

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 1

Generated on: 10/2/2017 11:47:23 AM

| | Portion Size | Carb (g) |
|-------------------------------|----------------|----------|
| Mon - 10/02/2017 | | |
| HS Main Line Lunch | Total | |
| CHICKEN YANGS SWEET & SOUR | 3.8 oz SERVING | 18.32 |
| RICE, BROWN 1 cup | 1 CUP | 63.73 |
| EGG ROLL VEG *H2* | 1 EACH | 22.16 |
| BROCCOLI Florets Steamed *H2* | 1/2 CUP | 2.32 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 117.32 |
| % of Calories | | 64.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Tue - 10/03/2017 | | |
| HS Main Line Lunch | Total | |
| BBQ PORK SANDWICH *H3* | SERVINGS | 44.61 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| GREEN BEANS: cannd,cooked *H2* | 1/2 CUP | 5.97 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| 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 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/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 | 38.35 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 87.89 |
| % of Calories | | 56.4% |
| Nutrient Guideline | | |

| Wed - 10/04/2017 | | |
|-------------------------------|---------|-------|
| HS Main Line Lunch | Total | |
| TACO, w/beef HS | 2 EACH | 7.78 |
| TACO FIXINGS *H1* | serving | 3.66 |
| BEANS CAJUN 1/2c | 1/2 CUP | 39.69 |
| RICE, BROWN 1/2 cup*H2* | 1/2 CUP | 31.86 |
| CORN Frozen 1/2 cup*H2* | 1/2 CUP | 15.92 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| 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 |
| SANDWICH, FISH ON A BUN *H2* | 1 EACH | 38.35 |
| POTATO PUFFS: 1/2 cup *H2* | 1/2 CUP | 19.05 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 82.03 |
| % of Calories | | 47.6% |
| Nutrient Guideline | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 10/05/2017 | | |
| HS Main Line Lunch | Total | |
| PORK CHOP, BREADED PATTY *H2* | 1 EACH | 13.39 |
| POTATO, MASHED 2/3 CUP *H2* | 2/3 CUP | 38.1 |
| ROLL, WHEAT 2oz*H2* | 1 EACH | 26.86 |
| GRAVY, COUNTRY | 1/4 cup | 5.54 |
| VEGETABLES, CALIFORNIA BLEND | 1/2 CUP | 3.39 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| COOKIE, CHOC CHIP, RF/ WG *H3* | 1 EACH | 18.42 |
| 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 |
| 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 | 30.84 |
| CHIPS CHEETOS BAKED | 1 EACH | 17.0 |
| CHIPS SPICY CHEETOS*H1* | BAG | 17.0 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| COOKIE, CHOC CHIP, RF/ WG *H3* | 1 EACH | 18.42 |
| 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 | | 132.85 |
| % of Calories | | 59.0% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|---------|-------|
| Fri - 10/06/2017 | | |
| HS Main Line 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 |
| PIZZA, PHUT VEGGIE *H2* | SLICE | 30.0 |
| POTATO, TWISTER FRIES *H2* | 1/2 CUP | 25.61 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/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 |
| RIB BQ SAND _ hamb bun *H2* | 1 EACH | 44.47 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 92.69 |
| % of Calories | | 58.1% |
| Nutrient Guideline | | |

| Mon - 10/09/2017 | | |
|-------------------------------|---------|-------|
| HS Main Line Lunch | Total | |
| CHICKEN FRIES | 8 FRIES | 16.25 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| BROCCOLI Frozen 1/2 cup*H2* | 1/2 CUP | 5.67 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 90.89 |
| % of Calories | | 51.5% |
| Nutrient Guideline | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 5

Generated on: 10/2/2017 11:47:23 AM

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Tue - 10/10/2017 | | |
| HS Main Line Lunch | Total | |
| PASTA, BAKED ZITI SECONDARY | SERVING | 53.87 |
| BREAD STICK, WG 1 EACH *H2* | 1 EACH | 13.5 |
| PEAS frozen 1/2 cup *H2* | 1/2 CUP | 13.48 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| 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 |
| 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 | 38.35 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 96.64 |
| % of Calories | | 53.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|-----------------|-------|
| Wed - 10/11/2017 | | |
| HS Main Line Lunch | Total | |
| NACHOS (20 chips) *H2* HIGH SC | serv (20 chips) | 44.1 |
| TACO MEAT 2M/MA *H2* | 2.5 OZ | 3.11 |
| BEANS, REFRIED *H2* | 1/2 CUP | 24.47 |
| CORN Frozen 1/2 cup*H2* | 1/2 CUP | 15.92 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT, FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/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 |
| CORN DOG, CHICKEN *H2* | 1 each | 30.0 |
| SANDWICH, FISH ON A BUN *H2* | 1 EACH | 38.35 |
| POTATO PUFFS: 1/2 cup *H2* | 1/2 CUP | 19.05 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 75.36 |
| % of Calories | | 54.8% |
| Nutrient Guideline | | |

