

Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: Junior High School Breakfast/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/01/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
BAGEL MINI ASSORTMENT	1 Each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		97.69
% of Calories		64.0%
Nutrient Guideline		

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

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Portion Values - Detailed

	Portion Size	Carb (g)
Fri - 02/02/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		102.88
% of Calories		64.6%
Nutrient Guideline		

Mon - 02/05/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
WAFFLE DUTCH	1 Each	41.96
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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 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
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		98.94
% of Calories		61.9%
Nutrient Guideline		

Tue - 02/06/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
TOAST, APPLE CINNAMON	1 SLICE	44.79
EGGS BACON & CHEESE *H2*	2 oz	1.0
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd,light syrps *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		103.63
% of Calories		60.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/07/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
BAGEL w CREAM CHEESE*H1*	1 each	31.5
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		108.30
% of Calories		62.2%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/08/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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
Weighted Daily Average		112.88
% of Calories		63.7%
Nutrient Guideline		

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Portion Values - Detailed

	Portion Size	Carb (g)
Fri - 02/09/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
EGGS, OMELET *H2*	SERVING	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
COND SYRUP *H1*	1 EACH	30.66
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		100.92
% of Calories		64.2%
Nutrient Guideline		

Mon - 02/12/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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
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		103.44
% of Calories		62.0%
Nutrient Guideline		

Tue - 02/13/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
EGGS, FRITTATA,sunnyfresh *H2*	SERVING	1.01
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd,light syr *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
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

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	Portion Size	Carb (g)
Weighted Daily Average		108.85
% of Calories		61.8%
Nutrient Guideline		

Wed - 02/14/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
CINNAMON ROLL MINI	1 EACH	23.3
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		106.12
% of Calories		62.1%
Nutrient Guideline		

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: Junior High School Breakfast/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 02/15/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
BAGEL MINI ASSORTMENT	1 Each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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
Weighted Daily Average		111.07
% of Calories		63.8%
Nutrient Guideline		

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: Junior High School Breakfast/HS Hot Sandwich Line

Portion Values - Detailed

	Portion Size	Carb (g)
Fri - 02/16/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		102.88
% of Calories		64.6%
Nutrient Guideline		

Wed - 02/21/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
WAFFLE DUTCH	1 Each	41.96
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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: Junior High School Breakfast/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
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		98.94
% of Calories		61.9%
Nutrient Guideline		

Thu - 02/22/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
BREAKFAST PIZZA	1 each	27.0
MUFFIN ASSORTMENT	1 each	35.87
POPTARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: Junior High School Breakfast/HS Hot Sandwich Line

Portion Values - Detailed

	Portion Size	Carb (g)
Weighted Daily Average		112.88
% of Calories		63.7%
Nutrient Guideline		

Fri - 02/23/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
EGGS, OMELET *H2*	SERVING	1.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
COND SYRUP *H1*	1 EACH	30.66
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		100.92
% of Calories		64.2%
Nutrient Guideline		

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Ogden School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Combined: Junior High School Breakfast/HS Hot Sandwich Line

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 02/26/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKE ON A STICK *H2*	1 each	45.6
MUFFIN ASSORTMENT	1 each	35.87
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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		103.44
% of Calories		62.0%
Nutrient Guideline		

Tue - 02/27/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
EGGS, FRITTATA,sunnyfresh *H2*	SERVING	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd,light syr *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
COND SYRUP *H1*	1 EACH	30.66
HOT CHOCOLATE *H2*	SERVINGS	14.77
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: Junior High School Breakfast/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		109.07
% of Calories		61.9%
Nutrient Guideline		

Wed - 02/28/2018		
Junior High School Breakfast	Total	
CHOOSE HOT ITEM OR 2 COLD ITEM	1 EACH	0.0
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
CINNAMON ROLL MINI	1 EACH	23.3
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
OATMEAL, QUAKER *H2*	PACKET	23.73
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
HOT CHOCOLATE *H2*	SERVINGS	14.77
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

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		106.12 62.1%
Nutrient Guideline		

Weighted Average		104.94 62.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	104.94	62.83%						

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