

# Ogden School District

Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

Combined: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Thu - 02/01/2018		
Washington Breakfast Trans	Total	
BREAKFAST PIZZA	1 each	27.0
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
PEACHES: cannd,light syrps *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
PORK CHOP, BREADED PATTY *H2*	1 EACH	13.39
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
GRAVY, COUNTRY	1/4 cup	5.54
ROLL, WHEAT 2oz*H2*	2 EACH	53.71
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
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
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		107.74
% of Calories		60.9%
Nutrient Guideline		

Fri - 02/02/2018		
Washington Breakfast Trans	Total	
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
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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Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Washington High Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
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 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
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		102.29
% of Calories		63.0%
Nutrient Guideline		

Mon - 02/05/2018		
Washington Breakfast Trans	Total	
WAFFLE DUTCH	1 Each	41.96
EGGS,SCRAMBLED -1/2cup *H2*	(1/2cup serving	0.75
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
TACO, w/beef HS	2 EACH	18.8
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
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*	1 EACH	21.34
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

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# Ogden School District

Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

Combined: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Weighted Daily Average		105.92
% of Calories		60.1%
Nutrient Guideline		

Tue - 02/06/2018		
Washington Breakfast Trans	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
CHICKEN YANGS GENERAL TSO'S	3.6 OZ SERVING	23.16
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
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
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		111.12
% of Calories		70.5%
Nutrient Guideline		

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Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
<b>Wed - 02/07/2018</b>		
Washington Breakfast Trans	Total	
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
HAMBURGER ON A BUN *H2*	1 EACH	33.23
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
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
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		90.35
% of Calories		62.7%
Nutrient Guideline		

<b>Thu - 02/08/2018</b>		
Washington Breakfast Trans	Total	
BREAKFAST SLIDER	1 EACH	22.0
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
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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Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

Combined: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Washington High Lunch	Total	
CHICKEN, POPCORN, 2 M	12 PIECES	15.78
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
ROLL, WHEAT 2oz*H2*	2 EACH	53.71
GRAVY, COUNTRY	1/4 cup	5.54
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
GRAPES,Fresh *H1*	1/2 CUP	19.45
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
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		117.81
% of Calories		62.8%
Nutrient Guideline		

Fri - 02/09/2018		
	Portion Size	Carb (g)
Washington Breakfast Trans	Total	
FRENCH TOAST STK 3 EACH*H2*	3 Sticks	40.0
BACON, JENNIE O 2 slices	2 slices	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
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: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Washington High 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
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
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 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
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		107.10
% of Calories		62.4%
Nutrient Guideline		

Mon - 02/12/2018		
	Portion Size	Carb (g)
Washington Breakfast Trans	Total	
PANCAKE ON A STICK *H2*	1 each	45.6
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
CHICKEN, STRIP 3ea TYSON *H2*	3 strips	13.42
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
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
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)
Weighted Daily Average		84.95
% of Calories		56.9%
Nutrient Guideline		

Tue - 02/13/2018		
Washington Breakfast Trans	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
EGGS, FRITTATA,sunnyfresh *H2*	SERVING	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
CHICKEN YANGS SWEET & SOUR	3.8 oz SERVING	18.32
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
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
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
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		101.01
% of Calories		71.1%
Nutrient Guideline		

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### Portion Values - Detailed

	Portion Size	Carb (g)
Wed - 02/14/2018		
Washington Breakfast Trans	Total	
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
SAUSAGE, PATTY JENNIE O	1 each	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
SANDWICH UNCRS WW GRAPE*H1*	1 EACH	31.04
SANDWICH, TURK & CHEESE 2M*H3*	1 EACH	31.03
CHEESE, STRING LT land o lakes	1 each	1.01
CRACKERS, GOLDFISH PACKS	PACKAGES	14.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
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
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
Weighted Daily Average		92.69
% of Calories		56.3%
Nutrient Guideline		

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# Ogden School District

Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

Combined: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Thu - 02/15/2018		
Washington Breakfast Trans	Total	
BREAKFAST PIZZA	1 each	27.0
MUFFIN, BANANA, DAVIS, FZN	2 oz muffin	37.56
MUFFIN, CHOC CHIP, DAVIS, FZN	2 oz muffin	34.18
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
YOGURT 4oz *H1*	1 EACH	19.54
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
PEACHES: cannd,light syrps *H1*	1/2 CUP	14.01
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
TURKEY ROAST (SLICED) *H3*	2 oz	2.14
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
GRAVY, TURKEY *H2*	1/4 CUP	3.19
POTATO, MASHED 2/3 CUP *H2*	2/3 CUP	17.86
ROLL, WHEAT 2oz*H2*	2 EACH	53.71
GREEN BEANS: cannd,cooked *H2*	1/2 CUP	2.98
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
GRAPES,Fresh *H1*	1/2 CUP	19.45
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		100.08
% of Calories		65.4%
Nutrient Guideline		

