

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: School Elementary Lunch/School
Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/02/2017		
School Elementary Lunch	Total	
HAMBURGER ON A BUN *H2*	1 EACH	33.23
CHEESE BURGER ON A BUN *H2*	1 EACH	34.03
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
POTATO, FRIES oven heat *H2*	1/2 CUP	21.74
BEANS, REFRIED *H2*	1/2 CUP	24.47
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
CONDIMENTS, Fry/ Ketchup *H1*	packets	2.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		109.30
% of Calories		62.8%
Nutrient Guideline		

Tue - 10/03/2017		
School Elementary Lunch	Total	
CHICKEN YANGS MANDARIN 2 M	3.6 oz serving	19.33
RICE, BROWN 1/2 cup*H2*	1/2 CUP	31.86
BURRITO, ELEM, LOS CABOS *H2*	1 EACH	31.39
VEGETABLES, CALIFORNIA BLEND	1/2 CUP	3.39
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
PUDDING,HUNTS *H1*	1 EACH	20.5
COND RANCH BASIC CONV PC	1 EACH	2.03
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
SAUSAGE. PATTY JENNIE O	1 each	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0

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	Portion Size	Carb (g)
Weighted Daily Average		91.70
% of Calories		69.5%
Nutrient Guideline		

Wed - 10/04/2017		
School Elementary Lunch	Total	
LASAGNA 35 count*H2*	SERVING	38.98
BREAD STICK, WG 2 EACH *H2*	2 EACH	27.0
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	36.96
SALAD, ELEM SIDE *H1*	1 EACH	11.14
GREEN BEANS: cannd,cooked *H2*	1/2 CUP	5.97
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
COND RANCH BASIC CONV PC	1 EACH	2.03
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BREAKFAST PIZZA	1 each	27.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		83.46
% of Calories		55.2%
Nutrient Guideline		

Thu - 10/05/2017		
School Elementary Lunch	Total	
CHICKEN DRUMSTICK BREADED	1 EACH	9.13
POTATOES CHEESY 1/2 CUP*H2*	1/2 CUP	20.39
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	36.96
CARROT STEAMED BABY *H2*	1/2 CUP	7.24
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
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)
School Elementary Breakfast	Total	
WAFFLE STICKS 3 EACH*H2*	3 each	70.42
CEREAL, All *H1*	1 EACH	21.33
EGGS, FRITTATA, sunnyfresh *H2*	SERVING	2.01
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT, FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		90.27
% of Calories		52.7%
Nutrient Guideline		

Fri - 10/06/2017		
School Elementary Lunch	Total	
PIZZA RIPPER CHEESE WG	1 EACH	32.11
PIZZA RIPPER PEPPERONI WG	1 EACH	27.1
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
SALAD, ELEM SIDE *H1*	1 EACH	11.14
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT, FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
COND RANCH BASIC CONV PC	1 EACH	2.03
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BAGEL CINN CHEESE *H2*	1 each	40.8
BAGEL STRAWBERRY CHEESE *H2*	1 each	40.8
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT, FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		75.03
% of Calories		58.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/09/2017		
School Elementary Lunch	Total	
CORN DOG, CHICKEN *H2*	1 each	30.0
SANDWICH, FISH ON A BUN *H2*	1 EACH	38.35
POTATO SMILES MCCAIN	4 each	20.52
GREEN BEANS: cannd,cooked *H2*	1/2 CUP	5.97
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
TARTAR SAUCE	each pc	2.0
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKE ON A STICK *H2*	1 each	45.6
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		79.40
% of Calories		63.9%
Nutrient Guideline		

Tue - 10/10/2017		
School Elementary Lunch	Total	
BEEF, Teriyaki dipper 4 ea*H2*	serving(4 each)	6.12
FRIED RICE, 1/2 cup *H2*	1/2 CUP	23.65
ROLL, WHEAT 1 each 1.25oz *H2*	1 EACH	17.63
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
BROCCOLI Florets Steamed *H2*	1/2 CUP	2.32
SALAD, ELEM SIDE *H1*	1 EACH	11.14
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CRACKERS, BUG BITE GRAHAM *H1*	1 EACH	21.0
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
BACON, JENNIE O 2 slices	2 slices	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0

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	Portion Size	Carb (g)
Weighted Daily Average		86.87
% of Calories		60.4%
Nutrient Guideline		

