

Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 2/22/2018 9:27:02 AM

	Portion Size	Sodm (mg)
Thu - 03/01/2018		
High School Lunch	Total	
Menu #14	1	0
Chicken Sandwich 51%	1 EACH	605
Corn Dog Chicken	1 EACH	390
Potato Wedges, 1c	1 CUP	79
Hamburger Gravy, 3/4 c	3/4 CUP	378
Potatoes Whipped	1/2 CUP	119
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Sugar Cookies	1 EACH	56
Weighted Daily Average % of Calories		967
Nutrient Guideline		1420

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Generated on: 2/22/2018 9:27:02 AM

	Portion Size	Sodm (mg)
Fri - 03/02/2018		
High School Lunch	Total	
Menu #15	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Sweet N' Sour Chicken	Serving	222
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, 1/2 c	1/2 CUP	40
Broccoli Normandy 1/2 C	1/2 cup	41
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1019
% of Calories		
Nutrient Guideline		1420

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Generated on: 2/22/2018 9:27:02 AM

	Portion Size	Sodm (mg)
Mon - 03/05/2018		
High School Lunch	Total	
Menu #16	1	0
Chicken Sandwich 51%	1 EACH	605
Wrap Chicken Strip	1 EACH	567
Steak N Things Sand. DELI Beef	2 oz	762
French Fries: oven bkd, 1c	1 CUP	40
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Weighted Daily Average		1042
% of Calories		
Nutrient Guideline		1420

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Generated on: 2/22/2018 9:27:02 AM

	Portion Size	Sodm (mg)
Tue - 03/06/2018		
High School Lunch	Total	
Menu #17	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
Meaty Nachos- Beef	Serving	778
Rolls 51%/ 2oz	1 EACH	205
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 Cup, Strawberry	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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Weighted Daily Average		1373
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Wed - 03/07/2018		
High School Lunch	Total	
Menu #18	1	0
Chicken Sandwich 51%	1 EACH	605
Malibu Chicken Sandwich 51%	1 EACH	1136
French Fries: oven bkd, 1c	1 CUP	40
Lasagna	1 1/4 cup	810
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Weighted Daily Average % of Calories		1254
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Thu - 03/08/2018		
High School Lunch	Total	
Menu #19	1	0
Chicken Sandwich 51%	1 EACH	605
Pulled Pork Sandwich	1 EACH	771
Potato Wedges, 1c	1 CUP	79
Wsd Bowl High School & Jr High	1 Each	726
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Weighted Daily Average		1187
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Fri - 03/09/2018		
High School Lunch	Total	
Menu #20	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Teriyaki Chicken 4.5 oz	4.5 oz	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1 CUP	3
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Carrots Baby Fresh, 1/2 c	1/2 CUP	40
Broccoli Normandy-HS	1/2 CUP	20
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		1066
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Mon - 03/12/2018		
High School Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Chicken Strips, Adv. Pierre	3 Each	313
French Fries: oven bkd, 1c	1 CUP	40
Spaghetti Sauce, Meatless 3/4	3/4 Cup	827
Meatballs Cooked, 5 ea	5 each	287
Noodles, Penne	1 CUP	0
Salad, Side--Green	1 CUP	17
Rolls 51%/ 2oz	1 EACH	205
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1259
% of Calories		
Nutrient Guideline		1420

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Portion Values - Detailed

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Generated on: 2/22/2018 9:27:02 AM

	Portion Size	Sodm (mg)
Tue - 03/13/2018		
High School Lunch	Total	
Menu #22	1	*N/A*
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
Fiesta Taco Bowl	1 EACH	682
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
Beans, Black, 1/2 c	1/2 CUP	383
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
Ranch Dressing: yogurt	1 FL OZ	178
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Weighted Daily Average		1327
% of Calories		
Nutrient Guideline		1420

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Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 03/14/2018		
High School Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Chicken Bacon Ranch Wrap	1 each	917
French Fries: oven bkd, 1c	1 CUP	40
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Jello	1/2 cup	90
Weighted Daily Average		1173
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Thu - 03/15/2018		
High School Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
FISH FILET SANDWICH Wheat 51%	1 EACH	671
Potato Wedges, 1c	1 CUP	79
Pork Roast	2 OZ	26
Potatoes Whipped	1/2 CUP	119
Gravy, Brown, 1/2 c	1/2 CUP	323
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Ketchup	1 OZ	267
Mustard Yellow Prepared	1 tsp	63
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
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		1022
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Fri - 03/16/2018		
High School Lunch	Total	
Menu #25	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
French Fries: oven bkd, 1c	1 CUP	40
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Sweet N' Sour Chicken	Serving	222
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, 1/2 c	1/2 CUP	40
Broccoli Normandy-HS	1/2 CUP	20
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
SideKicks Fruit Cup Kiwi-Straw	Container	44
SideKicks BlueRasp-Lemon Fruit	Container	44
Weighted Daily Average		938
% of Calories		
Nutrient Guideline		1420

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	Portion Size	Sodm (mg)
Mon - 03/19/2018		
High School Lunch	Total	
Menu #1	1	0
Chicken Sandwich 51%	1 EACH	605
Popcorn Chicken, Adv. Pierre	10 Each	313
French Fries: oven bkd, 1c	1 CUP	40
Hawaiian Haystacks	1/2 CUP	337
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
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--Green	1 CUP	17
Rolls 51%/ 2oz	1 EACH	205
Tomato Grape	1/4 CUP	2
Celery Sticks, 1/2 c	1/2 CUP	52
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
Ranch Dressing: yogurt	1 FL OZ	178
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Ketchup	1 OZ	267
Mustard: individual PC	1 EACH	69
Mayonnaise, PC Packet	1 EACH	82
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/4 c	1/4 CUP	2
Onions, Fresh Sliced	SLICE	1
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average		952
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 2/22/2018 9:27:03 AM

	Portion Size	Sodm (mg)
Tue - 03/20/2018		
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	792
Cheese Combo (Chdr & Mozz)	1 OZ	115
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1331
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 03/21/2018		
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
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Sugar Cookies	1 EACH	56
Weighted Daily Average		979
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 03/22/2018		
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		1072
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 03/23/2018		
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	311
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		1094
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 03/26/2018		
High School Lunch	Total	
Menu #6	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 50%	1 EACH	837
Cheese Burger Wheat 51%	1 EACH	664
Salad, Side--Green	1 CUP	17
French Fries: oven bkd, 1c	1 CUP	40
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Chocolate Chip Cookie	1 EACH	81
Weighted Daily Average % of Calories		1135
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 2/22/2018 9:27:03 AM

	Portion Size	Sodm (mg)
Tue - 03/27/2018		
High School Lunch	Total	
Menu #7	1	0
Chicken Sandwich 51%	1 EACH	605
Taco Crisp	2 each	619
Taco Soft Shell	1 EACH	737
Tater Tots, 1 CUP	1 CUP	660
Rolls 51%/ 2oz	1 EACH	205
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Cheese Combo (Chdr & Mozz)	1 OZ	115
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Weighted Daily Average		1327
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Wed - 03/28/2018		
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, WG 3/4	3/4 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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		1325
% of Calories		
Nutrient Guideline		1420

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Weber School District Child Nutrition

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 2/22/2018 9:27:03 AM

	Portion Size	Sodm (mg)
Thu - 03/29/2018		
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
Chicken Gravy	1/2 CUP	520
Mac & Cheese SEC	8 oz	1000
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Jello	1/2 cup	90
Weighted Daily Average		1240
% of Calories		
Nutrient Guideline		1420

Weighted Average		1147
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1147		1420					

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