

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 1

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|-------------------------------|--------------|-----------|
| Fri - 09/01/2017 | | |
| LUNCH Elementary | Total | |
| Menu #10 | 1 | 0 |
| Pizza, Cheese, Primo (10 cut) | slice | 480 |
| Pizza, Pepp, Primo (10 cut) | slice | 530 |
| Teriyaki Chicken 4.5 oz | 4.5 oz | 554 |
| 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 1/2 | 1/2 cup | 23 |
| Banana, 1/2 | 1/2 each | 0 |
| Applesauce Cup, Cinnamon | 1/2 CUP | 15 |
| 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 |
| Pudding Chocolate | 1 EACH | 140 |
| Pudding Vanilla | 1 EACH | 140 |
| Weighted Daily Average | | 903 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|---------------------------------|--------------|-----------|
| Tue - 09/05/2017 | | |
| LUNCH Elementary | Total | |
| Menu #12 | 1 | 0 |
| Navajo Taco | 1 EACH | 727 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Ham & Cheese Sub Wheat 51% | 1 EACH | 1044 |
| 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, 1/4 c | 1/4 CUP | 2 |
| Refried Beans Seasoned | 1/2 CUP | 583 |
| 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 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| 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 |
| Sugar Cookies | 1 EACH | 56 |
| Weighted Daily Average | | 1247 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 2

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Wed - 09/06/2017 | | |
| LUNCH Elementary | Total | |
| Menu #13 | 1 | 0 |
| Chicken Sandwich 51% | 1 EACH | 605 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Chicken Alfredo Sauce 2 -1/2 C | 1/2 Cup | 525 |
| Penne Pasta 1/2 Cup | 1/2 CUP | 0 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Tomato Grape | 1/4 CUP | 2 |
| Peas: frozen,warmed,1/4 c | 1/4 CUP | 34 |
| Applesauce Cup, Strawberry | 1/2 CUP | 15 |
| 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 | 1 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 | | 870 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|-------------------------------|--------------|-----------|
| Thu - 09/07/2017 | | |
| LUNCH Elementary | Total | |
| Menu #14 | 1 | 0 |
| Country Fried Steak JTM | 1 EACH | 340 |
| Chicken Strips, Adv. Pierre | 3 Each | 313 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Potatoes Whipped | 1/2 CUP | 119 |
| Gravy, Country, 1/2 c | 1/2 CUP | 314 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Tomato Grape | 1/4 CUP | 2 |
| Celery Sticks | 1/4 CUP | 26 |
| Green Beans: canned,ckd 1/4 c | 1/4 cup | 8 |
| Pears: canned,light syrup | 1/2 CUP | 10 |
| Craisins, Strawberry | packet | 0 |
| Milk,1% Lowfat | HALF PINT | 125 |
| Milk, Chocolate Fat Free | HALF PINT | 180 |
| JUICE FRUITABLE | 1 EACH | 20 |
| Ranch Dressing: yogurt | 1 FL OZ | 178 |
| Weighted Daily Average | | 990 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 3

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Fri - 09/08/2017 | | |
| LUNCH Elementary | Total | |
| Menu #15 | 1 | 0 |
| Pizza, Cheese, Primo (10 cut) | slice | 480 |
| Pizza, Pepp, Primo (10 cut) | slice | 530 |
| Mandarin Orange Chicken | serving | 156 |
| 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 |
| 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 |
| Chocolate Chip Cookie | EACH | 81 |
| Weighted Daily Average | | 638 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|-----------------------------|--------------|-----------|
| Mon - 09/11/2017 | | |
| LUNCH Elementary | Total | |
| Menu #16 | 1 | 0 |
| French Toast Sticks, 4 each | 4 EACH | 370 |
| SCRAMBLED EGGS (Rogers Jug) | 1/4 cup | 126 |
| Bacon, 2 ea | 2 Each | 274 |
| Hash Brown Potatoes | 1/2 CUP | 0 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| 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 |
| SYRUP, MAPLE CHEF'S MARK | 1 EACH | 45 |
| Salsa | 1 OZ | 68 |
| Weighted Daily Average | | 1024 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 4

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|---|--------------|-----------|
| Tue - 09/12/2017 | | |
| LUNCH Elementary | Total | |
| Menu #17 | 1 | 0 |
| Hot Dog Wrap: Wheat 51% | 1 EACH | 837 |
| Chicken Tacos Elementary | 1 each | 203 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Potato Wedges, 1/2 c | 1/2 CUP | 39 |
| Tomato Grape | 1/4 CUP | 2 |
| Beans, Black, 1/2 c | 1/2 CUP | 383 |
| Peas: frozen,warmed,1/4 c | 1/4 CUP | 34 |
| 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 |
| 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 % of Calories | | 936 |
| Nutrient Guideline | | 1230 |

| | | |
|---|-----------|------|
| Wed - 09/13/2017 | | |
| LUNCH Elementary | Total | |
| Menu #18 | 1 | 0 |
| Chicken Sandwich 51% | 1 EACH | 605 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Wsd Bowl Elementary | 1 each | 540 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Tomato Grape | 1/4 CUP | 2 |
| Cucumber, Raw | 1/4 CUP | 1 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 2 |
| Applesauce, canned: Sweet | 1/2 CUP | 26 |
| 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 |
| Weighted Daily Average % of Calories | | 829 |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 5

