

Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

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Generated on: 10/2/2017 11:55:03 AM

	Portion Size	Carb (g)
Mon - 10/02/2017		
Junior High Lunch Main 7-9	Total	
TACO, w/beef HS	2 EACH	7.78
TACO FIXINGS *H1*	serving	3.66
SPANISH RICE 2/3 CUP salsa*H2*	2/3 CUP	43.73
BEANS, REFRIED *H2*	1/2 CUP	24.47
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
CORN DOG, CHICKEN *H2*	1 each	30.0
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		82.63
% of Calories		46.9%
Nutrient Guideline		

Tue - 10/03/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN YANGS GENERAL TSO'S	3.6 OZ SERVING	23.4
RICE w/ soy sauce *H2*	1 CUP	71.0
EGG ROLL VEG *H2*	1 EACH	22.16
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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 Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
HOT DOG ON A BUN *H2*	1 EACH	32.99
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		78.68
% of Calories		57.2%
Nutrient Guideline		

Wed - 10/04/2017		
Junior High Lunch Main 7-9	Total	
MEATBALL SANDWICH, 5 ea *H2*	1 EACH	39.99
GREEN BEANS: cannd,cooked *H2*	1/2 CUP	5.97
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
BURRITO, JH/HS, LOS COBO	1 EACH	44.28
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 each	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		78.91 50.1%
Nutrient Guideline		

Thu - 10/05/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN POPCORN TYSON 1M	6 Pieces	7.89
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
GRAVY, COUNTRY	1/4 cup	5.54
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
CHEESE, CHEDDAR shred B031	2 TBSP	0.25
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
GRAPES,Fresh *H1*	1/2 CUP	19.45
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	28.46
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	26.84
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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 % of Calories		95.31 60.0%
Nutrient Guideline		

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Portion Values - Detailed

	Portion Size	Carb (g)
Fri - 10/06/2017		
Junior High Lunch Main 7-9	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
POTATO, TWISTER FRIES *H2*	1/2 CUP	25.61
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	18.42
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	19.2
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		83.03
% of Calories		53.7%
Nutrient Guideline		

Mon - 10/09/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN, STRIP 3ea TYSON *H2*	3 strips	13.42
CHIPS, SUN *H1*	BAG	18.5
VEGETABLES, CALIFORNIA BLEND	1/2 CUP	3.39
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CORN DOG, CHICKEN *H2*	1 each	30.0
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		78.75
% of Calories		50.5%
Nutrient Guideline		

Tue - 10/10/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN YANGS SWEET & SOUR	3.8 oz SERVING	18.32
RICE w/ soy sauce *H2*	1 CUP	71.0
EGG ROLL VEG *H2*	1 EACH	22.16
VEGETABLES, CALIFORNIA BLEND	1/2 CUP	3.39
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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 Size	Carb (g)
Junior High Sandwich Line 7-	Total	
HOT DOG ON A BUN *H2*	1 EACH	32.99
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		109.11
% of Calories		63.3%
Nutrient Guideline		

Wed - 10/11/2017		
Junior High Lunch Main 7-9	Total	
SPAGHETTI,NOODLES 1/2 CUP *H2*	1/2 CUP	20.61
MEATBALLS 5 no sauce	5 meatballs	4.05
SPAGHETTI SAUCE, 1/4 CUP *H2*	1/4 CUP	6.01
CHEESE, PARM condiment	1 TBSP	0.0
BREAD STICK, WG 1 EACH *H2*	1 EACH	13.5
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
BROCCOLI Florets Steamed *H2*	1/2 CUP	2.32
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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 Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
BURRITO, JH/HS, LOS COBO	1 EACH	44.28
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 each	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		79.16
% of Calories		55.5%
Nutrient Guideline		

Thu - 10/12/2017		
Junior High Lunch Main 7-9	Total	
TURKEY ROAST (SLICED) *H3*	2 oz	2.14
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
GRAVY, TURKEY *H2*	1/4 CUP	3.19
GREEN BEANS: cannd,cooked *H2*	1/2 CUP	5.97
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
GRAPES,Fresh *H1*	1/2 CUP	19.45
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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 Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	28.46
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	26.84
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		87.40
% of Calories		59.1%
Nutrient Guideline		

Fri - 10/13/2017		
Junior High Lunch Main 7-9	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
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
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	19.2
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	19.2
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		87.83
% of Calories		54.9%
Nutrient Guideline		

Mon - 10/16/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN, POPCORN, 2 M	12 PIECES	15.78
CHIPS, SUN *H1*	BAG	18.5
BAKED BEANS *H2*	1/2 CUP	32.87
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
CORN DOG, CHICKEN *H2*	1 each	30.0
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		86.20
% of Calories		52.2%
Nutrient Guideline		

Tue - 10/17/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN YANGS MANDARIN 2 M	3.6 oz serving	19.33
RICE w/ soy sauce *H2*	1 CUP	71.0
EGG ROLL VEG *H2*	1 EACH	22.16
VEGETABLE CUP 1/2 cup*H1*	1/2 CUP	6.97
BROCCOLI Frozen 1/2 cup*H2*	1/2 CUP	5.67
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
HOT DOG ON A BUN *H2*	1 EACH	32.99
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		122.02
% of Calories		64.0%
Nutrient Guideline		

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Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Wed - 10/18/2017		
Junior High Lunch Main 7-9	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
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
KIWI 1/2 CUP*H1*	1/2 CUP	14.81
COOKIE, CHOC CHIP, RF/ WG *H3*	1 EACH	18.42
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
MILK, 1% WHITE CARTON	1 each	13.0
MILK, FAT FREE CHOC	1 each	24.0
MILK, SKIM	1 each	13.0
Junior High Sandwich Line 7-	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	19.2
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		86.45
% of Calories		52.0%
Nutrient Guideline		

