

Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 3/20/2018 10:10:01 AM

	Portion Size	Sodm (mg)
Mon - 04/09/2018		
Junior High Lunch	Total	
Menu #16	1	0
Chicken Sandwich 51%	1 EACH	605
Burrito, Bean & Cheese, 5 oz	1 EACH	444
Burrito, Beef & Bean, 5.2 oz	1 EACH	401
French Fries: ovn bkd, 1/2c	1/2 CUP	20
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
Rölls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
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
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
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1086
% of Calories		
Nutrient Guideline		1360

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Generated on: 3/20/2018 10:10:01 AM

	Portion Size	Sodm (mg)
Tue - 04/10/2018		
Junior High Lunch	Total	
Menu #17	1	0
Chicken Sandwich 51%	1 EACH	605
Steak N Things Sandwich	2 oz	400
Potato Wedges, 1/2 c	1/2 CUP	39
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
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
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
Rice Krispies Treat -Large	1 Each	140
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		899
% of Calories		
Nutrient Guideline		1360

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Generated on: 3/20/2018 10:10:01 AM

	Portion Size	Sodm (mg)
Wed - 04/11/2018		
Junior High Lunch	Total	
Menu #18	1	0
Chicken Sandwich 51%	1 EACH	605
Turkey & Cheese Sub Wheat 51%	1 EACH	648
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Chicken Alfredo Sauce-3/4 C	3/4 Cup	1064
Penne Pasta	3/4 CUP	0
Rolls 51%/ 1.5 oz	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
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
Applesauce cup, plain	1/2	*N/A*
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
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		1140
% of Calories		
Nutrient Guideline		1360

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Generated on: 3/20/2018 10:10:01 AM

	Portion Size	Sodm (mg)
Thu - 04/12/2018		
Junior High Lunch	Total	
Menu #19	1	0
Chicken Sandwich 51%	1 EACH	605
Rib-B-Q Sandwich wheat 51%	1 EACH	678
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Lasagna	1 1/4 cup	810
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
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		1017
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 04/13/2018		
Junior High Lunch	Total	
Menu #20	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
Teriyaki Chicken 4.5 oz	4.5 oz	554
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	13
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
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
Chocolate Chip Cookie	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1031
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 04/16/2018		
Junior High Lunch	Total	
Menu #21	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Corn Dog Chicken	1 EACH	390
Potato Wedges, 1/2 c	1/2 CUP	39
Chicken Fajita	1/2 cup	387
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
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
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		852
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 04/17/2018		
Junior High Lunch	Total	
Menu #22	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Pizza, Cheese, Primo (8 cut)	slice	660
Pizza, Pepp, Primo, (8 cut)	slice	660
Chicken Tetrizzini	1 cup	696
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Celery Sticks	1/4 CUP	26
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
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
Creamie Variety: ban, choc	1 EACH	39
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		989
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 04/18/2018		
Junior High Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Ham & Cheese Sub Wheat 51%	1 EACH	1044
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Breakfast Casserole	1 cup	694
Eggo Waffle	1.00	210
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
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
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	1 OZ	267
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
SYRUP, MAPLE CHEF'S MARK	1 EACH	45
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1114
% of Calories		
Nutrient Guideline		1360

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Generated on: 3/20/2018 10:10:02 AM

	Portion Size	Sodm (mg)
Thu - 04/19/2018		
Junior High Lunch	Total	
Menu #24	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Pork Roast	2 OZ	26
Potatoes Whipped	1/2 CUP	119
Gravy, Brown, 1/2 c	1/2 CUP	323
Fiesta Chicken Bowl	1/2 Cup	410
Cheese Combo (Chdr & Mozz)	1 OZ	115
Salad, Side--Green	1 CUP	17
Rolls 51%/ 2oz	1 EACH	205
Tomato Grape	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		957
% of Calories		
Nutrient Guideline		1360

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Portion Values - Detailed

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Generated on: 3/20/2018 10:10:02 AM

	Portion Size	Sodm (mg)
Fri - 04/20/2018		
Junior High Lunch	Total	
Menu #25	1	*N/A*
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	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Green	1 CUP	17
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Broccoli: fresh, boiled, 1/2 c	1/2 CUP	13
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
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
Snickerdoodles	1 EACH	72
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		860
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 04/23/2018		
Junior High Lunch	Total	
Menu #1	1	0
Chicken Sandwich 51%	1 EACH	605
Popcorn Chicken, Adv. Pierre	10 Each	313
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Taco Crisp	2 each	619
Cheese Combo (Chdr & Mozz)	1 OZ	115
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		897
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 04/24/2018		
Junior High Lunch	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
Tomato Grape	1/4 CUP	2
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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		908
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 13

Generated on: 3/20/2018 10:10:02 AM

	Portion Size	Sodm (mg)
Wed - 04/25/2018		
Junior High Lunch	Total	
Menu #3	1	0
Chicken Sandwich 51%	1 EACH	605
Hot Dog Wrap: Wheat 50%	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
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	471
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce Mild	1 OZ	68
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 % of Calories		1170
Nutrient Guideline		1360

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 14

Generated on: 3/20/2018 10:10:02 AM

	Portion Size	Sodm (mg)
Thu - 04/26/2018		
Junior High Lunch	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
Tomato Grape	1/4 CUP	2
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Buffalo Sauce	1 OZ	93
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		983
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 15

Generated on: 3/20/2018 10:10:02 AM

	Portion Size	Sodm (mg)
Fri - 04/27/2018		
Junior High Lunch	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	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
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
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		852
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Apr 9, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 3/20/2018 10:10:02 AM

	Portion Size	Sodm (mg)
Mon - 04/30/2018		
Junior High Lunch	Total	
Menu #6	1	0
Chicken Sandwich 51%	1 EACH	605
Wrap Chicken Strip	1 EACH	567
Potato Wedges, 1/2 c	1/2 CUP	39
Meaty Nachos- Beef	Serving	778
Salad, Side--S/R/C	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
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	1 OZ	93
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
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		913
% of Calories		
Nutrient Guideline		1360

Weighted Average		979
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	979		1360					

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