SWEETWATER SCH. DIST. NO.1 — Jan 2, 2023 thru Jan 31, 2023

Base Menu Spreadsheet — FARSON LUNCH K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/02/2023			
FARSON LUNCH K-5	Total		
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
SALAD BAR ELEM #1	1 EACH	111	22.56
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		733	90.55
% of Calories			49.4%
Nutrient Guideline		550-650	

Tue - 01/03/2023			
FARSON LUNCH K-5	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		649	92.36
% of Calories			57.0%
Nutrient Guideline		550-650	

Wed - 01/04/2023			
FARSON LUNCH K-5	Total		
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
GRAVY,CHICKEN, LS 2018	1/4 CUP	20	3.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		594	73.72
% of Calories			49.6%
Nutrient Guideline		550-650	

Thu - 01/05/2023			
FARSON LUNCH K-5	Total		
CHICKEN TENDER TYS 70332 3 EA	2 EACH	167	10.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		723	99.76
% of Calories			55.2%
Nutrient Guideline		550-650	

Mon - 01/09/2023			
FARSON LUNCH K-5	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
SALAD BAR ELEM #1	1 EACH	111	22.56
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		579	81.76
% of Calories			56.5%
Nutrient Guideline		550-650	

Tue - 01/10/2023			
FARSON LUNCH K-5	Total		
HOT DOG, BEEF LS ARMSMITHFIELD	1 EACH	180	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	110	21.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		555	67.56
% of Calories			48.7%
Nutrient Guideline		550-650	

Wed - 01/11/2023			
FARSON LUNCH K-5	Total		
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
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
PICKLES,DILL 2022-23	3 chips	2	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		579	68.82
% of Calories			47.6%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/12/2023			
FARSON LUNCH K-5	Total		
TORTILLA 8" WHITE WW SFE 5670	TORTILLA	130	21.0
TACO MEAT ONLY ELE 1/4 CUP SW2	1/4 CUP	101	2.85
BEAN DIP 1/2cup 2017	1/2 cup	145	23.53
CHEESE CHEDDAR SHRED USDA 2018	2 Tbls	110	0.5
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	4	0.83
SALAD BAR ELEM #1	1 EACH	111	22.56
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		550	63.96
% of Calories			46.5%
Nutrient Guideline		550-650	

Mon - 01/16/2023			
FARSON LUNCH K-5	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		679	96.39
% of Calories			56.8%
Nutrient Guideline		550-650	

Tue - 01/17/2023			
FARSON LUNCH K-5	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		659	94.36
% of Calories			57.3%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/18/2023			
FARSON LUNCH K-5	Total		
SPAGHETTI NOODLES 2oz 2019	1/2 CUP	200	41.0
SAUCE - SPAGHETTI MEAT SAUCE	1/2 CUP	97	9.93
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
BREAD STICK WG 5" 2018	1 EACH	80	14.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
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		568	98.68
% of Calories			69.4%
Nutrient Guideline		550-650	

Thu - 01/19/2023			
FARSON LUNCH K-5	Total		
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
POTATO SMILES 5 ea ELEM	4 EACH	128	20.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR ELEM #1	.5C FRU/1C. VEG	111	22.56
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE 1 TBLS 2018	1 TBSP	21	5.15
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		715	93.09
% of Calories			52.1%
Nutrient Guideline		550-650	

Mon - 01/23/2023			
FARSON LUNCH K-5	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
Weighted Daily Average		560	77.00
% of Calories			55.0%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/24/2023			
FARSON LUNCH K-5	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		649	89.36
% of Calories			55.1%
Nutrient Guideline		550-650	

Wed - 01/25/2023			
FARSON LUNCH K-5	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
SALAD BAR ELEM #1	1 EACH	111	22.56
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		562	59.92
% of Calories			42.6%
Nutrient Guideline		550-650	

Thu - 01/26/2023			
FARSON LUNCH K-5	Total		
CHICKEN TENDER TYS 70332 3 EA	2 EACH	167	10.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		504	63.08
% of Calories			50.1%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/30/2023			
FARSON LUNCH K-5	Total		
HOT DOG 0063369	1 EACH	180	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	110	21.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		555	67.56
% of Calories			48.7%
Nutrient Guideline		550-650	

Tue - 01/31/2023			
FARSON LUNCH K-5	Total		
CHICKEN PATTY CRSP 3.04ozTYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		731	90.57
% of Calories			49.6%
Nutrient Guideline		550-650	

Weighted Average		619	81.58
			52.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	619		550 - 650	100%				
Carbohydrate (g)	81.58	52.71%						

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