

Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: Head Start / YMCA Breakfast/Head Start / YMCA Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/01/2018		
Head Start / YMCA Breakfast	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
CHICKEN POPCORN TYSON 1M	6 Pieces	7.89
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
GRAVY, COUNTRY	1/4 cup	5.54
ROLL, WHEAT 1 each 1.5oz *H2*	1 EACH	17.63
CARROT STEAMED BABY *H2*	1/4 CUP	3.62
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	19.04
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		76.11
% of Calories		64.8%
Nutrient Guideline		

Fri - 02/02/2018		
Head Start / YMCA Breakfast	Total	
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
PIZZA RIPPER CHEESE WG	1 EACH	32.11
PIZZA RIPPER PEPPERONI WG	1 EACH	27.1
SALAD, ELEM SIDE *H1*	.5 EACH	5.57
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		67.04
% of Calories		47.8%
Nutrient Guideline		

Mon - 02/05/2018		
Head Start / YMCA Breakfast	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
SANDWICH, FISH ON A BUN *H2*	1 EACH	45.35
MAC & CHEESE, 1/3 cup *H2*	1/3 CUP	15.92
TARTAR SAUCE	each pc	2.0
GREEN BEANS CANNED 1/4 CUP	1/4 CUP	1.49
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		73.74
% of Calories		55.0%
Nutrient Guideline		

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Tue - 02/06/2018		
Head Start / YMCA Breakfast	Total	
EGGS, SCRAMBLED -1/4 cup *H2*	1/4 CUP	0.36
TOAST & JELLY *H2*	1 EACH	26.99
APPLE SAUCE:cn,unswtntvitC *H1*	1/2 CUP	22.31
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
BEEF, Teriyaki dipper 4 ea *H2*	serv(4 each)	6.12
FRIED RICE, 1/2 cup *H2*	1/2 CUP	23.65
BROCCOLI FROZEN 1/4 cup *H2*	1/4 CUP	2.31
FRUIT, FRESH ASSORT ELEM *H1*	1/2 CUP	19.04
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		63.40
% of Calories		56.4%
Nutrient Guideline		

Wed - 02/07/2018		
Head Start / YMCA Breakfast	Total	
FRENCH TOAST, MINI, CHOC CHIP	1 EACH	42.82
BANANAS, 1/2 EACH *H1*	1/2 EACH	19.43
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
NACHOS (15 chips) *H2* ELEM	serv (15 chips)	35.0
TACO MEAT 1.5 M/MA *H2*	2 OZ	2.5
BEANS, REFRIED *H2*	1/4 CUP	14.68
CORN Frozen 1/2 cup *H2*	1/4 CUP	8.71
FRUIT, PINEAPPLE & ORANGE 1/4c	1/4 cup	9.82
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		80.45
% of Calories		57.9%
Nutrient Guideline		

Thu - 02/08/2018		
Head Start / YMCA Breakfast	Total	
BREAKFAST SLIDER	1 EACH	22.0
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
TURKEY ROAST (SLICED) *H3*	2 oz	2.14
POTATO, MASHED 1/4 CUP *H2*	1/4 CUP	8.16
ROLL, WHEAT 1 each 1.5oz *H2*	1 EACH	17.63
GRAVY, TURKEY *H2*	1/4 CUP	3.19
PEAS Frozen 1/4 cup *H2*	1/4 CUP	6.74
FRUIT COCKTAIL 1/4 cup *H1*	1/4 CUP	8.94
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		55.16
% of Calories		58.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/09/2018		
Head Start / YMCA Breakfast	Total	
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
PIZZA RIPPER CHEESE WG	1 EACH	32.11
PIZZA RIPPER PEPPERONI WG	1 EACH	27.1
CARROT BABY 1/4 cup *H1*	1/4 CUP	5.43
PEACHES 1/4 cup *H1*	1/4 CUP	0.0
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		46.74
% of Calories		50.2%
Nutrient Guideline		

Mon - 02/12/2018		
Head Start / YMCA Breakfast	Total	
BURRITO BREAKFAST	1 EACH	16.72
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
SANDWICH, WRAP Turkey 2M*H1*	1 EACH	24.17
BAKED BEANS *H2*	1/4 CUP	16.43
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		53.98
% of Calories		48.6%
Nutrient Guideline		