| Thu - 10/12/2017 | | |
|--------------------------------|--------------|----------|
| | Portion Size | Carb (g) |
| HS Main Line Lunch | Total | |
| TURKEY ROAST (SLICED) *H3* | 2 oz | 2.14 |
| GRAVY, TURKEY *H2* | 1/4 CUP | 3.19 |
| POTATO, MASHED 2/3 CUP *H2* | 2/3 CUP | 38.1 |
| ROLL, WHEAT 2oz*H2* | 1 EACH | 26.86 |
| CARROT STEAMED BABY *H2* | 1/2 CUP | 7.24 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| COOKIE, CHOC CHIP, RF/ WG *H3* | 1 EACH | 18.42 |
| 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 |
| 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 | 30.84 |
| CHIPS CHEETOS BAKED | 1 EACH | 17.0 |
| CHIPS SPICY CHEETOS*H1* | BAG | 17.0 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| COOKIE, CHOC CHIP, RF/ WG *H3* | 1 EACH | 18.42 |
| 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 | | 129.69 |
| % of Calories | | 62.3% |
| Nutrient Guideline | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 7

Generated on: 10/2/2017 11:47:23 AM

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Fri - 10/13/2017 | | |
| HS Main Line 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 |
| PIZZA, PHUT VEGGIE *H2* | SLICE | 30.0 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| POTATO, FRIES oven heat *H2* | 1/2 CUP | 21.74 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| HS Hot Sandwich Line | Total | |
| CHICKEN SPICY PATTY SAND *H2* | 1 EACH | 48.43 |
| CHICKEN CRISPY FILET SAND*H2* | 1 EACH | 45.0 |
| RIB BQ SAND _ hamb bun *H2* | 1 EACH | 44.47 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 90.88 |
| % of Calories | | 57.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|-------|
| Mon - 10/16/2017 | | |
| HS Main Line Lunch | Total | |
| CHICKEN YANGS GENERAL TSO'S | 2.8 OZ | 65.53 |
| RICE, BROWN 1 cup | 1 CUP | 63.73 |
| EGG ROLL VEG *H2* | 1 EACH | 22.16 |
| GREEN BEANS: cannd,cooked *H2* | 1/2 CUP | 5.97 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/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 | 10.7 |
| 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 | 12.86 |
| 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 | | 141.25 |
| % of Calories | | 63.1% |
| Nutrient Guideline | | |

| Tue - 10/17/2017 | | |
|-------------------------------|---------|--------|
| HS Main Line Lunch | Total | |
| SPAGHETTI MEAT SAUCE, 2M*H2* | 1/2 cup | 11.75 |
| SPAGHETTI,NOODLES 1 CUP *H2* | 1 CUP | 41.22 |
| CHEESE, CHEDDAR shred B031 | 2 TBSP | 0.25 |
| BREAD STICK, WG 1 EACH *H2* | 1 EACH | 13.5 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| BROCCOLI Frozen 1/2 cup*H2* | 1/2 CUP | 5.67 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| 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 |
| 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 | 38.35 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 100.13 |
| % of Calories | | 57.8% |
| Nutrient Guideline | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 9

Generated on: 10/2/2017 11:47:23 AM

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Wed - 10/18/2017 | | |
| HS Main Line 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 |
| PIZZA, PHUT VEGGIE *H2* | SLICE | 30.0 |
| POTATO, FRIES oven heat *H2* | 1/2 CUP | 21.74 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| HS Hot Sandwich Line | Total | |
| CHICKEN SPICY PATTY SAND *H2* | 1 EACH | 48.43 |
| CHICKEN CRISPY FILET SAND*H2* | 1 EACH | 45.0 |
| RIB BQ SAND _ hamb bun *H2* | 1 EACH | 44.47 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 97.18 |
| % of Calories | | 58.9% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|----------------|-------|
| Mon - 10/23/2017 | | |
| HS Main Line Lunch | Total | |
| CHICKEN YANGS MANDARIN 2 M | 3.6 oz serving | 19.33 |
| RICE, BROWN 1 cup | 1 CUP | 63.73 |
| EGG ROLL VEG *H2* | 1 EACH | 22.16 |
| PEAS frozen 1/2 cup *H2* | 1/2 CUP | 13.48 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 10

Generated on: 10/2/2017 11:47:24 AM

| | 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 124.62 |
| % of Calories | | 66.6% |
| Nutrient Guideline | | |

| Tue - 10/24/2017 | | |
|-------------------------------|--------------|----------|
| | Portion Size | Carb (g) |
| HS Main Line Lunch | Total | |
| LASAGNA 35 count*H2* | SERVING | 38.98 |
| BREAD STICK, WG 2 EACH *H2* | 2 EACH | 27.0 |
| BROCCOLI Frozen 1/2 cup*H2* | 1/2 CUP | 5.67 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| 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 |
| 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 | 38.35 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 95.75 |
| % of Calories | | 51.7% |
| Nutrient Guideline | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 11

