

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 1

Generated on: 7/31/2017 4:08:16 PM

	Portion Size	Sodm (mg)
Tue - 08/22/2017		
LUNCH Elementary	Total	
Menu #2	1	0
Taco Crisp Elementary	1 each	464
Rolls 51%/ 2oz	1 EACH	205
Hot Dog on Wheat Bun 51 %	1 EACH	835
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Beans, Black, 1/2 c	1/2 CUP	383
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Peaches: canned,ex light syrup	1/2 CUP	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Cheese Combo (Chdr & Mozz)	1 OZ	115
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Lettuce,Shred, 1/8 c	1/8 CUP	1
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		1302
% of Calories		
Nutrient Guideline		1230

Wed - 08/23/2017		
LUNCH Elementary	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Breakfast Casserole	1 cup	694
Eggo Waffle	1.00	260
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Peas: frozen,warmed,1/4 c	1/4 CUP	34
Applesauce, canned: Plain	1/2 CUP	14
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk, 1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Salsa	1 OZ	68
SYRUP, MAPLE CHEF'S MARK	1 EACH	45

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Page 2

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	Portion Size	Sodm (mg)
Weighted Daily Average % of Calories		1131
Nutrient Guideline		1230

Thu - 08/24/2017		
LUNCH Elementary	Total	
Menu #4	1	0
Hamburger Gravy	1/2 CUP	284
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Rib-B-Q Sandwich wheat 51%	1 EACH	678
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Pears: canned,light syrup	1/2 CUP	10
Craisins, Strawberry	packet	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Barbecue Sauce BULL'S EYE	1 OZ	205
Snickerdoodles	1 EACH	72
Weighted Daily Average % of Calories		1001
Nutrient Guideline		1230

Fri - 08/25/2017		
LUNCH Elementary	Total	
Menu #5	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Sweet N' Sour Chicken	Serving	222
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Broccoli Normandy 1/4 Cup	1/4 Cup	19
Cucumber, Raw	1/4 CUP	1
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Kiwifruit, Fresh	1 EACH	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average % of Calories		640
Nutrient Guideline		1230

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Page 3

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	Portion Size	Sodm (mg)
Mon - 08/28/2017		
LUNCH Elementary	Total	
Menu #6	1	0
Grilled Cheese Gold Fish	1 each	511
Chicken Nuggets, Adv. Pierre	5 Each	313
Salad, Side--Elem S/R/C	1/2 CUP	6
Tater Tots, 1/2 CUP	1/2 CUP	330
Tomato Grape	1/4 CUP	2
Carrots:frzn, boiled, 1/4 c	1/4 CUP	25
Mandarin Oranges	1/2 CUP	21
Apples,Fresh 1/2 each	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
CINNAMON ROLLS	1 EACH	321
Weighted Daily Average		1026
% of Calories		
Nutrient Guideline		1230

Tue - 08/29/2017		
LUNCH Elementary	Total	
Menu #7	1	0
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Potato Wedges, 1/2 c	1/2 CUP	39
Chicken Tetrazzini	1 cup	694
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Peaches: canned,ex light syrup	1/2 CUP	10
Banana, 1/2	1/2 each	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Jello	1/2 cup	90
Weighted Daily Average		876
% of Calories		
Nutrient Guideline		1230

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Page 4

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	Portion Size	Sodm (mg)
Wed - 08/30/2017		
LUNCH Elementary	Total	
Menu #8	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Hawaiian Haystacks	1/2 CUP	337
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
Rolls 51%/ 2oz	1 EACH	205
Cheese Combo (Chdr & Mozz)	1 OZ	115
Chow Mein Noodles	1/8 cup	82
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Celery Chopped 1/8 cup	1/8 cup	12
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Orange Fresh, 1/2	1/2 EACH	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mustard: individual PC	EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Weighted Daily Average		812
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Thu - 08/31/2017		
LUNCH Elementary	Total	
Menu #9	1	0
Cheese Burger Wheat 51%	1 EACH	664
Tater Tots, 1/2 CUP	1/2 CUP	330
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem S/R/C	1/2 CUP	6
Tomato Grape	1/4 CUP	2
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Craisins, Strawberry	packet	0
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Ranch Dressing: yogurt	1 FL OZ	178
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1041
% of Calories		
Nutrient Guideline		1230

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Page 5

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	Portion Size	Sodm (mg)
Weighted Average		979

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	979		1230					

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