

Weber School District Child Nutrition

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 10/14/2019 12:25:29 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 11/01/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #5 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 1600 | 17.04 |
| 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 | 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Chocolate Chip Cookie | 1 EACH | 4500 | 18.26 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 119.93 |
| % 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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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 11/04/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #6 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| Chicken Bacon Wrap | 1 each | 1600 | 37.0 |
| 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 300 | 1.01 |
| 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 |
| 9th offered more fruit/veggie | 1 Each | 0 | *N/A* |
| Weighted Daily Average | | | 94.64 |
| % of Calories | | | 52.1% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Tue - 11/05/2019 | | | |
| 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 |
| Chicken Parmesan | 1 Each | 1600 | 56.77 |
| 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 |
| Mandarin Oranges | 1/2 CUP | 2000 | 21.26 |
| 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 106.30 |
| % of Calories | | | 56.1% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Wed - 11/06/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #8 | 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 | 3000 | 16.71 |
| 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 | 22.0 |
| 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 2500 | 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 | | | 109.46 |
| % of Calories | | | 55.3% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 11/07/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #9 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| BBQ Chicken Sandwich | 2.5 oz | 1600 | 33.16 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 3000 | 17.04 |
| Baked Ziti | 1.25 cup | 1600 | 31.21 |
| Bread Sticks 51% 2 oz | 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 101.00 |
| % of Calories | | | 58.1% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 11/08/2019 | | | |
| 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 |
| Bread Sticks 51% 2 oz | 1 EACH | 3200 | 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Pumpkin Chocolate Chip Cookies | 1 Each | 4000 | 16.59 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 114.79 |
| % of Calories | | | 57.2% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 11/11/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #11 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| French Fries: ovrn bkd, 1/2c | 1/2 CUP | 1200 | 16.71 |
| Navajo Taco | 1 EACH | 1600 | 57.58 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 1150 | 0.25 |
| Mac & Cheese | 6 oz | 1600 | 30.0 |
| Rolls 51%/ 1.5 oz | 1 EACH | 1350 | 30.03 |
| 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 | 1000 | 18.14 |
| Peaches: canned,ex light syrup | 1/2 CUP | 1000 | 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 | 300 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | OZ | 500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 500 | 0.97 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 300 | 1.01 |
| 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 | | | 97.88 |
| % of Calories | | | 57.6% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 11/12/2019 | | | |
| 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 |
| Potato Wedges, 1/2 c | 1/2 CUP | 2800 | 27.35 |
| Rolls 51%/ 2oz | 1 EACH | 1400 | 30.79 |
| 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 |
| 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 109.32 |
| % of Calories | | | 60.2% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Wed - 11/13/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #13 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| Chicken Bacon Wrap | 1 each | 1600 | 37.0 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 2800 | 17.04 |
| Chicken Quesadilla | 1 Each | 1600 | 24.55 |
| Salad, Side-Secondary | 1 CUP | 2500 | 1.6 |
| Refried Beans Seasoned | 1/2 CUP | 1600 | 18.02 |
| 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 | 30.0 |
| 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Sour Cream | 1 OZ | 1000 | 1.89 |
| Salsa | 1 OZ | 1000 | 1.96 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 105.62 |
| % of Calories | | | 55.0% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 11/14/2019 | | | |
| 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 | 16.71 |
| 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| SideKicks BlueRasp-Lemon Fruit | Container | 2000 | 19.64 |
| SideKicks Fruit Cup Kiwi-Straw | Container | 2000 | 19.64 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 113.74 |
| % of Calories | | | 58.4% |
| Nutrient Guideline | | | |

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Weber School District Child Nutrition

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 11/15/2019 | | | |
| 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 104.90 |
| % of Calories | | | 59.9% |
| Nutrient Guideline | | | |

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Weber School District Child Nutrition

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Base Menu Spreadsheet

Junior High Lunch

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 11/18/2019 | | | |
| 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 | 16.71 |
| 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 |
| Pretzel Bites | 4 | 1200 | 25.0 |
| Salad, Side-Secondary | 1 CUP | 2500 | 1.6 |
| Tomato Grape | 1/4 CUP | 1000 | 0.99 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 1000 | 0.17 |
| 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 100.01 |
| % of Calories | | | 59.3% |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet

Junior High Lunch

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 11/19/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #17 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| 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 |
| Hawaiian Haystacks | 1/2 CUP | 1600 | 8.73 |
| Rice Combo, Br & Wh 50/50 Ckd | 1 CUP | 1600 | 42.48 |
| Rolls 51%/ 2oz | 1 EACH | 1400 | 30.79 |
| 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 | 800 | 1.01 |
| Celery Chopped 1/8 cup | 1/8 cup | 800 | 0.55 |
| Salad, Side--Green | 1 CUP | 2500 | 1.52 |
| Tomato Grape | 1/4 CUP | 1000 | 0.99 |
| Peas: frozen,warmed,1/2 c | 1/2 CUP | 1000 | 13.58 |
| 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 128.29 |
| % of Calories | | | 61.9% |
| Nutrient Guideline | | | |

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Weber School District Child Nutrition

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 11/20/2019 | | | |
| 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 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 2500 | 17.04 |
| 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 0 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 95.15 |
| % of Calories | | | 53.3% |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 11/21/2019 | | | |
| 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 | 16.71 |
| Wsd Bowl High School & Jr High | 1 Each | 1600 | 36.33 |
| 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 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 1500 | 18.14 |
| 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 | | | 105.04 |
| % of Calories | | | 57.2% |
| Nutrient Guideline | | | |

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Weber School District Child Nutrition

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 11/22/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #20 | 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 | 1300 | 24.51 |
| Rolls 51%/ 1.5 oz | 1 EACH | 1300 | 30.03 |
| Salad, Side-Secondary | 1 CUP | 2500 | 1.6 |
| Tomato Grape | 1/4 CUP | 1000 | 0.99 |
| Broccoli: fresh, boiled, 1/2 c | 1/2 CUP | 1500 | 2.25 |
| 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Pumpkin Chocolate Chip Cookies | 1 Each | 4000 | 16.59 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 110.81 |
| % of Calories | | | 58.0% |
| Nutrient Guideline | | | |

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Weber School District Child Nutrition

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Junior High Lunch

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 11/25/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #21 | 1 | 1 | *N/A* |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| Corn Dog Chicken | 1 EACH | 1600 | 30.0 |
| Potato Wedges, 1/2 c | 1/2 CUP | 2500 | 27.35 |
| Chicken Fajita | 1/2 cup | 1600 | 28.62 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 1000 | 0.25 |
| Rolls 51%/ 2oz | 1 EACH | 1200 | 30.79 |
| Salad, Side--Green | 1 CUP | 2500 | 1.52 |
| Tomato Grape | 1/4 CUP | 1000 | 0.99 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 1500 | 18.14 |
| Beans, Black, 1/2 c | 1/2 CUP | 500 | 17.01 |
| Peaches: canned,ex light syrup | 1/2 CUP | 1000 | 13.31 |
| Apples,Fresh | 1 EACH | 650 | 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 | 2000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 300 | 1.01 |
| Sour Cream | 1 OZ | 500 | 1.89 |
| Salsa | 1 OZ | 500 | 1.96 |
| Sugar Cookies | 1 EACH | 1600 | 15.76 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 109.28 |
| % of Calories | | | 60.2% |
| Nutrient Guideline | | | |

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Weber School District Child Nutrition

Nov 1, 2019 thru Nov 29, 2019

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 11/26/2019 | | | |
| Junior High Lunch | Total | 4800 | |
| Menu #22 | 1 | 1 | *N/A* |
| Chicken Sandwich 51% | 1 EACH | 1600 | 46.79 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 1400 | 16.71 |
| Pizza, Cheese, Primo (8 cut) | slice | 600 | 34.0 |
| Pizza, Pepp, Primo, (8 cut) | slice | 1000 | 34.0 |
| Chicken Tetrazzini | 1 cup | 1600 | 41.53 |
| Rolls 51%/ 2oz | 1 EACH | 1400 | 30.79 |
| Salad, Side-Secondary | 1 CUP | 2500 | 1.6 |
| Tomato Grape | 1/4 CUP | 500 | 0.99 |
| Celery Sticks | 1/4 CUP | 500 | 1.18 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 1500 | 0.17 |
| Mandarin Oranges | 1/2 CUP | 1000 | 21.26 |
| Apples,Fresh | 1 EACH | 1000 | 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 | 2000 | 20.0 |
| Milk, 1% Lowfat | HALF PINT | 800 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 2000 | 21.0 |
| 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 |
| Creamie Variety: ban, choc | 1 EACH | 2000 | 14.0 |
| 9th offered more fruit/veggie | 1 Each | 1 | *N/A* |
| Weighted Daily Average | | | 100.43 |
| % of Calories | | | 53.3% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 107.03 |
| | | | 57.3% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 107.03 | 57.34% | | | | | | |

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