

Weber School District Child Nutrition

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 1

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/01/2018			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
Chicken Nuggets Gold Kist, 7 e	7 each	10630	518
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Rolls 51%/ 2oz	1 EACH	8000	205
Salad, Side-Elem	1/2 CUP	6000	6
Tomato Grape	1/4 CUP	5000	2
Applesauce Cup, Cinnamon	1/2 CUP	6000	15
Orange Fresh, 1/2	1/2 EACH	6000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	6000	178
Ketchup	1 OZ	5000	267
Barbecue Sauce BULL'S EYE	1 OZ	5000	205
Weighted Daily Average			1113
% of Calories			
Nutrient Guideline			1230

Tue - 10/02/2018			
Elementary Lunch-1	Total	10630	
Menu #32	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	464
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	3500	6
Refried Beans Seasoned	1/2 CUP	2000	583
Mandarin Oranges	1/2 CUP	4000	21
Apples, Fresh 1/2 each	1/2 each	3000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
Ketchup	1 OZ	3500	267
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	3500	1
Lettuce, Shred, 1/8 c	1/8 CUP	2000	1
Sour Cream	1 OZ	2000	47
Salsa	1 OZ	2000	68
CINNAMON ROLLS	1 EACH	8000	305
Weighted Daily Average			1361
% of Calories			
Nutrient Guideline			1230

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Page 2

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/03/2018			
Elementary Lunch-1	Total	10630	
Menu #33	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	605
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	20
Salad, Side-Elem	1/2 CUP	3500	6
Carrots Baby Fresh	1/4 CUP	2000	20
Celery Sticks	1/4 CUP	2000	26
Broccoli: fresh, boiled, 1/4c	1/4 CUP	3000	6
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes, Fresh, Sliced	1 EACH	1000	0
Lettuce, Shred, 1/8 c	1/8 CUP	1000	1
Weighted Daily Average % of Calories			802
Nutrient Guideline			1230

Thu - 10/04/2018			
Elementary Lunch-1	Total	10630	
Menu #34	1	1	*N/A*
Wsd Bowl Elementary	1 each	10630	541
Rolls 51%/ 2oz	1 EACH	9000	205
Salad, Side-Elem	1/2 CUP	2500	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Pears: canned, light syrup	1/2 CUP	2000	10
Craisins, Strawberry	packet	1500	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Rice Krispy Treat	1 each	9000	45
Weighted Daily Average % of Calories			841
Nutrient Guideline			1230

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Page 3

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 10/05/2018			
Elementary Lunch-1	Total	10630	
Menu #35	1	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	8000	480
Pizza, Pepp, Primo (10 cut)	slice	2630	530
Bread Sticks 51% 2 oz	1 EACH	8000	205
Salad, Side--Elem Green	1/2 CUP	5000	8
Tomato Grape	1/4 CUP	2000	2
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Mandarin Oranges	1/2 CUP	5000	21
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	7000	178
Jello	1/2 cup	9000	90
Weighted Daily Average			927
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/08/2018			
Elementary Lunch-1	Total	10630	
Menu #36	1	1	*N/A*
Turkey & Cheese Sub Wheat 51%	1 EACH	10630	648
Sun Chips Original	Package	10000	120
Salad, Side-Elem	1/2 CUP	3500	6
Carrots Baby Fresh	1/4 CUP	2000	20
Applesauce Cup, Strawberry	1/2 CUP	4000	15
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Mayonnaise, PC Packet	1 EACH	2000	82
Mustard: individual PC	1 EACH	2000	69
Tomatoes, Fresh, Sliced	1 EACH	1000	0
Lettuce, Shred, 1/8 c	1/8 CUP	1000	1
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			922
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 4

