

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Lunch-1

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 11/01/2018		
Elementary Lunch-1	Total	
Menu #4	1	0
Popcorn Chicken	10 Each	380
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
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		946
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Fri - 11/02/2018		
Elementary Lunch-1	Total	
Menu #5	1	0
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Bread Sticks 51% 2 oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Mandarin Oranges	1/2 CUP	21
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		840
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Mon - 11/05/2018		
Elementary Lunch-1 Menu #6	Total	0
Corn Dog Chicken	1 EACH	390
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side-Elem	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Applesauce Cup, Cinnamon	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
Weighted Daily Average % of Calories		1192
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 11/06/2018		
Elementary Lunch-1 Menu #7	Total	0
Taco Crisp Elementary	1 each	464
Tater Tots, 1/2 CUP	1/2 CUP	330
Salad, Side-Elem	1/2 CUP	6
Tomato Grape	1/4 CUP	2
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
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1
Cheese Combo (Chdr & Mozz)	1 OZ	115
Lettuce, Shred, 1/8 c	1/8 CUP	1
Sour Cream	1 OZ	47
Salsa	1 OZ	68
CINNAMON TWIST	1 EACH	314
Weighted Daily Average % of Calories		1217
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 11/07/2018		
Elementary Lunch-1	Total	
Menu #8	1	0
Cheese Burger Wheat 51%	1 EACH	664
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Salad, Side-Elem	1/2 CUP	6
Carrots Baby Fresh	1/4 CUP	20
Celery Sticks	1/4 CUP	26
Green Beans: canned,ckd 1/4 c	1/4 cup	8
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	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 % of Calories		866
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Thu - 11/08/2018		
Elementary Lunch-1	Total	
Menu #9	1	0
Meaty Nachos- Beef	Serving	778
Salad, Side-Elem	1/2 CUP	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Beans, Black, 1/2 c	1/2 CUP	383
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
Sour Cream	1 OZ	47
Salsa	1 OZ	68
Rice Krispy Treat	1 each	45
Weighted Daily Average % of Calories		981
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 11/09/2018		
Elementary Lunch-1	Total	
Menu #10	1	0
Mandarin Orange Chicken	3.92 serving	311
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Peas: frozen,warmed,1/4 c	1/4 CUP	34
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
Jello	1/2 cup	90
Weighted Daily Average		765
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Mon - 11/12/2018		
Elementary Lunch-1	Total	
Menu #11	1	0
Chicken Nuggets Gold Kist, 5 e	5 each	370
Potato Wedges, 1/2 c	1/2 CUP	39
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Elem	1/2 CUP	6
Tomato Grape	1/4 CUP	2
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
Barbecue Sauce BULL'S EYE	1 OZ	205
Weighted Daily Average		914
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Tue - 11/13/2018		
Elementary Lunch-1	Total	
Menu #12	1	0
Navajo Taco	1 EACH	779
Salad, Side-Elem	1/2 CUP	6
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
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
Sugar Cookies	1 EACH	56
Weighted Daily Average		1041
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Wed - 11/14/2018		
Elementary Lunch-1	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Broccoli: fresh, boiled, 1/4c	1/4 CUP	6
Beans Baked, 1/2 c	1/2 CUP	452
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
Weighted Daily Average		874
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Thu - 11/15/2018		
Elementary Lunch-1	Total	
Menu #14	1	0
Chicken Alfredo Sauce-3/4 C	3/4 Cup	788
Penne Pasta 1/2 Cup	1/2 CUP	0
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Carrots Baby Fresh	1/4 CUP	20
Cucumber, Raw	1/4 CUP	1
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
Weighted Daily Average % of Calories		1037
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Fri - 11/16/2018		
Elementary Lunch-1	Total	
Menu #15	1	0
Pizza, Pepp, Primo (10 cut)	slice	530
Pizza, Cheese, Primo (10 cut)	slice	480
Bread Sticks 51% 2 oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Green Beans: canned,ckd 1/4 c	1/4 cup	8
Mandarin Oranges	1/2 CUP	21
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	82
Weighted Daily Average % of Calories		873
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Mon - 11/19/2018		
Elementary Lunch-1	Total	
Menu #16	1	0
Ham & Cheese Sub Wheat 51%	1 EACH	1154
Sun Chips Original	Package	120
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Applesauce cup, plain	1/2	*N/A*
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
Mayonnaise, PC Packet	1 EACH	82
Mustard: individual PC	1 EACH	69
Tomatoes, Fresh, Sliced	1 EACH	0
Lettuce, Shred, 1/8 c	1/8 CUP	1
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		1411
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 11/20/2018		
Elementary Lunch-1	Total	
Menu #17	1	0
Taco Crisp Elementary	1 each	464
Rolls 51%/ 2oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Refried Beans Seasoned	1/2 CUP	583
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
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
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
Pudding Chocolate	1 EACH	140
Pudding Vanilla	1 EACH	140
Weighted Daily Average		998
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Mon - 11/26/2018		
Elementary Lunch-1	Total	
Menu #21	1	*N/A*
Chicken Strips: Goldkist 4 ea	4 each	493
Rolls 51%/ 2oz	1 EACH	205
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	452
Applesauce Cup, Cinnamon	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
Barbecue Sauce BULL'S EYE	1 OZ	205
SideKicks BlueRasp-Lemon Fruit	Container	44
SideKicks Fruit Cup Kiwi-Straw	Container	44
Weighted Daily Average		1051
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Tue - 11/27/2018		
Elementary Lunch-1	Total	
Menu #22	1	*N/A*
Mac & Cheese	6 oz	770
Mini Corn Dogs	3	366
Salad, Side--Elem Green	1/2 CUP	8
Carrots Baby Fresh	1/4 CUP	20
Celery Sticks	1/4 CUP	26
Pineapple Chunks:canned,lt syr	1/2 CUP	12
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
Mustard: individual PC	1 EACH	69
Weighted Daily Average		1248
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Wed - 11/28/2018		
Elementary Lunch-1	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Potato Wedges, 1/2 c	1/2 CUP	39
Salad, Side--Elem Green	1/2 CUP	8
Green Beans: canned,ckd 1/4 c	1/4 cup	8
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
Lettuce,Shred, 1/8 c	1/8 CUP	1
Tomatoes,Fresh,Sliced	1 EACH	0
Rice Krispies Treat -Large	1 Each	140
Weighted Daily Average		922
% of Calories		
Nutrient Guideline		1230

	Portion Size	Sodm (mg)
Thu - 11/29/2018		
Elementary Lunch-1	Total	
Menu #24	1	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	378
Potatoes Whipped	1/2 CUP	119
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Elem	1/2 CUP	6
Peas: frozen,warmed,1/4 c	1/4 CUP	34
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
Creamie Variety: ban, choc	1 EACH	39
Weighted Daily Average		815
% of Calories		
Nutrient Guideline		1230

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	Portion Size	Sodm (mg)
Fri - 11/30/2018		
Elementary Lunch-1	Total	
Menu #25	1	*N/A*
Pizza, Cheese, Primo (10 cut)	slice	480
Pizza, Pepp, Primo (10 cut)	slice	530
Bread Sticks 51% 2 oz	1 EACH	205
Salad, Side--Elem Green	1/2 CUP	8
Tomato Grape	1/4 CUP	2
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2
Mandarin Oranges	1/2 CUP	21
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
Pumpkin Chocolate Chip Cookies	1 Each	80
Weighted Daily Average		862
% of Calories		
Nutrient Guideline		1230

Weighted Average		992
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	992		1230					

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