SWEETWATER SCH. DIST. NO.1

Jan 2, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

Generated on: 12/22/2022 2:26:03 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/04/2023			
RSHS LUNCH 9-12	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 BKD 1cup2018	1 cup	320	38.0
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	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		822	112.10
% of Calories			54.5%
Nutrient Guideline		750-850	

Thu - 01/05/2023			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
CHICKEN TENDER TYS 70332 5 EA	5 EACH	417	25.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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		737	92.18
% of Calories			50.0%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/09/2023			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP TURKEY BACON RANCH 22-23	1 EACH	579	61.28
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
YOGURT 6 OZ YOPLAIT BRAND 2018	1 EACH	150	26.01
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	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		826	113.75
% of Calories			55.1%
Nutrient Guideline		750-850	

Tue - 01/10/2023			
RSHS LUNCH 9-12	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
SAUSAGE PTY 2ea JTM1.25oz 2018	2 each	90	0.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
YOGURT 6 OZ YOPLAIT BRAND 2018	1 EACH	150	26.01
KETCHUP: individual	Pkt 6g	6	1.64
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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		823	107.24
% of Calories			52.1%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/11/2023			
RSHS LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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 cup 2022-23	1 cup	360	72.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
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
YOGURT 6 OZ YOPLAIT BRAND 2018	1 EACH	150	26.01
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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
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		759	109.76
% of Calories			57.8%
Nutrient Guideline		750-850	

Thu - 01/12/2023			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
BEAN GREEN CND 1c 2017	1 cup	32	6.0
GRAVY,CHICKEN, 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 1cup 2020	1 CUP	174	30.0
FIESTA CHICKEN SALAD SEC 2020	1 EACH	581	63.21
WRAP SOUTHWESTERN CHIC 22-23	1 EACH	797	92.35
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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 - 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	102.60
% of Calories			53.2%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/16/2023			
RSHS LUNCH 9-12	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
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRY SEASONED 1c 2018	1 CUP	240	40.0
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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		775	103.79
% of Calories			53.6%
Nutrient Guideline		750-850	

Tue - 01/17/2023			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	146	18.47
RICE, BROWN 2018	1/2 CUP	86	17.64
BROCCOLI,raw: fresh 1 cup	1 cup	24	4.71
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FORTUNE COOKIE I/W 2018	1 EACH	96	21.0
WRAP CHICKEN RANCH 22-23	1 EACH	411	52.24
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
YOGURT 6 OZ YOPLAIT BRAND 2018	1 EACH	150	26.01
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		830	125.88
% of Calories			60.6%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/18/2023			
RSHS LUNCH 9-12	Total		
SPAGHETTI NOODLES 4oz 2022	1 CUP	500	102.5
SAUCE - SPAGHETTI MEAT SAUCE	1/2 CUP	97	9.93
BEAN GREEN CND 1c 2017	1 cup	32	6.0
BREAD STICK WG 5" 2 ea 2018	2 each	160	28.0
CHICKEN CHUNK - BUFFALO STYLE	4 EACH	230	20.96
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
WRAP WG HOT CHIC 3.53oz 22-23	1 EACH	801	76.53
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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	71	2.03
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		852	133.01
% of Calories			62.4%
Nutrient Guideline		750-850	

Thu - 01/19/2023			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
YOGURT 6 OZ YOPLAIT BRAND 2018	1 EACH	150	26.01
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	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	71	2.03
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		802	105.65
% of Calories			52.7%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/23/2023			
RSHS LUNCH 9-12	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
CHICKEN NUGGET HOT'NSPICY TY23	5 EACH	230	15.01
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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		821	114.65
% of Calories			55.9%
Nutrient Guideline		750-850	

Tue - 01/24/2023			
RSHS LUNCH 9-12	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
TACO MEAT ONLY SEC 1/2 CUP SW2	1/2 CUP	201	5.7
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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		828	95.43
% of Calories			46.1%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/25/2023			
RSHS LUNCH 9-12	Total		
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	260	11.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
BEAN GREEN CND 1c 2017	1 cup	32	6.0
CHICKEN PATTIES,BRD 4oz #7516	PATTY	220	18.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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	797	92.35
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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	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		811	108.66
% of Calories			53.6%
Nutrient Guideline		750-850	

Thu - 01/26/2023			
RSHS LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
CHICKEN PATTIES,BRD 4oz #7516	PATTY	220	18.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	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		763	99.75
% of Calories			52.3%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/30/2023			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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
SALAD BAR SECONDARY #1	1C.FRU/1C.VEG	83	17.47
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 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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		778	94.66
% of Calories			48.7%
Nutrient Guideline		750-850	

Tue - 01/31/2023			
RSHS LUNCH 9-12	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
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 PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
ASIAN CHICKEN SALAD 2019	1 EACH	406	60.18
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	618	69.49
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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	5	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		866	109.89
% of Calories			50.7%
Nutrient Guideline		750-850	

Weighted Average		804	108.06
			53.8%

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.

	Portion Size	Cals (kcal)	Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	804		750 - 850	100%				
Carbohydrate (g)	108.06	53.76%						

***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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