Tue - 02/13/2018		
Head Start / YMCA Breakfast	Total	
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
ENCHILADA, DICED CHICKEN *H2*	1 EACH	30.67
CORN Frozen 1/2 cup*H2*	1/4 CUP	8.71
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	19.04
CONDIMENTS, nacho*H1*	SERVING	6.3
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		71.19
% of Calories		55.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/14/2018		
Head Start / YMCA Breakfast	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
COND SYRUP *H1*	1 EACH	30.66
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
CHEESE, TOASTED SAND 1M/MA*H2*	1 EACH	32.0
CHIPS, BKD SCOOPS *H1*	1 EACH	19.0
VEGETABLE CUP 1/4 cup*H1*	1/4 CUP	3.49
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		86.26
% of Calories		66.0%
Nutrient Guideline		

Thu - 02/15/2018		
Head Start / YMCA Breakfast	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
CONDIMENTS (LTPM MayoMust) *H1*	1 EACH	0.87
CORN Frozen 1/2 cup*H2*	1/4 CUP	8.71
FRUIT, FRESH ASSORT ELEM*H1*	1/2 CUP	19.04
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		71.23
% of Calories		61.0%
Nutrient Guideline		

Fri - 02/16/2018		
Head Start / YMCA Breakfast	Total	
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	each	13.0
Head Start / YMCA Lunch	Total	
PIZZA CHEESE WILD MIKES	SLICE	33.92
PIZZA PEPPERONI WILD MIKES	SLICE	33.98
SALAD, ELEM SIDE *H1*	.5 EACH	5.57
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		80.40
% of Calories		46.9%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/21/2018		
Head Start / YMCA Breakfast	Total	
SANDWICH BREAKFAST SAUSAGE*H2*	1 EACH	17.57
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
CHICKEN FRIES	8 FRIES	16.25
GREEN BEANS CANNED 1/4 CUP	1/4 CUP	1.49
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENTS (BBQ) *H1*	pc packs	10.0
CONDIMENTS, ketch: ind PC *H1*	packet	0.0
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		48.85
% of Calories		48.7%
Nutrient Guideline		

Thu - 02/22/2018		
Head Start / YMCA Breakfast	Total	
BREAKFAST SLIDER	1 EACH	22.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
PORK CHOP, BREADED PATTY *H2*	1 EACH	13.39
POTATO, MASHED 1/4 CUP *H2*	1/4 CUP	8.16
ROLL, WHEAT 1 each 1.5oz *H2*	1 EACH	17.63
GRAVY, COUNTRY	1/4 cup	5.54
CARROT STEAMED BABY *H2*	1/4 CUP	3.62
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	19.04
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		63.13
% of Calories		53.2%
Nutrient Guideline		

Fri - 02/23/2018		
Head Start / YMCA Breakfast	Total	
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
PIZZA RIPPER CHEESE WG	1 EACH	32.11
PIZZA RIPPER PEPPERONI WG	1 EACH	27.1
CARROT BABY 1/4 cup *H1*	1/4 CUP	5.43
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		65.96
% of Calories		49.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 02/26/2018		
Head Start / YMCA Breakfast	Total	
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
APPLE SLICES, FRESH INNOVATION	2 oz pouch	7.96
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
CHEESE, MAX STIX 2 EACH entree	serving 2 each	32.0
MARINARA SAUCE, 2 OZ	1/4 CUP	0.83
CARROT BABY 1/4 cup *H1*	1/4 CUP	5.43
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		61.34
% of Calories		53.4%
Nutrient Guideline		

Tue - 02/27/2018		
Head Start / YMCA Breakfast	Total	
BAGEL CINN CHEESE *H2*	1 each	40.8
BANANAS, EACH *H1*	1 EACH	27.63
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
CHALUPA, BEAN & CHEESE *H2*	1 EACH	21.15
CORN Frozen 1/2 cup*H2*	1/4 CUP	8.71
FRUIT,FRESH ASSORT ELEM*H1*	1/4 CUP	9.52
CONDIMENTS, nacho*H1*	SERVING	6.3
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		70.05
% of Calories		57.3%
Nutrient Guideline		

Wed - 02/28/2018		
Head Start / YMCA Breakfast	Total	
SANDWICH BRK EGG CHEESE	1 EACH	20.19
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
Head Start / YMCA Lunch	Total	
LASAGNA 45 count *H2*	SERVINGS	29.75
BREAD STICK, WG 1 EACH *H2*	1 EACH	13.43
GREEN BEANS: cannd,cooked *H2*	1/4 CUP	1.49
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
MILK, 1% WHITE CARTON	1 each	13.0
Weighted Daily Average		58.62
% of Calories		50.1%
Nutrient Guideline		

Weighted Average		66.31
		54.4%

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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)	Portion	Carb
									Size	(g)
Carbohydrate (g)	66.31	54.39%								

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