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# Ogden School District

Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

Combined: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
<b>Fri - 02/16/2018</b>		
Washington Breakfast Trans	Total	
FRENCH TOAST STK 4 EACH*H2*	Serving	13.33
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
FRUIT COCKTAIL 1/2 cup *H1*	1/2 CUP	19.88
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
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 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
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		100.00
% of Calories		63.1%
Nutrient Guideline		

<b>Tue - 02/20/2018</b>		
Washington Breakfast Trans	Total	
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
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: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Washington High Lunch	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
VEGETABLE CELERY STICK	6 sticks	1.92
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
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		83.86
% of Calories		65.3%
Nutrient Guideline		

Wed - 02/21/2018		
Washington Breakfast Trans	Total	
WAFFLE DUTCH	1 Each	41.96
EGGS,SCRAMBLED -1/2cup *H2*	(1/2cup serving	0.75
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
CHICKEN, POPCORN, 2 M	12 PIECES	15.78
BREAD STICK, WG 1 EACH *H2*	1 EACH	13.43
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
BAKED BEANS *H2*	1/2 CUP	32.87
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
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
COOKIE, CARNIVAL 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: Washington Breakfast  
Transport/Washington High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		103.83
% of Calories		61.1%
Nutrient Guideline		

Thu - 02/22/2018		
Washington Breakfast Trans	Total	
BREAKFAST SLIDER	1 EACH	22.0
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
Beef Fingers Breaded 4 each	4 EACH	16.53
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
GRAVY, COUNTRY	1/4 cup	5.54
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
ROLL, WHEAT 2oz*H2*	2 EACH	53.71
SALAD, SECONDARY SIDE *H1*	1 EACH	14.46
CARROT STEAMED BABY *H2*	1/2 CUP	7.24
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
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		106.23
% of Calories		64.0%
Nutrient Guideline		

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# Ogden School District

Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

Combined: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
<b>Mon - 02/26/2018</b>		
Washington Breakfast Trans	Total	
PANCAKE ON A STICK *H2*	1 each	45.6
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
BAR GRANOLA CHEWY	1 EACH	27.94
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
APPLESAUCE CUP STRAWBERRY	1 EACH	14.0
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
NACHOS (20 chips) *H2* HIGH SC	serv (20 chips)	44.59
BOXED LUNCH, PBJ GRAPE *H1*	1 EACH	51.24
BOXED LUNCH, Turkey Deli *H1*	1 EACH	51.03
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*	1 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
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		102.61
% of Calories		59.4%
Nutrient Guideline		

<b>Tue - 02/27/2018</b>		
Washington Breakfast Trans	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	35.0
EGGS, FRITTATA,sunnyfresh *H2*	SERVING	1.01
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
PEARS: canned,light syrup *H1*	1/2 CUP	16.86
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
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: Washington Breakfast  
Transport/Washington High Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Washington High Lunch	Total	
CHICKEN FRIES	8 FRIES	16.25
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
BOXED LUNCH, Ham Deli *H1*	1 EACH	55.1
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
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
Weighted Daily Average		115.29
% of Calories		63.6%
Nutrient Guideline		

Wed - 02/28/2018		
Washington Breakfast Trans	Total	
SANDWICH BRK EGG w SAUSAGE	1 EACH	20.19
SAUSAGE. PATTY JENNIE O	1 each	0.0
POPARTS *H2* WHOLE GRAIN	1 EACH	37.26
BAR CHOC CHIP BETTER BASICS	1 EACH	43.95
BAR NUTRI-GRAIN STRAWBERRY	1 EACH	28.96
BAR BREAKFAST ASSORTMENT	1 EACH	31.72
CEREAL, All *H1*	1 EACH	21.33
BAR GRANOLA CHEWY	1 EACH	27.94
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, PINEAPPLE & ORANGE *H1*	1/2 cup	19.63
FRUIT,FRESH ASSORT WASH *H1*	1 EACH	12.57
JUICE VARIETY JH/HS *H1*	1 EACH	24.75
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Washington High Lunch	Total	
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
SANDWICH UNCRS WW GRAPE*H1*	1 EACH	31.04
SANDWICH, TURK & PROV *H1*	1 EACH	30.02
CHEESE, STRING LT land o lakes	1 each	1.01
CHIPS, SUN *H1*	BAG	18.5
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
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
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: Washington Breakfast  
Transport/Washington High Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		94.62 56.7%
Nutrient Guideline		

Weighted Average		101.53 62.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	101.53	62.39%						

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