

Weber School District Child Nutrition

Apr 8, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Elementary Lunch-1

Weighted Values - Detailed

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Generated on: 3/19/2019 11:30:28 AM

	Portion Size	Reimb Qty	Sodm (mg)
Mon - 04/08/2019			
Elementary Lunch-1	Total	10630	
Menu #16	1	1	0
Ham & Cheese Sub Wheat 51%	1 EACH	10630	1154
Sun Chips Original	Package	10000	113
Salad, Side--Elem Green	1/2 CUP	3500	3
Tomato Grape	1/4 CUP	2000	0
Applesauce cup, plain	1/2	4000	8
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	1000	17
Mayonnaise, PC Packet	1 EACH	1000	8
Mustard: individual PC	1 EACH	1000	6
Tomatoes, Fresh, Sliced	1 EACH	1000	0
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0
SideKicks BlueRasp-Lemon Fruit	Container	5000	21
SideKicks Fruit Cup Kiwi-Straw	Container	5000	21
Weighted Daily Average			1418
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/09/2019			
Elementary Lunch-1	Total	10630	
Menu #17	1	0	0
Taco Crisp Elementary	1 each	10630	464
Rolls 51%/ 2oz	1 EACH	10000	193
Salad, Side--Elem Green	1/2 CUP	3500	3
Refried Beans Seasoned	1/2 CUP	2000	110
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	0
Mandarin Oranges	1/2 CUP	4000	8
Apples, Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	1000	17
Cheese Combo (Chdr & Mozz)	1 OZ	1000	11
Sour Cream	1 OZ	1500	7
Salsa	1 OZ	1500	10
Tomatoes, Fresh, diced, 1/8 c	1/8 CUP	1000	0
Lettuce, Shred, 1/8 c	1/8 CUP	1000	0
Pudding Chocolate	1 EACH	4500	59
Pudding Vanilla	1 EACH	4500	59
Weighted Daily Average			1008
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/10/2019			
Elementary Lunch-1	Total	10630	
Menu #18	1	1	0
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	10000	311
Salad, Side--Elem Green	1/2 CUP	3500	3
Carrots Baby Fresh	1/4 CUP	2000	4
Celery Sticks	1/4 CUP	2000	5
Peaches: canned,ex light syrup	1/2 CUP	4000	4
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	1000	17
Ketchup	1 OZ	1000	25
Mustard: individual PC	1 EACH	1000	6
Mayonnaise, PC Packet	1 EACH	1000	8
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0
Weighted Daily Average			1114
% of Calories			
Nutrient Guideline			1230

Thu - 04/11/2019			
Elementary Lunch-1	Total	10630	
Menu #19	1	0	0
French Toast Sticks BC/WG	serving	10630	289
Hash Brown Potatoes	1/2 CUP	5000	0
SCRAMBLED EGGS	1/4 cup	5000	56
Sausage Link, 2	2 EACH	4000	83
Pears: canned,light syrup	1/2 CUP	5000	5
Craisins, Strawberry	packet	4000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	42
Ketchup	1 OZ	2000	50
Weighted Daily Average			593
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 04/12/2019			
Elementary Lunch-1	Total	10630	
Menu #5	1	1	0
Pizza, Cheese, Primo (10 cut)	slice	8000	361
Pizza, Pepp, Primo (10 cut)	slice	2630	131
Bread Sticks 51% 2 oz	1 EACH	7500	144
Salad, Side--Elem Green	1/2 CUP	3500	3
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	0
Mandarin Oranges	1/2 CUP	4000	8
Kiwifruit, Fresh	1 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	2500	42
Creamie Variety: ban, choc	1 EACH	9000	33
Weighted Daily Average			792
% of Calories			
Nutrient Guideline			1230

