

Weber School District Child Nutrition

May 1, 2019 thru May 24, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 05/01/2019			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	46.79
French Fries: ovn 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, steamed, 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	21.0
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			83.88
% of Calories			51.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 05/02/2019			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Wsd Bowl Elementary	1 each	10630	37.71
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	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Rice Krispy Treat	1 each	9000	9.0
Weighted Daily Average			92.81
% of Calories			62.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/03/2019			
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	21.0
Ranch Dressing: yogurt	1 FL OZ	7000	3.31
Jello	1/2 cup	9000	17.39
Weighted Daily Average			93.46
% of Calories			59.0%
Nutrient Guideline			

Mon - 05/06/2019			
Elementary Lunch-1	Total	10630	
Menu #36	1	1	*N/A*
Quesadilla, Chicken & Cheese	1 Each	10630	29.22
Salad, Side-Elem	1/2 CUP	3500	0.8
Carrots Baby Fresh	1/4 CUP	2000	4.0
APPLESAUCE,SWEETENED	1/2 Cup	4000	17.15
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	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cookie, Holiday Frosted	1 each	10000	27.0
Weighted Daily Average			76.16
% of Calories			54.5%
Nutrient Guideline			

Tue - 05/07/2019			
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	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	10000	0.25

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			84.73 59.9%
Nutrient Guideline			

Wed - 05/08/2019			
Elementary Lunch-1 Menu #38	Total	10630	
Cheese Burger Wheat 51%	1 EACH	1	*N/A*
Tater Tots, 1/2 CUP	1/2 CUP	10630	33.1
Salad, Side--Elem Green	1/2 CUP	9000	17.04
Carrots Baby Fresh	1/2 CUP	3500	0.76
Cucumber, Raw	1/4 CUP	2000	4.0
Beans Baked, 1/2 c	1/4 CUP	2000	1.18
Peaches: canned,ex light syrup	1/2 CUP	2000	29.2
Banana, 1/2	1/2 CUP	4000	13.31
Milk, Chocolate Fat Free	1/2 each	2000	15.0
Milk,1% Lowfat	HALF PINT	3000	20.0
JUICE FRUITABLE	HALF PINT	1000	12.0
Ranch Dressing: yogurt	1 EACH	3000	21.0
Ketchup	1 FL OZ	3000	3.31
Mustard: individual PC	1 OZ	1000	8.34
Mayonnaise, PC Packet	1 EACH	1000	0.35
Tomatoes,Fresh,Sliced	1 EACH	1000	0.97
Lettuce,Shred, 1/8 c	1 EACH	1000	0.37
Weighted Daily Average % of Calories	1/8 CUP	1000	0.32
			76.68 46.5%
Nutrient Guideline			

