

Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/01/2018		
HS Main Line Lunch	Total	
CHICKEN, POPCORN, 2 M	12 PIECES	15.78
POTATO, MASHED 2/3 CUP *H2*	2/3 CUP	17.86
GRAVY, COUNTRY	1/4 cup	5.54
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
CHEESE, CHEDDAR shred B031	2 TBSP	0.51
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHIPS, BAKED POTATO *H1*	BAG	20.0
CHIPS CHEETOS BAKED	1 EACH	16.0
CHIPS SPICY CHEETOS*H1*	BAG	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		106.98
% of Calories		58.8%
Nutrient Guideline		

Fri - 02/02/2018		
HS Main Line Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT SAUSAGE *H2*	SLICE	28.0
PIZZA, PHUT VEGGIE *H2*	SLICE	30.0
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	16.04
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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

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	Portion Size	Carb (g)
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
HAMBURGER ON A BUN *H2*	1 EACH	33.23
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		100.28
% of Calories		55.9%
Nutrient Guideline		

Mon - 02/05/2018		
HS Main Line Lunch	Total	
CHICKEN YANGS SWEET & SOUR	3.8 oz SERVING	18.32
RICE, BROWN 1 cup	1 CUP	35.05
EGG ROLL VEG *H2*	1 EACH	22.16
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	4.62
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		119.02
% of Calories		63.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/06/2018		
HS Main Line Lunch	Total	
BBQ PORK SANDWICH *H3*	SERVINGS	44.61
CHIPS, SUN *H1*	BAG	18.5
GREEN BEANS: cannnd,cooked *H2*	1/2 CUP	2.98
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HOT DOG 2 EACH	2 EACH	65.93
SANDWICH, FISH ON A BUN *H2*	1 EACH	45.35
CHIPS, SUN *H1*	BAG	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		115.56
% of Calories		56.7%
Nutrient Guideline		

Wed - 02/07/2018		
HS Main Line Lunch	Total	
TACO, w/beef HS	2 EACH	18.8
TACO FIXINGS *H1*	serving	3.66
BEANS, REFRIED *H2*	1/2 CUP	29.36
RICE, BROWN 1/2 cup*H2*	1/2 CUP	17.53
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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	Portion Size	Carb (g)
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CORN DOG, CHICKEN *H2*	1 each	30.0
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	16.04
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		130.35
% of Calories		56.3%
Nutrient Guideline		

Thu - 02/08/2018		
HS Main Line Lunch	Total	
PORK CHOP, BREADED PATTY *H2*	1 EACH	13.39
POTATO, MASHED 2/3 CUP *H2*	2/3 CUP	17.86
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
GRAVY, COUNTRY	1/4 cup	5.54
VEGETABLES, CALIFORNIA BLEND	1/2 CUP	3.5
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHIPS, BAKED POTATO *H1*	BAG	20.0
CHIPS CHEETOS BAKED	1 EACH	16.0
CHIPS SPICY CHEETOS*H1*	BAG	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0

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	Portion Size	Carb (g)
Weighted Daily Average		132.61
% of Calories		57.9%
Nutrient Guideline		

Fri - 02/09/2018		
HS Main Line Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT SAUSAGE *H2*	SLICE	28.0
PIZZA, PHUT VEGGIE *H2*	SLICE	30.0
POTATO, TWISTER FRIES *H2*	1/2 CUP	25.61
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
HAMBURGER ON A BUN *H2*	1 EACH	33.23
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		108.23
% of Calories		57.8%
Nutrient Guideline		

Mon - 02/12/2018		
HS Main Line Lunch	Total	
CHICKEN FRIES	8 FRIES	16.25
CHIPS, SUN *H1*	BAG	18.5
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	4.62
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		105.22
% of Calories		54.6%
Nutrient Guideline		

Tue - 02/13/2018		
	Portion Size	Carb (g)
HS Main Line Lunch	Total	
PASTA, BAKED ZITI SECONDARY	SERVING	53.05
BREAD STICK, WG 1 EACH *H2*	1 EACH	13.43
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HOT DOG 2 EACH	2 EACH	65.93
SANDWICH, FISH ON A BUN *H2*	1 EACH	45.35
CHIPS, SUN *H1*	BAG	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		117.80
% of Calories		53.6%
Nutrient Guideline		