Wed - 10/11/2017		
School Elementary Lunch	Total	
NACHOS (15 chips) *H2* ELEM	serv (15 chips)	34.31
TACO MEAT 2M/MA *H2*	2.75 OZ	3.43
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
BEANS, REFRIED *H2*	1/2 CUP	24.47
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
CONDIMENTS, nacho*H1*	SERVING	6.3
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
CEREAL, All *H1*	1 EACH	21.33
EGGS BACON & CHEESE *H2*	2 oz	1.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		80.30
% of Calories		52.4%
Nutrient Guideline		

Thu - 10/12/2017		
School Elementary Lunch	Total	
TURKEY ROAST (SLICED) *H3*	2 oz	2.14
GRAVY, TURKEY *H2*	1/4 CUP	3.19
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SANDWICH, WRAPHam 2M*H1*	1 EACH	25.79
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	18.42
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
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)
School Elementary Breakfast	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
CEREAL, All *H1*	1 EACH	21.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		82.27
% of Calories		64.6%
Nutrient Guideline		

Fri - 10/13/2017		
School Elementary Lunch	Total	
PIZZA CHEESE WILD MIKES	SLICE	33.92
PIZZA PEPPERONI WILD MIKES	SLICE	33.98
SANDWICH, TURK & CHEESE 2M*H3*	1 EACH	31.03
SALAD, ELEM SIDE *H1*	1 EACH	11.14
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		72.74
% of Calories		55.8%
Nutrient Guideline		

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Mon - 10/16/2017		
School Elementary Lunch	Total	
HOT DOG ON A BUN *H2*	1 EACH	32.99
SANDWICH, FISH ON A BUN *H2*	1 EACH	38.35
BAKED BEANS *H2*	1/2 CUP	32.87
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENTS, Fry/ Ketchup *H1*	packets	2.0
COND RANCH BASIC CONV PC	1 EACH	2.03
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		111.20
% of Calories		65.1%
Nutrient Guideline		

Tue - 10/17/2017		
School Elementary Lunch	Total	
ENCHILADA, DICED CHICKEN *H2*	1 EACH	30.5
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
SPANISH RICE, salsa 1/2 c *H2*	1/2 CUP	28.39
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS, nacho*H1*	SERVING	6.3
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
SAUSAGE. PATTY JENNIE O	1 each	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0

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Weighted Daily Average		70.20
% of Calories		56.4%
Nutrient Guideline		

Wed - 10/18/2017		
School Elementary Lunch	Total	
PIZZA CHEESE WILD MIKES	SLICE	33.92
PIZZA PEPPERONI WILD MIKES	SLICE	33.98
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
SALAD, ELEM SIDE *H1*	1 EACH	11.14
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COND RANCH BASIC CONV PC	1 EACH	2.03
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BREAKFAST PIZZA	1 each	27.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		70.54
% of Calories		53.5%
Nutrient Guideline		

Mon - 10/23/2017		
School Elementary Lunch	Total	
CHICKEN FRIES	8 FRIES	16.25
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	36.96
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
SALAD, ELEM SIDE *H1*	1 EACH	11.14
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS, Fry/ Ketchup *H1*	packets	2.0
CONDIMENTS (BBQ) *H1*	pc packs	10.0
COND RANCH BASIC CONV PC	1 EACH	2.03
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: School Elementary Lunch/School
Elementary Breakfast

Portion Values - Detailed

	Portion Size	Carb (g)
School Elementary Breakfast	Total	
PANCAKE ON A STICK *H2*	1 each	45.6
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
COND SYRUP *H1*	1 EACH	30.66
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		93.06
% of Calories		56.6%
Nutrient Guideline		

Tue - 10/24/2017		
School Elementary Lunch	Total	
MEATBALLS 5 no sauce	5 meatballs	4.05
SPAGHETTI SAUCE 1/2 CUP *H2*	1/2 CUP	12.02
PASTA, ROTINI NOODLES *H2*	1/2 CUP	41.0
BREAD STICK, WG 1 EACH *H2*	1 EACH	13.5
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	5.67
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS (LTPM MayoMust) *H1*	1 EACH	0.87
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
BACON, JENNIE O 2 slices	2 slices	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		86.42
% of Calories		68.4%
Nutrient Guideline		

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Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: School Elementary Lunch/School
Elementary Breakfast

