

Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/01/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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
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		97.19
% of Calories		52.7%
Nutrient Guideline		

Fri - 02/02/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Values - Detailed

	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		110.65
% of Calories		51.6%
Nutrient Guideline		

Mon - 02/05/2018		
	Portion Size	Carb (g)
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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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Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		94.07
% of Calories		50.6%
Nutrient Guideline		

Tue - 02/06/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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)
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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		100.37
% of Calories		57.1%
Nutrient Guideline		

Wed - 02/07/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
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
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

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		118.94
% of Calories		53.5%
Nutrient Guideline		

Thu - 02/08/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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
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
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		121.03
% of Calories		55.6%
Nutrient Guideline		

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Portion Values - Detailed

	Portion Size	Carb (g)
Fri - 02/09/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		102.77
% of Calories		57.2%
Nutrient Guideline		

Mon - 02/12/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
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SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
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CHIPS, DORITOS Sweet Chili	BAG	20.0
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CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
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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		94.07
% of Calories		50.6%
Nutrient Guideline		

Tue - 02/13/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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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SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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		100.37
% of Calories		57.1%
Nutrient Guideline		

Wed - 02/14/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
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
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

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		118.94 53.5%
Nutrient Guideline		

Thu - 02/15/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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
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
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 % of Calories		121.03 55.6%
Nutrient Guideline		

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 02/16/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		102.77
% of Calories		57.2%
Nutrient Guideline		

Wed - 02/21/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		94.07
% of Calories		50.6%
Nutrient Guideline		

Thu - 02/22/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
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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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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
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
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		121.03
% of Calories		55.6%
Nutrient Guideline		

Fri - 02/23/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		102.77
% of Calories		57.2%
Nutrient Guideline		

Mon - 02/26/2018		
	Portion Size	Carb (g)
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
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		94.07
% of Calories		50.6%
Nutrient Guideline		

Tue - 02/27/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
HS Deli Sandwich Line	Total	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
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		100.97
% of Calories		57.2%
Nutrient Guideline		

Wed - 02/28/2018		
HS Salad Bar Lunch	Total	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Deli Sandwich Line	Total	
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
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
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

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		118.94 53.5%
Nutrient Guideline		

Weighted Average		106.34 54.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	106.34	54.24%						

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