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Wed - 02/14/2018		
HS Main Line Lunch	Total	
NACHOS (20 chips) *H2* HIGH SC	serv (20 chips)	44.59
TACO MEAT 2M/MA *H2*	2.5 OZ	3.11
BEANS, REFRIED *H2*	1/2 CUP	29.36
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CORN DOG, CHICKEN *H2*	1 each	30.0
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	16.04
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		131.85
% of Calories		57.0%
Nutrient Guideline		

Thu - 02/15/2018		
HS Main Line Lunch	Total	
TURKEY ROAST (SLICED) *H3*	2 oz	2.14
GRAVY, TURKEY *H2*	1/4 CUP	3.19
POTATO, MASHED 2/3 CUP *H2*	2/3 CUP	17.86
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
CARROT STEAMED BABY *H2*	1/2 CUP	7.24
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHIPS, BAKED POTATO *H1*	BAG	20.0
CHIPS CHEETOS BAKED	1 EACH	16.0
CHIPS SPICY CHEETOS*H1*	BAG	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		122.53
% of Calories		61.7%
Nutrient Guideline		

Fri - 02/16/2018		
HS Main Line Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT SAUSAGE *H2*	SLICE	28.0
PIZZA, PHUT VEGGIE *H2*	SLICE	30.0
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
HAMBURGER ON A BUN *H2*	1 EACH	33.23
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		104.21
% of Calories		57.2%
Nutrient Guideline		

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 02/21/2018		
HS Main Line Lunch	Total	
CHICKEN YANGS GENERAL TSO'S	3.6 OZ SERVING	23.16
RICE, BROWN 1 cup	1 CUP	35.05
EGG ROLL VEG *H2*	1 EACH	22.16
GREEN BEANS: cannd,cooked *H2*	1/2 CUP	2.98
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		115.91
% of Calories		63.7%
Nutrient Guideline		

Thu - 02/22/2018		
HS Main Line Lunch	Total	
Beef Fingers Breaded 4 each	4 EACH	16.53
POTATO, MASHED 2/3 CUP *H2*	2/3 CUP	17.86
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
GRAVY, COUNTRY	1/4 cup	5.54
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHIPS, BAKED POTATO *H1*	BAG	20.0
CHIPS CHEETOS BAKED	1 EACH	16.0
CHIPS SPICY CHEETOS*H1*	BAG	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		133.57
% of Calories		60.2%
Nutrient Guideline		

Fri - 02/23/2018		
HS Main Line Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT SAUSAGE *H2*	SLICE	28.0
PIZZA, PHUT VEGGIE *H2*	SLICE	30.0
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
HAMBURGER ON A BUN *H2*	1 EACH	33.23
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		103.86
% of Calories		57.5%
Nutrient Guideline		

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 02/26/2018		
HS Main Line Lunch	Total	
CHICKEN YANGS MANDARIN 2 M	3.6 oz serving	19.33
RICE, BROWN 1 cup	1 CUP	35.05
EGG ROLL VEG *H2*	1 EACH	22.16
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		114.88
% of Calories		63.6%
Nutrient Guideline		

Tue - 02/27/2018		
HS Main Line Lunch	Total	
LASAGNA 35 count*H2*	SERVING	38.24
BREAD STICK, WG 2 EACH *H2*	2 EACH	27.0
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	4.62
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CREAMIES, junior *H1*	1 EACH	45.0
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

	Portion Size	Carb (g)
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HOT DOG 2 EACH	2 EACH	65.93
SANDWICH, FISH ON A BUN *H2*	1 EACH	45.35
CHIPS, SUN *H1*	BAG	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CREAMIES, junior *H1*	1 EACH	45.0
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		110.67
% of Calories		51.8%
Nutrient Guideline		

Wed - 02/28/2018		
HS Main Line Lunch	Total	
NACHOS (20 chips) *H2* HIGH SC	serv (20 chips)	44.59
TACO MEAT 2M/MA *H2*	2.75 OZ	3.43
BEANS, REFRIED *H2*	1/2 CUP	29.36
CORN Frozen 1/4 cup	1/4 CUP	7.12
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
HS Hot Sandwich Line	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
CORN DOG, CHICKEN *H2*	1 each	30.0
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	16.04
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		126.00
% of Calories		56.0%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Average		116.64 57.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	116.64	57.85%						

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