Mon - 04/15/2019			
Elementary Lunch-1	Total	10630	
Menu #21	1	0	*N/A*
Chicken Strips: Goldkist 3 ea	3 each	10630	370
Rolls 51%/ 2oz	1 EACH	8000	154
French Fries: ovn bkd, 1/2c	1/2 CUP	8000	15
Salad, Side--Elem Green	1/2 CUP	3500	3
Tomato Grape	1/4 CUP	2000	0
Beans Baked, 1/2 c	1/2 CUP	2000	85
Applesauce Cup, Cinnamon	1/2 CUP	4000	6
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	3500	59
Ketchup	1 OZ	2500	63
Barbecue Sauce BULL'S EYE	1 OZ	3500	67
SideKicks BlueRasp-Lemon Fruit	Container	4500	19
SideKicks Fruit Cup Kiwi-Straw	Container	4500	19
Weighted Daily Average			927
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/16/2019			
Elementary Lunch-1	Total	10630	
Menu #22	1	0	*N/A*
White Mac N' Cheese	6 oz	10630	801
Lil Smokies	3	10000	329
Salad, Side--Elem Green	1/2 CUP	3500	3
Carrots Baby Fresh	1/4 CUP	2000	4
Celery Sticks	1/4 CUP	2000	5
Pineapple Chunks:canned,lt syr	1/2 CUP	3000	3
Apples,Fresh 1/2 each	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	4000	8
Ranch Dressing: yogurt	1 FL OZ	1000	17
Barbecue Sauce BULL'S EYE	1 OZ	1000	19
Weighted Daily Average			1251
% of Calories			
Nutrient Guideline			1230

	Portion Size	Reimb Qty	Sodm (mg)
Wed - 04/17/2019			
Elementary Lunch-1	Total	10630	
Menu #23	1	0	*N/A*
Chicken Sandwich 51%	1 EACH	10630	605
Potato Wedges, 1/2 c	1/2 CUP	10000	37
Salad, Side--Elem Green	1/2 CUP	3500	3
Green Beans: canned,ckd 1/4 c	1/4 cup	2000	1
Tomato Grape	1/4 CUP	2000	0
Peaches: canned,ex light syrup	1/2 CUP	4000	4
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	2000	34
Ketchup	1 OZ	1000	25
Mustard: individual PC	1 EACH	1000	6
Mayonnaise, PC Packet	1 EACH	1000	8
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Rice Krispies Treat -Large	1 Each	10000	132
Weighted Daily Average			923
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Thu - 04/18/2019			
Elementary Lunch-1	Total	10630	
Menu #24	1	0	*N/A*
Hamburger Gravy, 3/4 c	3/4 CUP	10630	378
Potatoes Whipped	1/2 CUP	10000	112
Rolls 51%/ 2oz	1 EACH	10000	193
Salad, Side-Elem	1/2 CUP	3500	2
Peas: frozen,warmed,1/4 c	1/4 CUP	2000	6
Pears: canned,light syrup	1/2 CUP	2000	2
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	1000	17
Creamie Variety: ban, choc	1 EACH	10000	37
Weighted Daily Average % of Calories			815
Nutrient Guideline			1230

Mon - 04/22/2019			
Elementary Lunch-1	Total	10630	
Menu #26	1	0	*N/A*
Meaty Nachos- Beef	Serving	10630	778
Salad, Side-Elem	1/2 CUP	3500	2
Carrots:frzn, boiled, 1/4 c	1/4 CUP	2000	5
Beans, Black, 1/2 c	1/2 CUP	2500	90
Applesauce Cup, Strawberry	1/2 CUP	3000	4
Orange Fresh, 1/2	1/2 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	1000	17
Sour Cream	1 OZ	2000	9
Salsa	1 OZ	2000	13
Weighted Daily Average % of Calories			986
Nutrient Guideline			1230

Tue - 04/23/2019			
Elementary Lunch-1	Total	10630	
Menu #27	1	0	*N/A*
Breakfast Casserole	1 cup	10630	694
Waffle, WG, Bake Crafters, Map	1	10000	229
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	5
Banana, 1/2	1/2 each	4000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
SYRUP, MAPLE CHEF'S MARK	1 EACH	10000	42
Ketchup	1 OZ	5000	126

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	Portion Size	Reimb Qty	Sodm (mg)
Weighted Daily Average % of Calories			1163
Nutrient Guideline			1230