Portion Values - Detailed

	Portion Size	Carb (g)
Wed - 10/25/2017		
School Elementary Lunch	Total	
TACO, HARD SHELL 1 EA *H2*	1 EACH	11.78
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
TACO FIXINGS *H1*	serving	3.66
RICE, BROWN 1/2 cup*H2*	1/2 CUP	31.86
BEANS, BLACK SEASONED *H2*	1/2 CUP	28.99
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
WAFFLES, CINNAMON, MINI*H2*	POUCH	34.99
CEREAL, All *H1*	1 EACH	21.33
EGGS BACON & CHEESE *H2*	2 oz	1.0
GRAPEFRUIT SECTIONS	1/2 CUP	19.24
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		76.88
% of Calories		59.8%
Nutrient Guideline		

Thu - 10/26/2017		
School Elementary Lunch	Total	
PORK CHOP, BREADED PATTY *H2*	1 EACH	13.39
GRAVY, COUNTRY	1/4 cup	5.54
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SANDWICH, WRAP Turkey 2M*H1*	1 EACH	24.17
POTATO BAKED 1/2 CUP *H2*	1/2 CUP	27.41
CONDIMENTS Baked Potato	condiments	2.11
CARROT STEAMED BABY *H2*	1/2 CUP	7.24
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS (LTPM MayoMust) *H1*	1 EACH	0.87
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
TOAST, APPLE CINNAMON	1 SLICE	44.79
CEREAL, All *H1*	1 EACH	21.33
TURKEY CANADIAN BACON SLICE	2 SLICES	1.03
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0

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Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: School Elementary Lunch/School
Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		100.42
% of Calories		61.9%
Nutrient Guideline		

Fri - 10/27/2017		
School Elementary Lunch	Total	
PIZZA RIPPER CHEESE WG	1 EACH	32.11
PIZZA RIPPER PEPPERONI WG	1 EACH	27.1
BURRITO, ELEM, LOS CABOS *H2*	1 EACH	31.39
SALAD, ELEM SIDE *H1*	1 EACH	11.14
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
YOGURT & FRUIT PARFAIT1/2*H1*	1/2 CUP	35.94
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
COND RANCH BASIC CONV PC	1 EACH	2.03
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
BAGEL *H1*	1 each	29.0
CREAM CHEESE FOR BAGLES *H1*	1 EACH	2.5
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		79.66
% of Calories		60.7%
Nutrient Guideline		

Mon - 10/30/2017		
School Elementary Lunch	Total	
CHEESE, MAX STIX 2 EACH entree	serving 2 each	32.0
MARINARA SAUCE, 2 OZ	1/4 CUP	4.36
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
CONDIMENTS, Fry/ Ketchup *H1*	packets	2.0
CONDIMENTS (LTPM MayoMust) *H1*	1 EACH	0.87
COND RANCH BASIC CONV PC	1 EACH	2.03
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: School Elementary Lunch/School Elementary Breakfast

Portion Values - Detailed

	Portion Size	Carb (g)
School Elementary Breakfast	Total	
PANCAKES, MINI, KELLOGGS EGGO	PACKAGE	34.0
CEREAL, All *H1*	1 EACH	21.33
YOGURT 4oz *H1*	1 EACH	19.54
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
COND SYRUP *H1*	1 EACH	30.66
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		83.27
% of Calories		59.3%
Nutrient Guideline		

Tue - 10/31/2017		
School Elementary Lunch	Total	
CHALUPA, BEAN & CHEESE *H2*	1 EACH	21.15
SANDWICH, HAM&CHEESE 2M *H3*	1 EACH	36.96
CHIPS, BKD SCOOPS *H1*	1 EACH	19.0
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENTS, nacho*H1*	SERVING	6.3
COND RANCH BASIC CONV PC	1 EACH	2.03
CONDIMENTS (LTPMayoMust) *H1*	1 EACH	0.87
DONUT *H1*	1 EACH	31.7
MILK, FAT FREE CHOC	1 each	24.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, SKIM	1 each	13.0
School Elementary Breakfast	Total	
FRENCH TOAST STICKS *H2*	3 Sticks	37.31
CEREAL, All *H1*	1 EACH	21.33
SAUSAGE. PATTY JENNIE O	1 each	0.0
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT ELEM*H1*	1/2 CUP	28.71
JUICE ELEM 4 oz *H1*	CARTON	15.51
MILK, 1% WHITE CARTON	each	13.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		67.18
% of Calories		54.7%
Nutrient Guideline		

Weighted Average		84.51
		59.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.51	59.55%						

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