

SWEETWATER SCH. DIST. NO.1

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2023			
RSJR LUNCH 7-8	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
CHEESE SAUCE CHED KATY 2022	1/8 CUP	35	3.0
POTATO PUFFS FRZ BKD1/2cup	1/2 cup	68	8.03
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
PB&J UNCRUSTABLE USDA2.6oz2018	SANDWICH	300	32.5
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		669	90.66
% of Calories			54.2%
Nutrient Guideline		600-700	

Thu - 02/02/2023			
RSJR LUNCH 7-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	179	26.66
CHICKEN TENDER TYS 70332 5 EA	5 EACH	417	25.0
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	179	26.66
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
BAJA SALAD 2020	1 EACH	277	22.67
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		839	96.50
% of Calories			46.0%
Nutrient Guideline		600-700	

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

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Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/06/2023			
RSJR LUNCH 7-8	Total		
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP TURKEY BACON RANCH 22-23	1 EACH	588	59.25
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		653	87.14
% of Calories			53.4%
Nutrient Guideline		600-700	

Tue - 02/07/2023			
RSJR LUNCH 7-8	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
SAUSAGE PTY 2ea JTM1.25oz	2 each	90	0.0
POTATO PUFFS FRZ BKD1/2cup	1/2 cup	68	8.03
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
SYRUP, MAPLE KATY'S 2023	1 CONTAINER	120	29.98
KETCHUP: individual	Pkt 6g	6	1.64
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		640	80.49
% of Calories			50.3%
Nutrient Guideline		600-700	

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Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/08/2023			
RSJR LUNCH 7-8	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	23	3.21
BEEF PATTY STEAK 2.45 JTM5670	1 PATTY	165	1.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
PICKLES,DILL 2022-23	3 chips	2	0.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		722	92.85
% of Calories			51.4%
Nutrient Guideline		600-700	

Thu - 02/09/2023			
RSJR LUNCH 7-8	Total		
BEEF PATTY BD WG 3.9OZ AP68011	1 PATTY	290	19.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
FIESTA CHICKEN SALAD SEC 2020	1 EACH	590	61.18
WRAP SOUTHWESTERN CHIC 22-23	1 EACH	785	91.07
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
PICKLES,DILL 2022-23	3 chips	2	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		791	96.26
% of Calories			48.7%
Nutrient Guideline		600-700	

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RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/13/2023			
RSJR LUNCH 7-8	Total		
GRILL CHEESE SANDWICH 2022-23	1 EACH	248	30.49
SOUP TOMATO JTM 2018	6 OZ LADEL	114	21.0
GOLDFISH CRACKER CHEDDAR .75oz	PACK	100	14.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRY SEASONED 1/2c 2018	1/2 CUP	120	20.0
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
BEANS,BLACK,CND,DRND 1/4c	1/4 CUP	50	9.07
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
PICKLES,DILL 2022-23	3 chips	2	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		733	96.95
% of Calories			52.9%
Nutrient Guideline		600-700	

Tue - 02/14/2023			
RSJR LUNCH 7-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	146	18.47
RICE, BROWN 2018	1/2 CUP	86	17.64
BROCCOLI,raw: fresh 1/2 cup	1/2 cup	12	2.36
ROLL EGG PORK/VEG 3oz 2019	1 EACH	170	20.01
WRAP CHICKEN RANCH 22-23	1 EACH	411	52.24
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		726	94.22
% of Calories			51.9%
Nutrient Guideline		600-700	

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RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/15/2023			
RSJR LUNCH 7-8	Total		
SPAGHETTI NOODLES 2oz 2019	1/2 CUP	200	41.0
SPAG MEAT SAUCE ONLY 2020	#8scoop #4ladel	94	9.77
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
BREAD STICK WG 5" 2 ea 2018	2 each	160	28.0
CHICKEN CHUNK - BUFFALO STYLE	4 EACH	230	20.96
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
WRAP WG HOT CHIC 3.53oz 22-23	1 EACH	801	76.53
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		776	113.18
% of Calories			58.3%
Nutrient Guideline		600-700	

Thu - 02/16/2023			
RSJR LUNCH 7-8	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
POTATO PUFFS FRZ BKD1/2cup	8 Tots	135	16.06
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	10	2.0
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
APPLESAUCE,SWEETENED	1/2 CUP	84	21.51
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		608	78.77
% of Calories			51.8%
Nutrient Guideline		600-700	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/20/2023			
RSJR LUNCH 7-8	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		773	107.38
% of Calories			55.6%
Nutrient Guideline		600-700	

Tue - 02/21/2023			
RSJR LUNCH 7-8	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
TACO MEAT ONLY	1 EA #10 SCOOP	64	2.51
POTATO PUFFS FRZ BKD1/2cup	1/2 cup	68	8.03
CHEESE SAUCE QUESO 2oz 2018	1/4 CUP	118	2.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
TACO SALAD BEEF 2019	1 EACH	470	33.98
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
SALSA: COMMERCIAL 1/2cup 2018	1/2 cup	18	3.54
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		713	83.69
% of Calories			47.0%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/22/2023			
RSJR LUNCH 7-8	Total		
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	260	11.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
CHICKEN PATTIES,BRD 4oz #7516	PATTY	220	18.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
FIESTA CHIC SALAD 2020	1 EACH	371	39.42
WRAP SOUTHWESTERN CHIC 22-23	1 EACH	785	91.07
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		736	94.22
% of Calories			51.2%
Nutrient Guideline		600-700	

Thu - 02/23/2023			
RSJR LUNCH 7-8	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
BREADSTICK, GARLIC WG	1 EACH	99	14.88
CHICKEN PATTIES,BRD 4oz #7516	PATTY	220	18.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
PICKLES,DILL 2022-23	4 chips	2	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		771	103.18
% of Calories			53.6%
Nutrient Guideline		600-700	

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SWEETWATER SCH. DIST. NO.1

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/27/2023			
RSJR LUNCH 7-8	Total		
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR WTh	.5 Cup Veg	150	8.41
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
PICKLES,DILL 2022-23	3 chips	2	0.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		697	88.73
% of Calories			50.9%
Nutrient Guideline		600-700	

Tue - 02/28/2023			
RSJR LUNCH 7-8	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
BEAN DIP 1/2cup	1/2 cup	193	28.65
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
POTATO SMILES 5 ea ELEM	5 EACH	160	25.0
ASIAN CHICKEN SALAD	1 EACH	406	60.18
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	627	67.46
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
CROUTONS GARLIC WG 2018	2 TBLS	4	0.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
PICKLES,DILL 2022-23	3 CHIPS	2	0.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	10	2.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		752	99.03
% of Calories			52.7%
Nutrient Guideline		600-700	

Weighted Average		725	93.95
			51.8%

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SWEETWATER SCH. DIST. NO.1

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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				Portion Size	Cals (kcal)	Carb (g)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	725		600 - 700	104%			25	
Carbohydrate (g)	93.95	51.84%						Correction Required - Calories too High

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