Mon - 10/23/2017		
Junior High Lunch Main 7-9	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
SPANISH RICE *H2*	1/2 CUP	36.34
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CORN DOG, CHICKEN *H2*	1 each	30.0
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		90.38
% of Calories		50.4%
Nutrient Guideline		

Tue - 10/24/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN FRIES	8 FRIES	16.25
POTATO, TWISTER FRIES *H2*	1/2 CUP	25.61
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
PUDDING,HUNTS *H1*	1 EACH	20.5
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
HOT DOG ON A BUN *H2*	1 EACH	32.99
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		82.52
% of Calories		50.2%
Nutrient Guideline		

Wed - 10/25/2017		
Junior High Lunch Main 7-9	Total	
ENCHILADA, SECONDARY*H2*	1 EACH	36.95
ENCHILADA FIXINGS *H1*	serving	2.0
RICE, BROWN 1/2 cup*H2*	1/2 CUP	31.86
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
BEAN BLACK FIESTA 1/2c	1/2 CUP	37.14
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COND SALSA RED GOLD *H1*	1/8 CUP	1.96
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CHICKEN CRISPY FILET SAND*H2*	1 EACH	45.0
HAMBURGER ON A BUN *H2*	1 EACH	33.23
BURRITO, JH/HS, LOS COBO	1 EACH	44.28
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 each	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		88.84
% of Calories		52.0%
Nutrient Guideline		

Thu - 10/26/2017		
Junior High Lunch Main 7-9	Total	
PORK CHOP, BREADED PATTY *H2*	1 EACH	13.39
GRAVY, COUNTRY	1/4 cup	5.54
POTATO, MASHED 1/2 CUP *H2*	1/2 CUP	16.33
ROLL, WHEAT 2oz*H2*	1 EACH	26.86
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
PEAS frozen 1/2 cup *H2*	1/2 CUP	13.48
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
RIB BQ SAND _ hamb bun *H2*	1 EACH	44.47
SANDWICH CHEESE 2/2 *H2*	1 EACH	34.05
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, WRAPHam HS 2M*H1*	1 EACH	28.46
SANDWICH, WRAPTurkey HS 2M*H1*	1 EACH	26.84
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		95.04
% of Calories		53.6%
Nutrient Guideline		

Fri - 10/27/2017		
Junior High Lunch Main 7-9	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
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
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	19.2
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

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	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
PIZZA, PHUT CHEESE 8 cut *H2*	SLICE	30.0
PIZZA, PHUT, PEP, 8 cut *H2*	SLICE	30.0
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
POTATO PUFFS: 1/2 cup *H2*	1/2 CUP	19.05
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
COOKIE, CARNIVAL RF/ WG *H3*	1 EACH	19.2
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		90.97
% of Calories		55.1%
Nutrient Guideline		

Mon - 10/30/2017		
Junior High Lunch Main 7-9	Total	
TACO, w/beef HS	2 EACH	7.78
TACO FIXINGS *H1*	serving	3.66
SPANISH RICE 2/3 CUP salsa*H2*	2/3 CUP	43.73
BEANS, REFRIED *H2*	1/2 CUP	24.47
CORN Frozen 1/2 cup*H2*	1/2 CUP	15.92
FRUIT,FRESH ASSORT JH *H1*	EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

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Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
CORN DOG, CHICKEN *H2*	1 each	30.0
CHICKEN SPICY PATTY SAND *H2*	1 EACH	48.43
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOXED LUNCH, PBJ GRAPE*H1*	EACH	51.24
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
CHIPS, DORITOS Nacho Chees*H1*	1 EACH	20.0
CHIPS, DORITOS Cooler Ranch	1 EACH	19.0
CHIPS, DORITOS Sweet Chili	BAG	20.0
CARROTS, BABY 1/2 c bag *H1*	BAG	3.74
SALAD, SECONDARY SIDE *H1*	1 EACH	10.7
FRUIT,FRESH ASSORT JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		82.63
% of Calories		46.9%
Nutrient Guideline		

Tue - 10/31/2017		
Junior High Lunch Main 7-9	Total	
CHICKEN YANGS GENERAL TSO'S	3.6 OZ SERVING	23.4
RICE w/ soy sauce *H2*	1 CUP	71.0
EGG ROLL VEG *H2*	1 EACH	22.16
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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

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Ogden School District

Oct 2, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Junior High Lunch Main 7-9/Junior High Sandwich Line 7-9

Portion Values - Detailed

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	Portion Size	Carb (g)
Junior High Sandwich Line 7-	Total	
HOT DOG ON A BUN *H2*	1 EACH	32.99
CHICKEN PATTY SANDWICH *H2*	1 EACH	47.42
HAMBURGER ON A BUN *H2*	1 EACH	33.23
SALAD CHEF, Entree *H1*	1 each	49.79
BOX LUNCH PBJ STRAWBERRY H1	1 EACH	52.03
SANDWICH, TURKEY&HAM 2M*H1*	1 EACH	31.81
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 JH *H1*	1 EACH	21.34
FRUIT, CANNED ASSORTMENT *H1*	1/2 CUP	12.86
CONDIMENT BAR (MS HS) *H1*	serving	2.86
9th Graders can take 2 milks	1 each	0.0
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		70.60
% of Calories		56.1%
Nutrient Guideline		

Weighted Average		87.82 54.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.82	54.14%						

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