

# Weber School District Child Nutrition

Aug 22, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 7/31/2017 3:15:06 PM

	Portion Size	Sodm (mg)
Tue - 08/22/2017		
High School Lunch	Total	
Menu #2	1	0
Chicken Sandwich 51%	1 EACH	605
Tater Tots, 1 CUP	1 CUP	660
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut )	slice	660
Navajo Taco	1 EACH	727
Cheese Combo (Chdr & Mozz)	1 OZ	115
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Refried Beans Seasoned	1/2 CUP	583
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Applesauce, Cinnamon unsweet	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
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
Onions, Fresh Sliced	SLICE	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Onions, fresh chopped	1/8 cup	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1410
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Wed - 08/23/2017		
High School Lunch	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
Meatball Sub, High School	SANDWICH	638
French Fries: oven bkd, 1c	1 CUP	40
Creamy Cajun Chicken Pasta- Up	1.5 cups	351
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Sugar Cookies	1 EACH	56
Weighted Daily Average		983
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Thu - 08/24/2017		
High School Lunch	Total	
Menu #4	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1c	1 CUP	79
Country Fried Steak JTM	1 EACH	340
Chicken Strips, Adv. Pierre	3 Each	313
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		1076
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Fri - 08/25/2017		
High School Lunch	Total	
Menu #5	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Combo Primo Pizza 8 cut	1 slice	688
Mandarin Orange Chicken	serving	156
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh	1/4 CUP	20
Beans Baked, 1/2 c	1/2 CUP	471
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1049
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Mon - 08/28/2017		
High School Lunch	Total	
Menu #6	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 51%	1 EACH	837
Cheese Burger Wheat 51%	1 EACH	664
French Fries: oven bkd, 1c	1 CUP	40
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Celery Sticks	1/4 CUP	26
Peas: frozen, warmed, 1/2 c	1/2 CUP	69
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
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
Onions, Fresh Sliced	SLICE	1
Buffalo Sauce	1 OZ	93
Barbecue Sauce BULL'S EYE	1 OZ	205
Rice Krispy Treat	1 each	45
Weighted Daily Average % of Calories		1132
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Tue - 08/29/2017		
High School Lunch	Total	
Menu #7	1	0
Chicken Sandwich 51%	1 EACH	605
Taco Crisp	2 each	619
Taco Soft Shell	2 EACH	1473
Tater Tots, 1 CUP	1 CUP	660
Pizza, Pepp, Primo, (8 cut )	slice	660
Pizza, Cheese, Primo (8 cut)	slice	660
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
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
Onions, Fresh Sliced	SLICE	1
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Weighted Daily Average		1365
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Wed - 08/30/2017		
High School Lunch	Total	
Menu #8	1	0
Chicken Sandwich 51%	EACH	605
Rib-B-Q Sandwich wheat 51%	1 EACH	678
French Fries: oven bkd, 1c	1 CUP	40
Spaghetti Meat Sauce, 3/4 c	3/4 Cup	964
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	0
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Beans Baked, 1/2 c	1/2 CUP	471
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
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
Onions, Fresh Sliced	SLICE	1
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1369
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Thu - 08/31/2017		
High School Lunch	Total	
Menu #9	1	0
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1c	1 CUP	79
Turkey Roast 3 oz	3 OZ	29
Potatoes Whipped	1/2 CUP	119
Gravy, Country, 1/2 c	1/2 CUP	314
Rolls 51%/ 2oz	1 EACH	205
Breakfast Casserole	1 cup	694
Eggo Waffle-2	2	260
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
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
Onions, Fresh Sliced	SLICE	1
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
Jello	1/2 cup	90
Weighted Daily Average		1106
% of Calories		
Nutrient Guideline		1420

Weighted Average		1186
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1186		1420					

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