

Weber School District Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 02/01/2019			
Elementary Lunch-1	Total	10630	
Menu #20	1	0	0.0
Teriyaki Chicken 4.5 oz	4.5 oz	10630	10.38
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	24.51
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2000	1.63
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Rice Krispy Treat	1 each	10000	9.0
Weighted Daily Average			92.46
% of Calories			63.1%
Nutrient Guideline			

Mon - 02/04/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	13.0
Rolls 51%/ 2oz	1 EACH	8000	30.79
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Applesauce Cup, Cinnamon	1/2 CUP	4000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	2500	8.34
Barbecue Sauce BULL'S EYE	1 OZ	3500	10.24
SideKicks BlueRasp-Lemon Fruit	Container	4500	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19.64
Weighted Daily Average			97.27
% of Calories			59.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 02/05/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
Mac & Cheese	6 oz	10630	30.0
Lil Smokies	5	10000	1.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	13.22
Apples,Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Weighted Daily Average			53.87
% of Calories			41.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 02/06/2019			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	0.08
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	2000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Rice Krispies Treat -Large	1 Each	10000	30.0
Weighted Daily Average			123.42
% of Calories			60.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 02/07/2019			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	10.07
Potatoes Whipped	1/2 CUP	10000	18.33
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	6.79
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			92.12
% of Calories			62.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/08/2019			
Elementary Lunch-1	Total	10630	
Menu #25	1	0	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2500	9.07
Mandarin Oranges	1/2 CUP	4000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	4000	3.31
Pumpkin Chocolate Chip Cookies	1 Each	9000	16.59
Weighted Daily Average			92.12
% of Calories			56.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 02/11/2019			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Meaty Nachos- Beef	Serving	10630	40.47
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots:frzn, boiled, 1/4 c	1/4 CUP	2000	3.25
Beans, Black, 1/2 c	1/2 CUP	2500	17.01
Applesauce Cup, Strawberry	1/2 CUP	3000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
Weighted Daily Average			64.37
% of Calories			39.8%
Nutrient Guideline			

Tue - 02/12/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	24.78
Waffle, WG, Bake Crafters, Map	1	10000	28.1
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	13.22
Banana, 1/2	1/2 each	4000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup	1 OZ	5000	8.34
Weighted Daily Average			107.58
% of Calories			60.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 02/13/2019			
Elementary Lunch-1	Total	10630	
Menu #28	1	0	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	33.1
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	5000	0.8
Cucumber, Raw	1/4 CUP	2000	1.18
Carrots Baby Fresh	1/4 CUP	2000	4.0
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Peaches: canned,ex light syrup	1/2 CUP	5000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			75.53
% of Calories			46.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 02/14/2019			
Elementary Lunch-1	Total	10630	
Menu #29	1	1	*N/A*
Hot Dog Wrap: Wheat 50%	1 EACH	10630	35.26
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	5000	0.76
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	0.08
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Pears: canned,light syrup	1/2 CUP	4000	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	4000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	4000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	5000	8.34
Mustard: individual PC	1 EACH	5000	0.35
Cookie, Holiday Frosted	1 each	10000	27.0
Weighted Daily Average			123.99
% of Calories			65.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 02/19/2019			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	10.09
Tater Tots, 1/2 CUP	1/2 CUP	10000	17.04
Salad, Side-Elem	1/2 CUP	3500	0.8
Refried Beans Seasoned	1/2 CUP	2000	18.02
Mandarin Oranges	1/2 CUP	4000	21.26
Apples,Fresh 1/2 each	1/2 each	3000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	3500	8.34
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	3500	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0.32
Cheese Combo (Chdr & Mozz)	1 OZ	5000	0.25
Sour Cream	1 OZ	2000	1.89
Salsa	1 OZ	2000	1.96
CINNAMON TWIST	1 EACH	8000	61.26
Weighted Daily Average			104.62
% of Calories			49.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 02/20/2019			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovrn bkd, 1/2c	1/2 CUP	8000	17.0
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Celery Sticks	1/4 CUP	2000	1.18
Broccoli: fresh, boiled, 1/4c	1/4 CUP	3000	1.63
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			84.16
% of Calories			51.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 02/21/2019			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Wsd Bowl Elementary	1 each	10630	39.2
Rolls 51%/ 2oz	1 EACH	9000	30.79
Salad, Side-Elem	1/2 CUP	2500	0.8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Pears: canned,light syrup	1/2 CUP	2000	13.57
Craisins, Strawberry	packet	1500	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Rice Krispy Treat	1 each	9000	9.0
Weighted Daily Average			94.58
% of Calories			62.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 02/22/2019			
Elementary Lunch-1	Total	10630	
Menu #35	1	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	28.0
Pizza, Pepp, Primo (10 cut)	slice	2630	28.0
Bread Sticks 51% 2 oz	1 EACH	8000	30.79
Salad, Side--Elem Green	1/2 CUP	5000	0.76
Tomato Grape	1/4 CUP	2000	0.99
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	0.08
Mandarin Oranges	1/2 CUP	5000	21.26
Kiwifruit, Fresh	1 EACH	2000	11.14
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk,1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	7000	3.31
Jello	1/2 cup	9000	17.39
Weighted Daily Average			93.74
% of Calories			59.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 02/25/2019			
Elementary Lunch-1	Total	10630	
Menu #36	1	1	*N/A*
Turkey & Cheese Sub Wheat 51%	1 EACH	10630	31.79
Sun Chips Original	Package	10000	18.0
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
Applesauce Cup, Strawberry	1/2 CUP	4000	14.0
Orange Fresh, 1/2	1/2 EACH	2000	5.64
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Mayonnaise, PC Packet	1 EACH	2000	0.97
Mustard: individual PC	1 EACH	2000	0.35
Tomatoes, Fresh, Sliced	1 EACH	1000	0.37
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0.32
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			82.85
% of Calories			53.7%
Nutrient Guideline			