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Thu - 09/14/2017 | | |
| LUNCH Elementary | Total | |
| Menu #19 | 1 | 0 |
| Spaghetti Meat Sauce, 1/2 c | 1/2 Cup | 694 |
| Spaghetti Noodles Ckd, 1/2 c | 1/2 CUP | 0 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 115 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Turkey & Cheese Sub ELEM | 1 EACH | 646 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 330 |
| Salad, Side--Elem S/R/C | 1/2 CUP | 6 |
| Tomato Grape | 1/4 CUP | 2 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 16 |
| 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 |
| Mustard: individual PC | 1 EACH | 69 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Snickerdoodles | 1 EACH | 72 |
| Weighted Daily Average | | 1198 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Fri - 09/15/2017 | | |
| LUNCH Elementary | Total | |
| Menu #20 | 1 | 0 |
| Pizza, Cheese, Primo (10 cut) | slice | 480 |
| Pizza, Pepp, Primo (10 cut) | slice | 530 |
| Teriyaki Chicken 4.5 oz | 4.5 oz | 554 |
| 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 |
| 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 |
| Sugar Cookies | 1 EACH | 56 |
| Weighted Daily Average | | 817 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 6

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------------|--------------|-----------|
| Mon - 09/18/2017 | | |
| LUNCH Elementary | Total | |
| Menu #21 | 1 | *N/A* |
| FISH FILET SANDWICH Wheat 51% | 1 EACH | 671 |
| Tater Tots, 1/2 CUP | 1/2 CUP | 330 |
| Chili Con Carne and Beans | 1 CUP | 765 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Tomato Grape | 1/4 CUP | 2 |
| Mandarin Oranges | 1/2 CUP | 21 |
| Cucumber, Raw | 1/4 CUP | 1 |
| 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 |
| Weighted Daily Average % of Calories | | 1111 |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|--------------------------------------|--------------|-----------|
| Tue - 09/19/2017 | | |
| LUNCH Elementary | Total | |
| Menu #22 | 1 | *N/A* |
| Ham & Cheese Sub Wheat 51% | 1 EACH | 1044 |
| Wrap Chicken Strip | 1 EACH | 607 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Potato Wedges, 1/2 c | 1/2 CUP | 39 |
| Tomato Grape | 1/4 CUP | 2 |
| Corn: frzn, yellow ckd, 1/4 c | 1/4 CUP | 2 |
| 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 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Sugar Cookies | 1 EACH | 56 |
| Weighted Daily Average % of Calories | | 1031 |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 7

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|-----------------------------|--------------|-----------|
| Wed - 09/20/2017 | | |
| LUNCH Elementary | Total | |
| Menu #23 | 1 | *N/A* |
| Chicken Sandwich 51% | 1 EACH | 605 |
| French Fries: ovn bkd, 1/2c | 1/2 CUP | 20 |
| Creamy Cajun Chicken Pasta | 1.5 cups | 364 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Salad, Side--Elem Green | 1/2 CUP | 8 |
| Tomato Grape | 1/4 CUP | 2 |
| Peas: frozen,warmed,1/4 c | 1/4 CUP | 34 |
| Applesauce Cup, Strawberry | 1/2 CUP | 15 |
| 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 | 1 EACH | 69 |
| Mayonnaise, PC Packet | 1 EACH | 82 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 1 |
| Tomatoes,Fresh,Sliced | 1 EACH | 0 |
| Jello | 1/2 cup | 90 |
| Weighted Daily Average | | 826 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|-------------------------------|--------------|-----------|
| Thu - 09/21/2017 | | |
| LUNCH Elementary | Total | |
| Menu #24 | 1 | *N/A* |
| Pork Roast | 2 OZ | 26 |
| Corn Dog Chicken | 1 EACH | 390 |
| Salad, Side--Elem S/R/C | 1/2 CUP | 6 |
| Potatoes Whipped | 1/2 CUP | 119 |
| Gravy, Chicken, 1/2 c | 1/2 CUP | 520 |
| Rolls 51%/ 2oz | 1 EACH | 205 |
| Tomato Grape | 1/4 CUP | 2 |
| Green Beans: canned,ckd 1/4 c | 1/4 cup | 8 |
| Beans Baked, 1/2 c | 1/2 CUP | 471 |
| 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 |
| Mustard: individual PC | 1 EACH | 69 |
| Creamie Variety: ban, choc | 1 EACH | 39 |
| Weighted Daily Average | | 1107 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 8

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Fri - 09/22/2017 | | |
| LUNCH Elementary | Total | |
| Menu #25 | 1 | *N/A* |
| 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 |
| 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 |
| Rice Krispy Treat | 1 each | 45 |
| Weighted Daily Average | | 629 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | Portion Size | Sodm (mg) |
|-----------------------------|--------------|-----------|
| Mon - 09/25/2017 | | |
| LUNCH Elementary | Total | |
| Menu #1 | 1 | 0 |
| Italian Dunkers | 1/2 CUP | 532 |
| Meatball Sub | 1 EACH | 597 |
| 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 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 205 |
| Sugar Cookies | 1 EACH | 56 |
| Weighted Daily Average | | 1082 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 9

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------|--------------|-----------|
| Tue - 09/26/2017 | | |
| 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 | | 1145 |
| % of Calories | | |
| Nutrient Guideline | | 1230 |

| | | |
|-----------------------------|-----------|-----|
| Wed - 09/27/2017 | | |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 10

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|--------------------------------------|--------------|-----------|
| Weighted Daily Average % of Calories | | 922 |
| Nutrient Guideline | | 1230 |

| Thu - 09/28/2017 | | |
|--------------------------------------|-----------|------|
| 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 - 09/29/2017 | | |
|--------------------------------------|-----------|------|
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - 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.

Weber School District Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH Elementary

Portion Values - Detailed

Page 11

Generated on: 7/31/2017 4:09:52 PM

| | Portion Size | Sodm (mg) |
|------------------|--------------|-----------|
| Weighted Average | | 947 |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Sodium (mg) | 947 | | 1230 | | | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - 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.