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/09/2018			
Elementary Lunch-1	Total	10630	
Menu #37	1	1	*N/A*
Spaghetti Meat Sauce, 1/2 c	1/2 Cup	10630	694
Spaghetti Noodles Ckd, 1/2 c	1/2 CUP	10000	0
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Mandarin Oranges	1/2 CUP	4000	21
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Cheese Combo (Chdr & Mozz)	1 OZ	10000	115
Sugar Cookies	1 EACH	6500	56
Weighted Daily Average			1127
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/10/2018			
Elementary Lunch-1	Total	10630	
Menu #38	1	1	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	9000	330
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	2000	20
Cucumber, Raw	1/4 CUP	2000	1
Beans Baked, 1/2 c	1/2 CUP	2000	452
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Weighted Daily Average			1197
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 5

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/11/2018			
Elementary Lunch-1	Total	10630	
Menu #39	1	1	*N/A*
Grilled Cheese Gold Fish	1 each	10630	511
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side--Elem Green	1/2 CUP	3500	8
Peas: frozen,warmed,1/4 c	1/4 CUP	5000	34
Pears: canned,light syrup	1/2 CUP	3500	10
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
Chocolate Chip Cookie	1 EACH	10000	82
Weighted Daily Average			773
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Fri - 10/12/2018			
Elementary Lunch-1	Total	10630	
Menu #40	1	1	*N/A*
Teriyaki Chicken 4.5 oz	4.5 oz	10630	554
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	10000	4
Rolls 51%/ 2oz	1 EACH	9000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Broccoli: fresh, boiled, 1/4c	1/4 CUP	2000	6
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Kiwifruit, Fresh	1 EACH	2000	2
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
Rice Krispies Treat -Large	1 Each	10000	140
Weighted Daily Average			999
% of Calories			
Nutrient Guideline			1230

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Page 6

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 10/15/2018			
Elementary Lunch-1	Total	10630	
Menu #41	1	1	*N/A*
Chicken Nuggets Gold Kist, 7 e	7 each	10630	518
Rolls 51%/ 2oz	1 EACH	8000	205
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Applesauce cup, plain	1/2	4000	*N/A*
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Barbecue Sauce BULL'S EYE	1 OZ	5000	205
Creamie Variety: ban, choc	1 EACH	10000	39
Weighted Daily Average			912
% of Calories			
Nutrient Guideline			1230

Tue - 10/16/2018			
Elementary Lunch-1	Total	10630	
Menu #42	1	0	*N/A*
Taco Crisp Elementary	1 each	10630	464
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Refried Beans Seasoned	1/2 CUP	2000	583
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk, 1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Sour Cream	1 OZ	1500	47
Salsa	1 OZ	1500	68
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	1000	1
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			994
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 7

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 10/17/2018			
Elementary Lunch-1	Total	10630	
Menu #43	1	1	*N/A*
Chicken Sandwich 51%	1 EACH	10630	605
Potato Wedges, 1/2 c	1/2 CUP	10000	39
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	8
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Weighted Daily Average			774
% of Calories			
Nutrient Guideline			1230

Mon - 10/22/2018			
Elementary Lunch-1	Total	10630	
Menu #46	1	0	*N/A*
Italian Dunkers	1/2 CUP	10630	532
Bread Sticks 51% 2 oz	1 EACH	10000	205
Salad, Side--Elem Green	1/2 CUP	3500	8
Carrots Baby Fresh	1/4 CUP	5000	20
Celery Sticks	1/4 CUP	2000	26
Applesauce Cup, Cinnamon	1/2 CUP	5000	15
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	3500	178
SideKicks BlueRasp-Lemon Fruit	Container	5000	44
SideKicks Fruit Cup Kiwi-Straw	Container	5000	44
Weighted Daily Average			918
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 8

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/23/2018			
Elementary Lunch-1	Total	10630	
Menu #47	1	0	*N/A*
Burrito, Bean & Cheese, 5 oz	1 EACH	10630	444
French Fries: ovn bkd, 1/2c	1/2 CUP	10000	20
Salad, Side--Elem Green	1/2 CUP	3500	8
Tomato Grape	1/4 CUP	2000	2
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	8
Mandarin Oranges	1/2 CUP	5000	21
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Sour Cream	1 OZ	3000	47
Salsa	1 OZ	3000	68
Jello	1/2 cup	10000	90
Weighted Daily Average			707
% of Calories			
Nutrient Guideline			1230

