

Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 01/02/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	25	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
DRESSING TOMATILLO CREAMY	2 oz	1	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, SUN *H1*	BAG	45	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			111.27
% of Calories			51.4%
Nutrient Guideline			

Wed - 01/03/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	40	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	20	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, SUN *H1*	BAG	50	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			94.30
% of Calories			50.4%
Nutrient Guideline			

Thu - 01/04/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (TACO SALAD) *H1*	SERVING	40	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, TACO *H2*	1 CUP	20	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	40	22.94
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, BAKED POTATO *H1*	BAG	20	20.0
CHIPS CHEETOS BAKED	1 EACH	20	16.0
CHIPS SPICY CHEETOS*H1*	BAG	10	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	30	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	30	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	50	22.94
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average % of Calories			117.84 55.2%
Nutrient Guideline			

Fri - 01/05/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	20	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	20	19.0
CHIPS, DORITOS Sweet Chili	BAG	10	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
CONDIMENT BAR (MS HS) *H1*	serving	20	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			110.65
% of Calories			51.6%
Nutrient Guideline			

Mon - 01/08/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS CHEF) *H1*	SERVING	40	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	20	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, SKIM	1 each	10	13.0

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	40	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	1	19.0
CHIPS, DORITOS Sweet Chili	BAG	1	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	35	13.0
MILK, FAT FREE CHOC	1 each	10	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			92.43
% of Calories			48.9%
Nutrient Guideline			

Tue - 01/09/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 *H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	25	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
DRESSING TOMATILLO CREAMY	2 oz	1	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, SUN *H1*	BAG	45	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			111.27
% of Calories			51.4%
Nutrient Guideline			

Wed - 01/10/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	40	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	20	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, SUN *H1*	BAG	50	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			94.30
% of Calories			50.4%
Nutrient Guideline			

Thu - 01/11/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (TACO SALAD) *H1*	SERVING	40	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, TACO *H2*	1 CUP	20	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	40	22.94
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, BAKED POTATO *H1*	BAG	20	20.0
CHIPS CHEETOS BAKED	1 EACH	20	16.0
CHIPS SPICY CHEETOS*H1*	BAG	10	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	30	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	30	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	50	22.94
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			117.84
% of Calories			55.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
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HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	20	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	20	19.0
CHIPS, DORITOS Sweet Chili	BAG	10	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
CONDIMENT BAR (MS HS) *H1*	serving	20	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			110.65
% of Calories			51.6%
Nutrient Guideline			

Tue - 01/16/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	25	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
DRESSING TOMATILLO CREAMY	2 oz	1	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, SUN *H1*	BAG	45	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			111.27
% of Calories			51.4%
Nutrient Guideline			

Wed - 01/17/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	40	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	20	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, SUN *H1*	BAG	50	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0

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Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			94.30
% of Calories			50.4%
Nutrient Guideline			

Thu - 01/18/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (TACO SALAD) *H1*	SERVING	40	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, TACO *H2*	1 CUP	20	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	40	22.94
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, BAKED POTATO *H1*	BAG	20	20.0
CHIPS CHEETOS BAKED	1 EACH	20	16.0
CHIPS SPICY CHEETOS*H1*	BAG	10	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	30	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	30	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	50	22.94
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			117.84
% of Calories			55.2%
Nutrient Guideline			

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Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/19/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	20	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	20	19.0
CHIPS, DORITOS Sweet Chili	BAG	10	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
CONDIMENT BAR (MS HS) *H1*	serving	20	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			110.65
% of Calories			51.6%
Nutrient Guideline			

Mon - 01/22/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS CHEF) *H1*	SERVING	40	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	20	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, SKIM	1 each	10	13.0

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Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	40	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	1	19.0
CHIPS, DORITOS Sweet Chili	BAG	1	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	35	13.0
MILK, FAT FREE CHOC	1 each	10	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			92.43
% of Calories			48.9%
Nutrient Guideline			

