

# Ogden School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Feb 1, 2018 thru Feb 28, 2018

Junior High Lunch Main 7-9

Generated on: 1/25/2018 1:08:25 PM

	Portion Size	Carb (g)
Thu - 02/01/2018		
Junior High Lunch Main 7-9	Total	
PORK CHOP, BREADED PATTY *H2*	1 EACH	13.39
GRAVY, COUNTRY	1/4 cup	5.54
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		87.84
% of Calories		52.3%
Nutrient Guideline		

Fri - 02/02/2018		
Junior High Lunch Main 7-9	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
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
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		102.10
% of Calories		58.9%
Nutrient Guideline		

Mon - 02/05/2018		
Junior High Lunch Main 7-9	Total	
TACO, w/beef HS	2 EACH	18.8
TACO FIXINGS *H1*	serving	3.66
SPANISH RICE 2/3 CUP salsa*H2*	2/3 CUP	43.73
BEANS, REFRIED *H2*	1/2 CUP	29.36
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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 Values - Detailed

Page 2

Feb 1, 2018 thru Feb 28, 2018

Junior High Lunch Main 7-9

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	Portion Size	Carb (g)
Weighted Daily Average		84.78
% of Calories		49.5%
Nutrient Guideline		

Tue - 02/06/2018		
Junior High Lunch Main 7-9	Total	
CHICKEN YANGS GENERAL TSO'S	3.6 OZ SERVING	23.16
RICE w/ soy sauce *H2*	1 CUP	44.38
EGG ROLL VEG *H2*	1 EACH	22.16
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	4.62
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		121.95
% of Calories		70.4%
Nutrient Guideline		

Wed - 02/07/2018		
Junior High Lunch Main 7-9	Total	
BEEF, Teriyaki dipper 4 ea*H2*	serving(4 each)	6.12
FRIED RICE, 1 cup *H2*	1 CUP	47.29
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
PEACHES: cannd,light syrps *H1*	1/2 CUP	14.01
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
Weighted Daily Average		69.00
% of Calories		54.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 3

Feb 1, 2018 thru Feb 28, 2018

Junior High Lunch Main 7-9

Generated on: 1/25/2018 1:08:25 PM

	Portion Size	Carb (g)
Thu - 02/08/2018		
Junior High Lunch Main 7-9	Total	
CHICKEN, POPCORN, 2 M	12 PIECES	15.78
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
GRAVY, COUNTRY	1/4 cup	5.54
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
CHEESE, CHEDDAR shred B031	2 TBSP	0.51
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
GRAPES,Fresh *H1*	1/2 CUP	19.45
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		94.78
% of Calories		54.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 02/09/2018		
Junior High Lunch Main 7-9	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
POTATO, TWISTER FRIES *H2*	1/2 CUP	25.61
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
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
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		101.62
% of Calories		58.1%
Nutrient Guideline		

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Page 4

Feb 1, 2018 thru Feb 28, 2018

Junior High Lunch Main 7-9

Generated on: 1/25/2018 1:08:25 PM

	Portion Size	Carb (g)
Mon - 02/12/2018		
Junior High Lunch Main 7-9	Total	
CHICKEN, STRIP 3ea TYSON *H2*	3 strips	13.42
CHIPS, SUN *H1*	BAG	18.5
VEGETABLES, CALIFORNIA BLEND	1/2 CUP	3.5
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		70.58
% of Calories		48.7%
Nutrient Guideline		

Tue - 02/13/2018		
Junior High Lunch Main 7-9	Total	
CHICKEN YANGS SWEET & SOUR	3.8 oz SERVING	18.32
RICE w/ soy sauce *H2*	1 CUP	44.38
EGG ROLL VEG *H2*	1 EACH	22.16
VEGETABLES, CALIFORNIA BLEND	1/2 CUP	3.5
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		107.90
% of Calories		71.6%
Nutrient Guideline		

