

# SWEETWATER SCH. DIST. NO.1

Oct 3, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

FARSON LUNCH K-5

Portion Values - Detailed

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Generated on: 9/29/2022 8:16:07 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
FARSON LUNCH K-5	Total		
CHICKEN MALIBU 2017	1 EACH	341	32.14
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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	434	91.32
PICKLES,DILL 2018	3 chips	5	0.0
KETCHUP: individual	Pkt 6g	6	1.64
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
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		88	10.86
% of Calories			49.5%
Nutrient Guideline		550-650	

Tue - 10/04/2022			
FARSON LUNCH K-5	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
SALAD BAR ELEM #1	1 EACH	329	66.9
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		747	115.70
% of Calories			61.9%
Nutrient Guideline		550-650	

Wed - 10/05/2022			
FARSON LUNCH K-5	Total		
TACO MEAT BEEF SEAS 1/2c 2018	1/2 CUP	140	8.0
CHEESE SAUCE CHED KATY 2018	1/8 CUP	35	3.0
TORTILLA CHIP WG 1oz/13ea 2019	13 per serv	140	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	76	15.87
SALAD BAR ELEM #1	1 EACH	329	66.9
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		637	88.46
% of Calories			55.6%
Nutrient Guideline		550-650	

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**SWEETWATER SCH. DIST. NO.1****Oct 3, 2022 thru Oct 31, 2022**

Base Menu Spreadsheet

FARSON LUNCH K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/06/2022			
FARSON LUNCH K-5	Total		
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
BEANS BAKED 1/2 cup 2018	1/2 cup	170	33.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
PICKLES,DILL 2018	3 chips	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		662	86.58
% of Calories			52.3%
Nutrient Guideline		550-650	

Mon - 10/10/2022			
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	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		630	93.88
% of Calories			59.6%
Nutrient Guideline		550-650	

Tue - 10/11/2022			
FARSON LUNCH K-5	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
SALAD BAR ELEM #1	1 EACH	329	66.9
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		928	145.87
% of Calories			62.9%
Nutrient Guideline		550-650	

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH K-5

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/12/2022			
FARSON LUNCH K-5	Total		
CHICKEN POPCORN PILGR10ea 2020	SERV 14 EA	0	0.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
GRAVY,CHICKEN, LS 2018	1/4 CUP	20	3.0
CORN,SWT,YEL,FRZ 2018 1/4cup	1/4 CUP	38	7.93
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR ELEM #1	1 EACH	329	66.9
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK 1% HP - STRAWBERRY 2019	HALF PINTS	130	19.0
Weighted Daily Average		518	91.38
% of Calories			70.5%
Nutrient Guideline		550-650	

Thu - 10/13/2022			
FARSON LUNCH K-5	Total		
CHICKEN TENDER TYSON 2 EA	2 EACH	167	10.0
POTATO SMILES 6ea	1 CUP	195	30.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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 MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		662	92.32
% of Calories			55.7%
Nutrient Guideline		550-650	

Mon - 10/17/2022			
FARSON LUNCH K-5	Total		
GRILL CHEESE SANDWICH 2016	1 EACH	245	30.11
SOUP TOMATO JTM 2018	6 OZ LADEL	114	21.0
GOLDFISH CRACKER CHEDDAR .75oz	PACK	100	14.0
SALAD BAR ELEM #1	1 EACH	329	66.9
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		641	94.68
% of Calories			59.1%
Nutrient Guideline		550-650	

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH K-5

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 10/18/2022			
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 2018	1/2 cup	170	33.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		637	83.50
% of Calories			52.5%
Nutrient Guideline		550-650	

Wed - 10/19/2022			
FARSON LUNCH K-5	Total		
TACO MEAT ONLY ELE #2 1/4 CUP	1/4 CUP	96	1.85
TORTILLA 8" WHITE WW 2019	TORTILLA	120	20.0
BEAN DIP 1/2cup 2017	1/2 cup	150	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	329	66.9
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		626	79.70
% of Calories			51.0%
Nutrient Guideline		550-650	

Thu - 10/20/2022			
FARSON LUNCH K-5	Total		
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATO FRIES CRINKLE 1/2c 2018	1/2 CUP	120	20.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
PICKLES,DILL 2018	3 chips	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		667	86.56
% of Calories			51.9%
Nutrient Guideline		550-650	

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH K-5

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/24/2022			
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	329	66.9
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 2019	HALF PINTS	110	13.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
Weighted Daily Average		670	99.17
% of Calories			59.2%
Nutrient Guideline		550-650	

Tue - 10/25/2022			
FARSON LUNCH K-5	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
SALAD BAR ELEM #1	1 EACH	329	66.9
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		747	112.70
% of Calories			60.3%
Nutrient Guideline		550-650	

Wed - 10/26/2022			
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	329	66.9
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		650	77.66
% of Calories			47.8%
Nutrient Guideline		550-650	

Thu - 10/27/2022			
FARSON LUNCH K-5	Total		
CHICKEN TENDER TYSON 2 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	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0

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FARSON LUNCH K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		614	85.25 55.6%
Nutrient Guideline		550-650	

Mon - 10/31/2022			
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 cup 2018	1 cup	340	66.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average % of Calories		1123	176.83 63.0%
Nutrient Guideline		550-650	

Weighted Average		662	95.36 57.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	662		550 - 650	102%			12	
Carbohydrate (g)	95.36	57.66%						Correction Required - Calories too High

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