

# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

Generated on: 10/2/2017 11:52:34 AM

	Portion Size	Carb (g)
Mon - 10/02/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	17.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	13.71
FRUIT, FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
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		91.48
% of Calories		56.0%
Nutrient Guideline		

Tue - 10/03/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT, FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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

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	Portion Size	Carb (g)
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
CHIPS, SUN *H1*	BAG	18.5
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		91.20
% of Calories		56.8%
Nutrient Guideline		

Wed - 10/04/2017		
	Portion Size	Carb (g)
HS Salad Bar Lunch	Total	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	20.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	13.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
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
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
Weighted Daily Average		96.47
% of Calories		54.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/05/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.44
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	30.6
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	18.42
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
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
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
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		120.30
% of Calories		58.2%
Nutrient Guideline		

Fri - 10/06/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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

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Oct 2, 2017 thru Oct 31, 2017

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	Portion Size	Carb (g)
HS Pizza Line	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
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		102.14
% of Calories		58.6%
Nutrient Guideline		

Mon - 10/09/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	17.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	13.71
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
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		91.48
% of Calories		56.0%
Nutrient Guideline		

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Combined: HS Salad Bar Lunch/HS Pizza Line

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	Portion Size	Carb (g)
Tue - 10/10/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
CHIPS, SUN *H1*	BAG	18.5
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		91.20
% of Calories		56.8%
Nutrient Guideline		

Wed - 10/11/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	20.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	13.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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

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### Portion Values - Detailed

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Combined: HS Salad Bar Lunch/HS Pizza Line

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	Portion Size	Carb (g)
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
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
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
Weighted Daily Average		96.47
% of Calories		54.7%
Nutrient Guideline		

Thu - 10/12/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.44
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	30.6
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	18.42
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
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
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MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		120.30
% of Calories		58.2%
Nutrient Guideline		

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Fri - 10/13/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
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FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
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Weighted Daily Average		102.14
% of Calories		58.6%
Nutrient Guideline		

Mon - 10/16/2017		
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ROLL, WHEAT 2oz*H2*	1 EACH	26.86
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PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
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
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MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Weighted Daily Average		91.48
% of Calories		56.0%
Nutrient Guideline		

Tue - 10/17/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
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MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
CHIPS, SUN *H1*	BAG	18.5
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		91.20
% of Calories		56.8%
Nutrient Guideline		

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

Generated on: 10/2/2017 11:52:35 AM

	Portion Size	Carb (g)
Wed - 10/18/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line		
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
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
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
Weighted Daily Average		104.31
% of Calories		56.3%
Nutrient Guideline		

Thu - 10/19/2017		
HS Pizza Line		
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
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
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
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		124.06
% of Calories		60.3%
Nutrient Guideline		

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

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	Portion Size	Carb (g)
Fri - 10/20/2017		
HS Pizza Line	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
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		97.57
% of Calories		58.2%
Nutrient Guideline		

Mon - 10/23/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	17.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	13.71
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
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		91.48
% of Calories		56.0%
Nutrient Guideline		

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

Generated on: 10/2/2017 11:52:35 AM

	Portion Size	Carb (g)
Tue - 10/24/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
CHIPS, SUN *H1*	BAG	18.5
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		91.20
% of Calories		56.8%
Nutrient Guideline		

Wed - 10/25/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS ORIENTAL) *H1*	SERVING	20.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI & CHEESE *H2*	1 CUP	13.71
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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

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# Ogden School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 12

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

Generated on: 10/2/2017 11:52:35 AM

	Portion Size	Carb (g)
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
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
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
Weighted Daily Average		96.47
% of Calories		54.7%
Nutrient Guideline		

Thu - 10/26/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (TACO SALAD) *H1*	SERVING	24.44
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, TACO *H2*	1 CUP	30.6
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
CONDIMENT BAR (MS HS) *H1*	serving	2.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	18.42
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
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
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
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		120.30
% of Calories		58.2%
Nutrient Guideline		

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

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	Portion Size	Carb (g)
Fri - 10/27/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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 Pizza Line	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
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		102.14
% of Calories		58.6%
Nutrient Guideline		

Mon - 10/30/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS CHEF) *H1*	SERVING	17.67
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SOUP, BROCCOLI &CHEESE *H2*	1 CUP	13.71
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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

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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

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	Portion Size	Carb (g)
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT HAWAIIAN	SLICE	31.02
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		91.48
% of Calories		56.0%
Nutrient Guideline		

Tue - 10/31/2017		
HS Salad Bar Lunch	Total	
SALAD BAR (HS POTATO) *H1*	SERVING	10.32
CORNBREAD, WHOLE GRAIN 2 G*H3*	2 PIECES 70 cut	57.18
POTATO BAKED *H2*	1 EACH	47.97
CHILI, Beef&Bean 1/2 cup *H2*	1/2 cup	19.3
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT HIGH *H1*	serving	17.94
DRESSING TOMATILLO CREAMY	2 oz	6.17
SALAD DRESSING, ASSORTED	1.5 OZ	6.13
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
HS Pizza Line	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
PIZZA, PHUT BBQ CHICKEN	SLICE	31.98
CHIPS, SUN *H1*	BAG	18.5
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		91.36
% of Calories		56.8%
Nutrient Guideline		

Weighted Average		99.83 57.0%
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# Ogden School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Oct 2, 2017 thru Oct 31, 2017

Combined: HS Salad Bar Lunch/HS Pizza Line

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	99.83	57.03%						

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