

Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

Page 1

Generated on: 10/26/2018 3:33:51 PM

	Portion Size	Sodm (mg)
Thu - 11/01/2018		
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-Secondary	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 Mild	1 OZ	136
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		1034
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 11/02/2018		
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	3.92 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-Secondary	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	136
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		909
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 11/05/2018		
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-Secondary	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 Mild	1 OZ	136
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		969
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 11/06/2018		
Junior High Lunch	Total	
Menu #7	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
Hawaiian Haystacks	1/2 CUP	337
Rice Combo, Br & Wh 50/50 Ckd	1 CUP	4
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
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
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	136
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		1049
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 11/07/2018		
Junior High Lunch	Total	
Menu #8	1	0
Chicken Sandwich 51%	1 EACH	605
Ham & Cheese Sub Wheat 51%	1 EACH	1154
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Enchilada, Red Sauce	1 Each	677
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
SPANISH RICE	1/3 CUP	125
Beans, Black, 1/2 c	1/2 CUP	383
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	136
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
Sour Cream	1 OZ	47
Salsa	1 OZ	68
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		1263
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Thu - 11/08/2018		
Junior High Lunch	Total	
Menu #9	1	0
Chicken Sandwich 51%	1 EACH	605
Pulled Pork Sandwich	1 EACH	771
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Baked Ziti	1.25 cup	572
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
Cucumber, Raw	1/4 CUP	1
Green Beans: canned,ckd, 1/2 c	1/2 cup	16
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	136
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		995
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 11/09/2018		
Junior High Lunch	Total	
Menu #10	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%/ 2oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
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	136
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		1088
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Mon - 11/12/2018		
Junior High Lunch	Total	
Menu #11	1	0
Chicken Sandwich 51%	1 EACH	605
French Fries: ovrn bkd, 1/2c	1/2 CUP	20
Navajo Taco	1 EACH	779
Cheese Combo (Chdr & Mozz)	1 OZ	115
Mac & Cheese	8 oz	1027
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side-Secondary	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	136
Tomatoes,Fresh,Sliced	1 EACH	0
Lettuce,Shred, 1/8 c	1/8 CUP	1
Ketchup	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		1165
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Tue - 11/13/2018		
Junior High Lunch	Total	
Menu #12	1	0
Chicken Sandwich 51%	1 EACH	605
Chicken Nuggets, Adv. Pierre	5 Each	313
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Rolls 51%/ 2oz	1 EACH	205
Pizza, Cheese, Primo (8 cut)	slice	660
Hawaiian Primo Pizza 8 cut	1 slice	889
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
Beans Baked, 1/2 c	1/2 CUP	452
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	136
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		1051
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Wed - 11/14/2018		
Junior High Lunch	Total	
Menu #13	1	0
Chicken Sandwich 51%	1 EACH	605
Chicken Bacon Ranch Wrap	1 each	917
Potato Wedges, 1/2 c	1/2 CUP	39
Cajun Chicken Pasta	1.5 cups	364
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
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	136
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		1021
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Thu - 11/15/2018		
Junior High Lunch	Total	
Menu #14	1	0
Chicken Sandwich 51%	1 EACH	605
Cheese Burger Wheat 51%	1 EACH	664
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Turkey Roast	2 oz	29
Potatoes Whipped	1/2 CUP	119
Chicken Gravy	1/2 CUP	520
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
Celery Sticks	1/4 CUP	26
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	136
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		981
% of Calories		
Nutrient Guideline		1360

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	Portion Size	Sodm (mg)
Fri - 11/16/2018		
Junior High Lunch	Total	
Menu #15	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
Sweet N' Sour Chicken	Serving	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	2
Rolls 51%/ 2oz	1 EACH	205
Salad, Side-Secondary	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	136
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
Chocolate Chip Cookie	1 EACH	82
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		965
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 11/19/2018		
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
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side-Secondary	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	136
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		1141
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 11/20/2018		
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	136
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		947
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Mon - 11/26/2018		
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
Corn: frzn, yellow ckd, 1/2 c	1/2 CUP	4
Beans, Black, 1/2 c	1/2 CUP	383
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	136
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
Sugar Cookies	1 EACH	56
9th offered more fruit/veggie	1 Each	*N/A*
Weighted Daily Average		926
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Tue - 11/27/2018		
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 Tetrzzini	1 cup	696
Rolls 51%/ 1.5 oz	1 EACH	205
Salad, Side-Secondary	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	136
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		1041
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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Generated on: 10/26/2018 3:33:51 PM

	Portion Size	Sodm (mg)
Wed - 11/28/2018		
Junior High Lunch	Total	
Menu #23	1	*N/A*
Chicken Sandwich 51%	1 EACH	605
Ham & Cheese Sub Wheat 51%	1 EACH	1154
French Fries: ovn bkd, 1/2c	1/2 CUP	20
Breakfast Casserole	1 cup	694
Eggo Waffle	1.00	210
Salad, Side-Secondary	1 CUP	13
Tomato Grape	1/4 CUP	2
Carrots:frzn, boiled, 1/2 c	1/2 CUP	51
Applesauce, Strawberry Cup	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	136
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		1207
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Thu - 11/29/2018		
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
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
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	136
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		1031
% of Calories		
Nutrient Guideline		1360

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Weber School District Child Nutrition

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Junior High Lunch

Portion Values - Detailed

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	Portion Size	Sodm (mg)
Fri - 11/30/2018		
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	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--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	136
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		922
% of Calories		
Nutrient Guideline		1360

Weighted Average		1037
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1037		1360					

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