Generated on: 10/2/2017 11:47:24 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|----------|
| Wed - 10/25/2017 | | |
| HS Main Line Lunch | Total | |
| NACHOS (20 chips) *H2* HIGH SC | serv (20 chips) | 44.1 |
| TACO MEAT 2M/MA *H2* | 2.75 OZ | 3.43 |
| BEANS, REFRIED *H2* | 1/2 CUP | 24.47 |
| CORN Frozen 1/2 cup*H2* | 1/2 CUP | 15.92 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT JH *H1* | 1 EACH | 21.34 |
| COND SALSA RED GOLD *H1* | 1/8 CUP | 1.96 |
| 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 |
| 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 |
| SANDWICH, FISH ON A BUN *H2* | 1 EACH | 38.35 |
| POTATO PUFFS: 1/2 cup *H2* | 1/2 CUP | 19.05 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| 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 | | 86.31 |
| % of Calories | | 52.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Thu - 10/26/2017 | | |
| HS Main Line Lunch | Total | |
| CHICKEN POPCORN TYSON 1M | 6 Pieces | 7.89 |
| POTATO, MASHED 2/3 CUP *H2* | 2/3 CUP | 38.1 |
| GRAVY, COUNTRY | 1/4 cup | 5.54 |
| ROLL, WHEAT 2oz*H2* | 1 EACH | 26.86 |
| CORN Frozen 1/2 cup*H2* | 1/2 CUP | 15.92 |
| CHEESE, CHEDDAR shred B031 | 2 TBSP | 0.25 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| COOKIE, CHOC CHIP, RF/ WG *H3* | 1 EACH | 18.42 |
| 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 |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/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 |
| CHIPS, BAKED POTATO *H1* | BAG | 30.84 |
| CHIPS CHEETOS BAKED | 1 EACH | 17.0 |
| CHIPS SPICY CHEETOS*H1* | BAG | 17.0 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| COOKIE, CHOC CHIP, RF/ WG *H3* | 1 EACH | 18.42 |
| 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 | | 133.36 |
| % of Calories | | 63.1% |
| Nutrient Guideline | | |

| | | |
|-------------------------------|---------|-------|
| Fri - 10/27/2017 | | |
| HS Main Line 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 |
| PIZZA, PHUT VEGGIE *H2* | SLICE | 30.0 |
| POTATO PUFFS: 1/2 cup *H2* | 1/2 CUP | 19.05 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| HS Hot Sandwich Line | Total | |
| CHICKEN SPICY PATTY SAND *H2* | 1 EACH | 48.43 |
| CHICKEN CRISPY FILET SAND*H2* | 1 EACH | 45.0 |
| RIB BQ SAND _ hamb bun *H2* | 1 EACH | 44.47 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 95.80 |
| % of Calories | | 56.9% |
| Nutrient Guideline | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 13

Generated on: 10/2/2017 11:47:24 AM

| | Portion Size | Carb (g) |
|-------------------------------|----------------|----------|
| Mon - 10/30/2017 | | |
| HS Main Line Lunch | Total | |
| CHICKEN YANGS SWEET & SOUR | 3.8 oz SERVING | 18.32 |
| RICE, BROWN 1 cup | 1 CUP | 63.73 |
| EGG ROLL VEG *H2* | 1 EACH | 22.16 |
| BROCCOLI Florets Steamed *H2* | 1/2 CUP | 2.32 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| 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 |
| 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 | 10.7 |
| 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 | 12.86 |
| 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 | | 117.32 |
| % of Calories | | 64.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|-------|
| Tue - 10/31/2017 | | |
| HS Main Line Lunch | Total | |
| BBQ PORK SANDWICH *H3* | SERVINGS | 44.61 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| GREEN BEANS: cannd,cooked *H2* | 1/2 CUP | 5.97 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| FRUIT,FRESH ASSORT HIGH *H1* | serving | 17.94 |
| FRUIT, CANNED ASSORTMENT *H1* | 1/2 CUP | 12.86 |
| CONDIMENT BAR (MS HS) *H1* | serving | 2.86 |
| DONUT *H1* | 1 EACH | 31.7 |
| MILK, 1% WHITE CARTON | 1 each | 13.0 |
| MILK, FAT FREE CHOC | 1 each | 24.0 |
| MILK, SKIM | 1 each | 13.0 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: HS Main Line Lunch/HS Hot Sandwich Line

Portion Values - Detailed

Page 14

Generated on: 10/2/2017 11:47:24 AM

| | 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 | 38.35 |
| CHIPS, SUN *H1* | BAG | 18.5 |
| SALAD, SECONDARY SIDE *H1* | 1 EACH | 10.7 |
| 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 | 12.86 |
| CONDIMENT BAR (MS HS) *H1* | serving | 2.86 |
| DONUT *H1* | 1 EACH | 31.7 |
| 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 | | 88.05 |
| % of Calories | | 56.4% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | 103.80 |
| | | 58.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 103.80 | 58.13% | | | | | | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.