Tue - 01/23/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	25	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
DRESSING TOMATILLO CREAMY	2 oz	1	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, SUN *H1*	BAG	45	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			111.27
% of Calories			51.4%
Nutrient Guideline			

Wed - 01/24/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	40	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	20	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, SUN *H1*	BAG	50	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0

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Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			94.30
% of Calories			50.4%
Nutrient Guideline			

Thu - 01/25/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (TACO SALAD) *H1*	SERVING	40	24.43
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, TACO *H2*	1 CUP	20	33.83
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	40	22.94
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, BAKED POTATO *H1*	BAG	20	20.0
CHIPS CHEETOS BAKED	1 EACH	20	16.0
CHIPS SPICY CHEETOS*H1*	BAG	10	17.0
SALAD, SECONDARY SIDE *H1*	1 EACH	30	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	30	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	50	22.94
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			117.84
% of Calories			55.2%
Nutrient Guideline			

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Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/26/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	20	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	20	19.0
CHIPS, DORITOS Sweet Chili	BAG	10	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
CONDIMENT BAR (MS HS) *H1*	serving	20	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			110.65
% of Calories			51.6%
Nutrient Guideline			

Mon - 01/29/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS CHEF) *H1*	SERVING	40	34.96
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	20	14.52
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, SKIM	1 each	10	13.0

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Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	40	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	1	19.0
CHIPS, DORITOS Sweet Chili	BAG	1	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	35	13.0
MILK, FAT FREE CHOC	1 each	10	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			92.43
% of Calories			48.9%
Nutrient Guideline			

Tue - 01/30/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS POTATO) *H1*	SERVING	40	20.19
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	30	57.18
POTATO BAKED *H2*	1 EACH	25	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	20	18.87
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
DRESSING TOMATILLO CREAMY	2 oz	1	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0

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Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
HS Deli Sandwich Line	Total	50	
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	5	52.03
CHIPS, SUN *H1*	BAG	45	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0
Weighted Daily Average			111.27
% of Calories			51.4%
Nutrient Guideline			

Wed - 01/31/2018			
HS Salad Bar Lunch	Total	50	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	40	30.6
ROLL, WHEAT 2oz*H2*	1 EACH	30	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	20	14.52
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	30	10.87
FRUIT,FRESH ASSORT HIGH *H1*	serving	30	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	24	6.13
RICE KRISPY TREATS *H2*	1 EACH	1	29.98
CONDIMENT BAR (MS HS) *H1*	serving	10	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	40	24.0
MILK, SKIM	1 each	10	13.0
HS Deli Sandwich Line	Total	50	
SANDWICH, TURK & PROV *H1*	1 EACH	10	30.02
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	10	35.1
SANDWICH, DELI ROAST BEEF	1 EACH	10	31.31
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	5	31.36
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	5	27.7
SANDWICH, WRAP Roast Beef *H1*	1 EACH	5	25.48
BOXED LUNCH, PBJ GRAPE*H1*	1 EACH	5	51.24
CHIPS, SUN *H1*	BAG	50	18.5
SALAD, SECONDARY SIDE *H1*	1 EACH	25	14.46
CARROTS, BABY 1/2 c bag *H1*	BAG	25	3.74
FRUIT,FRESH ASSORT HIGH *H1*	serving	25	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	25	10.87
RICE KRISPY TREATS *H2*	1 EACH	1	29.98
CONDIMENT BAR (MS HS) *H1*	serving	25	2.86
MILK, 1% WHITE CARTON	1 each	10	13.0
MILK, FAT FREE CHOC	1 each	35	24.0
MILK, SKIM	1 each	5	13.0

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Ogden School District

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: HS Salad Bar Lunch/HS Deli Sandwich Line

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			94.90 50.5%
Nutrient Guideline			

Weighted Average			105.70 51.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	105.70	51.66%						

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