tomato Grape	1/4 CUP	1000	0.99
Green Beans: canned,ckd, 1/2 c	1/2 cup	1000	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	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	2.48
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
Rice Krispies Treat -Large	1 Each	2200	30.0
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			104.98
% of Calories			59.9%
Nutrient Guideline			

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Weber School District Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/30/2019			
Junior High Lunch	Total	4800	
Menu #18	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Turkey Club Sandwich wheat 51%	1 EACH	1600	34.77
French Fries: ovn bkd, 1/2c	1/2 CUP	2500	17.0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	1600	15.01
Penne Pasta	3/4 CUP	1600	27.0
Rolls 51%/ 1.5 oz	1 EACH	1000	30.03
Salad, Side-Secondary	1 CUP	2500	1.6
Tomato Grape	1/4 CUP	300	0.99
Beans Baked, 1/2 c	1/2 CUP	500	29.2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	1000	6.49
Applesauce Cup, Strawberry	1/2 CUP	1000	14.0
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	650	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	2.48
Tomatoes,Fresh,Sliced	1 EACH	300	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	300	0.32
Ketchup	1 OZ	300	8.34
Mustard: individual PC	1 EACH	300	0.35
Mayonnaise, PC Packet	1 EACH	300	0.97
9th offered more fruit/veggie	1 Each	1	*N/A*
Weighted Daily Average			90.34
% of Calories			52.4%
Nutrient Guideline			

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Weber School District Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

Junior High Lunch

Generated on: 12/21/2018 8:47:44 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/31/2019			
Junior High Lunch	Total	4800	
Menu #19	1	1	0.0
Chicken Sandwich 51%	1 EACH	1600	46.79
Rib-B-Q Sandwich wheat 51%	1 EACH	1600	44.63
French Fries: ovn bkd, 1/2c	1/2 CUP	3000	17.0
Lasagna	1 1/4 cup	1600	41.08
Rolls 51%/ 1.5 oz	1 EACH	1075	30.03
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	1500	13.58
Pears: canned,light syrup	1/2 CUP	2000	13.57
Apples,Fresh	1 EACH	650	19.06
Orange Fresh	1 EACH	600	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	2.48
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	300	1.01
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			98.62
% of Calories			56.0%
Nutrient Guideline			

Weighted Average			96.93
			55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	96.93	55.87%						

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