Wed - 04/24/2019			
Elementary Lunch-1	Total	10630	
Menu #28	1	0	*N/A*
Cheese Burger Wheat 51%	1 EACH	10630	664
Tater Tots, 1/2 CUP	1/2 CUP	10000	311
Salad, Side-Elem	1/2 CUP	5000	3
Cucumber, Raw	1/4 CUP	2000	0
Carrots Baby Fresh	1/4 CUP	2000	4
Corn: frzn, yellow ckd, 1/4 c	1/4 CUP	2000	0
Peaches: canned,ex light syrup	1/2 CUP	5000	4
Banana, 1/2	1/2 each	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	1000	17
Ketchup	1 OZ	1000	25
Mustard: individual PC	1 EACH	1000	6
Mayonnaise, PC Packet	1 EACH	1000	8
Tomatoes,Fresh,Sliced	1 EACH	1000	0
Lettuce,Shred, 1/8 c	1/8 CUP	1000	0
Weighted Daily Average % of Calories			1111
Nutrient Guideline			1230

Thu - 04/25/2019			
Elementary Lunch-1	Total	10630	
Menu #29	1	1	*N/A*
Hot Dog Wrap: Wheat 50%	1 EACH	10630	837
Potato Wedges, 1/2 c	1/2 CUP	10000	37
Salad, Side--Elem Green	1/2 CUP	5000	4
Green Beans: canned,ckd 1/4 c	1/4 cup	5000	4
Beans Baked, 1/2 c	1/2 CUP	2000	85
Pears: canned,light syrup	1/2 CUP	4000	4
Craisins, Strawberry	packet	2000	0
Milk, Chocolate Fat Free	HALF PINT	4000	68
Milk,1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	4000	8
Ranch Dressing: yogurt	1 FL OZ	1000	17
Ketchup	1 OZ	5000	126
Mustard: individual PC	1 EACH	5000	32
Cookie, Holiday Frosted	1 each	10000	73
Weighted Daily Average % of Calories			1305
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Fri - 04/26/2019			
Elementary Lunch-1	Total	10630	
Menu #30	1	1	*N/A*
Sweet N' Sour Chicken	Serving	10630	222
Rice, Br & Wh 50/50 Ckd, 1/2 c	1/2 CUP	10000	1
Rolls 51%/ 2oz	1 EACH	7500	144
Salad, Side--Elem Green	1/2 CUP	3500	3
Tomato Grape	1/4 CUP	2000	0
Broccoli: fresh, steamed, 1/4c	1/4 CUP	2500	2
Pineapple Chunks:canned,lt syr	1/2 CUP	4000	5
Kiwifruit, Fresh	1 EACH	2000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	2500	42
Creamie Variety: ban, choc	1 EACH	9000	33
Weighted Daily Average			521
% of Calories			
Nutrient Guideline			1230

Mon - 04/29/2019			
Elementary Lunch-1	Total	10630	
Menu #31	1	0	*N/A*
Chicken Nuggets Gold Kist, 5 e	7 each	10630	518
Potato Wedges, 1/2 c	1/2 CUP	10000	37
Rolls 51%/ 2oz	1 EACH	8000	154
Salad, Side-Elem	1/2 CUP	6000	4
Tomato Grape	1/4 CUP	5000	1
Applesauce Cup, Cinnamon	1/2 CUP	6000	8
Orange Fresh, 1/2	1/2 EACH	6000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	6000	101
Ketchup	1 OZ	5000	126
Barbecue Sauce BULL'S EYE	1 OZ	5000	96
Weighted Daily Average			1113
% of Calories			
Nutrient Guideline			1230

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	Portion Size	Reimb Qty	Sodm (mg)
Tue - 04/30/2019			
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	311
Salad, Side-Elem	1/2 CUP	3500	2
Refried Beans Seasoned	1/2 CUP	2000	110
Mandarin Oranges	1/2 CUP	4000	8
Apples,Fresh 1/2 each	1/2 each	3000	0
Milk, Chocolate Fat Free	HALF PINT	3000	51
Milk, 1% Lowfat	HALF PINT	1000	12
JUICE FRUITABLE	1 EACH	3000	6
Ranch Dressing: yogurt	1 FL OZ	3500	59
Ketchup	1 OZ	3500	88
Tomatoes,Fresh,diced, 1/8 c	1/8 CUP	3500	0
Lettuce,Shred, 1/8 c	1/8 CUP	2000	0
Cheese Combo (Chdr & Mozz)	1 OZ	2000	22
Sour Cream	1 OZ	2000	9
Salsa	1 OZ	2000	13
CINNAMON TWIST	1 EACH	8000	236
Weighted Daily Average			1389
% of Calories			
Nutrient Guideline			1230

Weighted Average			1027
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Sodium (mg)	1027		1230					

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