Tue - 02/26/2019			
Elementary Lunch-1	Total	10630	
Menu #37	1	1	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	10630	12.89
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	10000	20.76
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
Green Beans: canned, ckd 1/4 c	1/4 cup	5000	0.08
Mandarin Oranges	1/2 CUP	4000	21.26
Apples, Fresh 1/2 each	1/2 each	2000	9.53
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	10000	0.25
Chocolate Chip Cookie	1 EACH	10000	18.26
Weighted Daily Average			102.19
% of Calories			59.5%
Nutrient Guideline			

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Wed - 02/27/2019			
Elementary Lunch-1	Total	10630	
Menu #38	1	1	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	33.1
Tater Tots, 1/2 CUP	1/2 CUP	9000	17.04
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	2000	4.0
Cucumber, Raw	1/4 CUP	2000	1.18
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
Peaches: canned,ex light syrup	1/2 CUP	4000	13.31
Banana, 1/2	1/2 each	2000	15.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3000	3.31
Ketchup	1 OZ	1000	8.34
Mustard: individual PC	1 EACH	1000	0.35
Mayonnaise, PC Packet	1 EACH	1000	0.97
Tomatoes,Fresh,Sliced	1 EACH	1000	0.37
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Weighted Daily Average			76.96
% of Calories			46.6%
Nutrient Guideline			

Thu - 02/28/2019			
Elementary Lunch-1	Total	10630	
Menu #39	1	1	*N/A*
Grilled Cheese Gold Fish	1 each	10630	29.72
Potato Wedges, 1/2 c	1/2 CUP	10000	27.35
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	6.79
Pears: canned,light syrup	1/2 CUP	3500	13.57
Craisins, Strawberry	packet	2000	28.0
Milk, Chocolate Fat Free	HALF PINT	3000	20.0
Milk, 1% Lowfat	HALF PINT	1000	12.0
JUICE FRUITABLE	1 EACH	3000	22.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Ketchup	1 OZ	3000	8.34
Jello	1/2 cup	10000	17.39
Weighted Daily Average			101.41
% of Calories			70.4%
Nutrient Guideline			

Weighted Average			92.40
			56.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.40	56.07%						

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.