Wed - 10/24/2018			
Elementary Lunch-1	Total	10630	
Menu #48	1	0	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side--Elem Green	1/2 CUP	3500	8
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	34
Peaches: canned,ex light syrup	1/2 CUP	4000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	2000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Tomatoes.Fresh,Sliced	1 EACH	1000	0
Weighted Daily Average			1128
% of Calories			
Nutrient Guideline			1230

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Elementary Lunch-1

Portion Values - Detailed

Page 9

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Thu - 10/25/2018			
Elementary Lunch-1	Total	10630	
Menu #49	1	0	*N/A*
Chicken Strips: Brakebush	4 each	10630	340
Rolls 51%/ 2oz	1 EACH	10000	205
Salad, Side-Elem	1/2 CUP	3500	6
Tomato Grape	1/4 CUP	2000	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	5000	2
Beans Baked, 1/2 c	1/2 CUP	2000	452
Pears: canned,light syrup	1/2 CUP	2000	10
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Barbecue Sauce BULL'S EYE	1 OZ	3500	205
Creamie Variety: ban, choc	1 EACH	9000	39
Weighted Daily Average			808
% of Calories			
Nutrient Guideline			1230

Mon - 10/29/2018			
Elementary Lunch-1	Total	10630	
Menu #1	1	0	0
Grilled Cheese Gold Fish	1 each	10630	511
Tater Tots, 1/2 CUP	1/2 CUP	10000	330
Salad, Side-Elem	1/2 CUP	3000	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	2
Mandarin Oranges	1/2 CUP	2500	21
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	1000	125
JUICE FRUITABLE	1 EACH	3000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Pudding Chocolate	1 EACH	4500	140
Pudding Vanilla	1 EACH	4500	140
Weighted Daily Average			1057
% of Calories			
Nutrient Guideline			1230

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Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 10

Generated on: 9/12/2018 11:14:49 AM

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 10/30/2018			
Elementary Lunch-1	Total	10630	
Menu #2	1	0	0
Hawaiian Haystacks	1/2 CUP	10630	337
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	2
Rolls 51%/ 2oz	1 EACH	5000	205
Salad, Side-Elem	1/2 CUP	4000	6
Tomato Grape	1/4 CUP	2000	2
Peas: frozen,warmed,1/4 c	1/4 CUP	4000	34
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	12
Banana, 1/2	1/2 each	4000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Cheese Combo (Chdr & Mozz)	1 OZ	8500	115
Chow Mein Noodles	1/8 cup	6000	82
Chocolate Chip Cookie	1 EACH	8000	82
Weighted Daily Average			759
% of Calories			
Nutrient Guideline			1230

Wed - 10/31/2018			
Elementary Lunch-1	Total	10630	
Menu #3	1	0	0
Chicken Sandwich 51%	1 EACH	10630	605
Potato Wedges, 1/2 c	1/2 CUP	6000	39
Salad, Side-Elem	1/2 CUP	5000	6
Cucumber, Raw	1/4 CUP	2000	1
Carrots Baby Fresh	1/4 CUP	2000	20
Beans Baked, 1/2 c	1/2 CUP	2000	452
Peaches: canned,ex light syrup	1/2 CUP	5000	10
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	180
Milk,1% Lowfat	HALF PINT	3000	125
JUICE FRUITABLE	1 EACH	1000	20
Ranch Dressing: yogurt	1 FL OZ	1000	178
Ketchup	1 OZ	1000	267
Mustard: individual PC	1 EACH	1000	69
Mayonnaise, PC Packet	1 EACH	1000	82
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	1
Weighted Daily Average			867
% of Calories			
Nutrient Guideline			1230

Weighted Average			949
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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

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

Page 11

Generated on: 9/12/2018 11:14:49 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Sodm (mg) Shortfall	Overage	Error Messages (if any)
Sodium (mg)	949		1230					

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

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