Thu - 05/09/2019			
Elementary Lunch-1 Menu #39	Total	10630	
Grill Cheese Sandwich	1	1	*N/A*
Potato Wedges, 1/2 c	1 EACH	10630	30.96
Salad, Side--Elem Green	1/2 CUP	10000	27.35
Peas: frozen,warmed,1/4 c	1/2 CUP	3500	0.76
Pears: canned,light syrup	1/4 CUP	5000	6.79
Craisins, Strawberry	1/2 CUP	3500	13.57
Milk, Chocolate Fat Free	packet	2000	28.0
Milk,1% Lowfat	HALF PINT	3000	20.0
JUICE FRUITABLE	HALF PINT	1000	12.0
Ranch Dressing: yogurt	1 EACH	3000	21.0
Ketchup	1 FL OZ	3500	3.31
Chocolate Chip Cookie	1 OZ	10000	8.34
Weighted Daily Average % of Calories	1 EACH	10000	18.26
			108.69 63.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/10/2019			
Elementary Lunch-1	Total	10630	
Menu #40	1	1	*N/A*
Teriyaki Chicken 4.5 oz	4.5 oz	10630	10.38
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	10000	42.48
Rolls 51%/ 2oz	1 EACH	9000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Broccoli: fresh, steamed, 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	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
Weighted Daily Average			98.02
% of Calories			64.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 05/13/2019			
Elementary Lunch-1	Total	10630	
Menu #41	1	1	*N/A*
Chicken Nuggets Gold Kist, 5 e	5 each	10630	13.0
Rolls 51%/ 2oz	1 EACH	8000	30.79
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Tomato Grape	1/4 CUP	2000	0.99
Mixed Berry Cup	1/2 Cup	4000	20.07
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	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Barbecue Sauce BULL'S EYE	1 OZ	5000	10.24
Ketchup	1 OZ	10000	8.34
Creamie Variety: ban, choc	1 EACH	10000	14.0
Weighted Daily Average			100.06
% of Calories			56.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 05/14/2019			
Elementary Lunch-1	Total	10630	
Menu #42	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	10.09
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Refried Beans Seasoned	1/2 CUP	2000	18.02
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	9.07
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	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	3000	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Cheese Combo (Chdr & Mozz)	1 OZ	10000	0.25
Sour Cream	1 OZ	1500	1.89
Salsa	1 OZ	1500	1.96
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1.01
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0.32
Pudding Chocolate	1 EACH	4500	20.05
Pudding Vanilla	1 EACH	4500	18.04
Weighted Daily Average			81.21
% of Calories			46.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 05/15/2019			
Elementary Lunch-1	Total	10630	
Menu #43	1	1	*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
Tomato Grape	1/4 CUP	2000	0.99
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	21.0
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			94.79
% of Calories			57.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/16/2019			
Elementary Lunch-1	Total	10630	
Menu #44	1	0	*N/A*
Pancakes WG	1 EACH	10630	12.67
SCRAMBLED EGGS	1/4 cup	10000	0.63
Hash Brown Potatoes	1/2 CUP	10000	20.41
Sausage Link, 2	2 EACH	10000	1.14
Pears: canned,light syrup	1/2 CUP	5000	13.57
Craisins, Strawberry	packet	4000	28.0
Milk, Chocolate Fat Free	HALF PINT	4000	20.0
Milk,1% Lowfat	HALF PINT	2000	12.0
JUICE FRUITABLE	1 EACH	4000	21.0
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	30.66
Ketchup	1 OZ	1000	8.34
Weighted Daily Average			97.76
% of Calories			66.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 05/17/2019			
Elementary Lunch-1	Total	10630	
Menu #45	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	1000	0.99
Cucumber, Raw	1/4 CUP	5000	1.18
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	21.0
Ranch Dressing: yogurt	1 FL OZ	2500	3.31
Sugar Cookies	1 EACH	8000	15.76
Weighted Daily Average			87.51
% of Calories			54.8%
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	Portion Size	Reimb Qty	Carb (g)
Mon - 05/20/2019			
Elementary Lunch-1	Total	10630	
Menu #46	1	0	*N/A*
Italian Dunkers	1/2 CUP	10630	8.95
Bread Sticks 51% 2 oz	1 EACH	10000	30.79
Salad, Side--Elem Green	1/2 CUP	3500	0.76
Carrots Baby Fresh	1/4 CUP	5000	4.0
Celery Sticks	1/4 CUP	2000	1.18
APPLESAUCE,SWEETENED	1/2 Cup	5000	17.15
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	21.0
Ranch Dressing: yogurt	1 FL OZ	3500	3.31
SideKicks BlueRasp-Lemon Fruit	Container	5000	19.64
SideKicks Fruit Cup Kiwi-Straw	Container	5000	19.64
Weighted Daily Average			81.67
% of Calories			60.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 05/21/2019			
Elementary Lunch-1	Total	10630	
Menu #47	1	0	*N/A*
Burrito, Bean & Cheese, 5 oz	1 EACH	10630	43.25
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	17.0
Salad, Side--Elem Green	1/2 CUP	3500	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
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	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	1000	8.34
Sour Cream	1 OZ	3000	1.89
Salsa	1 OZ	3000	1.96
Jello	1/2 cup	10000	17.39
Weighted Daily Average			102.75
% of Calories			65.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 05/22/2019			
Elementary Lunch-1	Total	10630	
Menu #48	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 Green	1/2 CUP	3500	0.76
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	6.79
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	21.0
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
Weighted Daily Average			72.78
% of Calories			45.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 05/23/2019			
Elementary Lunch-1	Total	10630	
Menu #49	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	13.0
Rolls 51%/ 2oz	1 EACH	10000	30.79
Salad, Side-Elem	1/2 CUP	3500	0.8
Tomato Grape	1/4 CUP	2000	0.99
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	9.07
Beans Baked, 1/2 c	1/2 CUP	2000	29.2
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	21.0
Ranch Dressing: yogurt	1 FL OZ	1000	3.31
Ketchup	1 OZ	10000	8.34
Barbecue Sauce BULL'S EYE	1 OZ	3500	10.24
Creamie Variety: ban, choc	1 EACH	9000	14.0
Weighted Daily Average			96.08
% of Calories			58.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/24/2019			
Elementary Lunch-1	Total	10630	
Menu #50	1	0	*N/A*
Mandarin Orange Chicken	3.92 serving	10630	21.11
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, steamed, 1/4c	1/4 CUP	2500	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	21.0
Ranch Dressing: yogurt	1 FL OZ	4000	3.31
Pumpkin Chocolate Chip Cookies	1 Each	9000	16.59
Weighted Daily Average			109.02
% of Calories			67.3%
Nutrient Guideline			

Weighted Average			91.00
			57.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	91.00	57.64%						

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* - 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.