

Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

LUNCH Jr High

Portion Values - Detailed

Page 1

Generated on: 7/31/2017 4:07:29 PM

	Portion Size	Sodm (mg)
Tue - 08/22/2017		
LUNCH Jr High	Total	
Menu #2	1	0
Chicken Sandwich 51%	1 EACH	605
Meatball Sub	1 EACH	597
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Salad, Side--S/R/C	1 CUP	13
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
Green Beans: canned,ckd, 1/2 c	1/2 cup	16
Mandarin Oranges	1/2 CUP	21
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
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
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Sugar Cookies	1 EACH	56
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		892
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 08/23/2017		
LUNCH Jr High	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 51%	1 EACH	837
Turkey & Cheese Sub Wheat 51%	1 EACH	648
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--S/R/C	1 CUP	13
Beans Baked, 1/2 c	1/2 CUP	471
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
Applesauce, canned: Plain	1/2 CUP	14
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1155
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Thu - 08/24/2017		
LUNCH Jr High	Total	
Menu #4	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
Rolls 51%/ 2oz	1 EACH	205
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Salad, Side--S/R/C	1 CUP	13
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		999
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 08/25/2017		
LUNCH Jr High	Total	
Menu #5	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1/2 c	1/2 CUP	39
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Mandarin Orange Chicken	serving	156
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Broccoli: frzn, boiled, 1/2 c	1/2 CUP	10
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
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
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		787
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 08/28/2017		
LUNCH Jr High	Total	
Menu #6	1	0
Chicken Sandwich 51%	1 EACH	605
Wrap Chicken Strip	1 EACH	607
Potato Wedges, 1/2 c	1/2 CUP	39
Meaty Nachos- Beef	Serving	778
Salad, Side--S/R/C	1 CUP	13
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Cucumber, Raw	1/4 CUP	1
Peaches: canned,ex light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Salsa	1 OZ	68
Sour Cream	1 OZ	47
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Buffalo Sauce	1 OZ	93
Ranch Dressing: yogurt	1 FL OZ	178
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		916
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 08/29/2017		
LUNCH Jr High	Total	
Menu #7	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1/2 CUP	1/2 CUP	330
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Hawaiian Haystacks	1/2 CUP	337
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
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Pineapple Chunks:canned,lt syr	1/2 CUP	12
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
Kiwifruit, Fresh	1 EACH	2
Milk, Chocolate Fat Free	HALF PINT	180
Milk,1% Lowfat	HALF PINT	125
JUICE FRUITABLE	1 EACH	20
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Ranch Dressing: yogurt	1 FL OZ	178
Chocolate Chip Cookie	EACH	81
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1021
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 08/30/2017		
LUNCH Jr High	Total	
Menu #8	1	0
Chicken Sandwich 51%	1 EACH	605
Ham & Cheese Sub Wheat 51%	1 EACH	1044
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Enchilada, Red Sauce	1 Each	693
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
SPANISH RICE	1/3 CUP	125
Beans, Black, 1/2 c	1/2 CUP	383
Tomato Grape	1/4 CUP	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
Applesauce Cup, Cinnamon	1/2 CUP	15
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
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
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Sour Cream	1 OZ	47
Salsa	1 OZ	68
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1161
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Thu - 08/31/2017		
LUNCH Jr High	Total	
Menu #9	1	0
Chicken Sandwich 51%	1 EACH	605
Pulled Pork Sandwich	1 EACH	771
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Cucumber, Raw	1/4 CUP	1
Peas: frozen,warmed,1/2 c	1/2 CUP	69
Pears: canned,light syrup	1/2 CUP	10
Apples,Fresh	1 EACH	1
Orange Fresh	1 EACH	0
Bananas	1 EACH	0
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
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		941
% of Calories		
Nutrient Guideline		1360

Weighted Average		984
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	984		1360					

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