Wed - 02/14/2018		
Junior High Lunch Main 7-9	Total	
PASTA, ROTINI NOODLES *H2*	1 CUP	39.0
MEATBALLS 5 no sauce	5 meatballs	4.05
SPAGHETTI SAUCE, 1/4 CUP *H2*	1/4 CUP	6.01
CHEESE, PARM condiment	1 TBSP	0.0
BREAD STICK, WG 1 EACH *H2*	1 EACH	13.43
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	4.62
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
MILK, STRAWBERRY *H1*	carton	19.0

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Portion Values - Detailed

Page 5

Feb 1, 2018 thru Feb 28, 2018

Junior High Lunch Main 7-9

Generated on: 1/25/2018 1:08:25 PM

	Portion Size	Carb (g)
Weighted Daily Average		91.80
% of Calories		60.0%
Nutrient Guideline		

Thu - 02/15/2018		
Junior High Lunch Main 7-9	Total	
TURKEY ROAST (SLICED) *H3*	2 oz	2.14
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
GRAVY, TURKEY *H2*	1/4 CUP	3.19
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
GREEN BEANS: cannnd,cooked *H2*	1/2 CUP	2.98
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
GRAPES,Fresh *H1*	1/2 CUP	19.45
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		83.81
% of Calories		63.1%
Nutrient Guideline		

Fri - 02/16/2018		
Junior High Lunch Main 7-9	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
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
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		103.06
% of Calories		59.0%
Nutrient Guideline		

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Page 6

Feb 1, 2018 thru Feb 28, 2018

Junior High Lunch Main 7-9

Generated on: 1/25/2018 1:08:25 PM

	Portion Size	Carb (g)
Wed - 02/21/2018		
Junior High Lunch Main 7-9	Total	
CHICKEN, POPCORN, 2 M	12 PIECES	15.78
POTATO, TWISTER FRIES *H2*	1/2 CUP	25.61
BAKED BEANS *H2*	1/2 CUP	32.87
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		86.93
% of Calories		52.2%
Nutrient Guideline		

Thu - 02/22/2018		
Junior High Lunch Main 7-9	Total	
Beef Fingers Breaded 4 each	4 EACH	16.53
GRAVY, COUNTRY	1/4 cup	5.54
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
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 JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		98.22
% of Calories		58.1%
Nutrient Guideline		

Fri - 02/23/2018		
Junior High Lunch Main 7-9	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
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	16.04
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
KIWI 1/2 CUP*H1*	1/2 CUP	14.81
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	22.94
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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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Junior High Lunch Main 7-9

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Page 7

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	Portion Size	Carb (g)
Weighted Daily Average		100.02
% of Calories		56.8%
Nutrient Guideline		

Mon - 02/26/2018		
Junior High Lunch Main 7-9	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*	1/4 CUP	12.23
SPANISH RICE 1/4 cup *H2*	1/4 CUP	18.28
CORN Frozen 1/2 cup *H2*	1/2 CUP	17.41
FRUIT, FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		99.46
% of Calories		52.9%
Nutrient Guideline		

Tue - 02/27/2018		
Junior High Lunch Main 7-9	Total	
CHICKEN FRIES	8 FRIES	16.25
POTATO, TWISTER FRIES *H2*	1/2 CUP	25.61
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
VEGETABLE CUP 1/2 cup *H1*	1/2 CUP	6.97
FRUIT, FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
CREAMIES, junior *H1*	1 EACH	45.0
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		111.75
% of Calories		57.1%
Nutrient Guideline		

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Page 8

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	Portion Size	Carb (g)
Wed - 02/28/2018		
Junior High Lunch Main 7-9	Total	
ENCHILADA, SECONDARY*H2*	1 EACH	12.66
ENCHILADA FIXINGS *H1*	serving	2.0
RICE, BROWN 1/2 cup*H2*	1/2 CUP	17.53
CORN Frozen 1/2 cup*H2*	1/2 CUP	17.41
BEAN BLACK FIESTA 1/2c	1/2 CUP	37.14
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	10.87
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		63.81
% of Calories		47.8%
Nutrient Guideline		

Weighted Average		93.30
		57.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	93.30	56.96%						

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