

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 3, 2023 thru Apr 27, 2023

Elementary Lunch

Generated on: 4/11/2023 9:35:03 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2023					
Elementary Lunch	Total	25			
CHICKEN BNLS WING 70362 TYSON	5 EACH	25	50	1	14.0
SWEET POTATO, WAVELENGTH 1	14 EACH	25	*N/A*	14	40.0
PEARS: canned 1/2 cup 2018	1/2 cup	25	0	12	16.0
KETCHUP CND 33% 2018	1 TBSP	10	0	4	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	15	0	11	15.0
RANCH DRESSING Lite 1oz 2018	1 OZ	10	15	0	0.0
SALAD BAR MT	.75 Cup VEG	1	15	5	9.54
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	15	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	5	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	5	4	12	13.0
Weighted Daily Average			*68	51	98.58
% of Calories				27.3%	52.8%
Nutrient Guideline					

Tue - 04/04/2023					
Elementary Lunch	Total	50			
HOT DOG TAQUITO	1 EACH	50	35	2	22.0
BEANS BAKED 3/4 cup 2022-23	1/2 cup	20	0	17	36.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR MT	.75 Cup VEG	30	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	40	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	15	0	0	0.0
CHEESE SAUCE CHED KATY 2022	1/8 CUP	1	3	1	3.0
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	1	0	2	2.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			55	40	76.19
% of Calories				24.1%	45.5%
Nutrient Guideline					

Wed - 04/05/2023					
Elementary Lunch	Total	50			
TACO MEAT BEEF SEAS 1/2c 2018	1/2 CUP	50	40	0	8.0
CHEESE SAUCE CHED KATY 2022	1/8 CUP	50	3	1	3.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	50	0	0	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	25	0	2	15.87
FRUIT,FRESH ASSORTED	1 EACH	25	0	12	16.47
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	25	0	1	0.83
SALAD BAR WTh	.75 Cup Veg	25	15	4	8.41
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	15	0	0	0.94
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	20	4	12	13.0
Weighted Daily Average			59	23	66.47
% of Calories				16.4%	46.6%
Nutrient Guideline					

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Thu - 04/06/2023					
Elementary Lunch	Total	50			
WAFFLES BLUEBERRY BELGIAN IW	1 each	50	15	12	34.0
EGG PATTY 1.25oz USDA 2019	PATTY	50	125	0	1.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	50	0	11	17.0
POTATO PUFFS FRZ BKD1/2cup	8 Tot	20	0	0	16.06
KETCHUP CND 33% 2018	1 TBSP	15	0	4	5.0
SALAD BAR WTh	.5 Cup Veg	1	15	4	8.41
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			151	39	75.89
% of Calories				28.2%	55.1%
Nutrient Guideline					

Mon - 04/10/2023					
Elementary Lunch	Total	1			
NO SCHOOL	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline					

Tue - 04/11/2023					
Elementary Lunch	Total	25			
CORN DOG, Chicken FOSTER 2020	1 EACH	25	40	7	29.63
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	10	0	0	26.66
PEARS: canned 1/2 cup 2018	1/2 cup	25	0	12	16.0
SALAD BAR MT	.75 Cup VEG	15	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	20	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	15	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	5	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	5	4	12	13.0
Weighted Daily Average			60	40	83.22
% of Calories				27.0%	55.4%
Nutrient Guideline					

Wed - 04/12/2023					
Elementary Lunch	Total	125			
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	25	39	10	18.47
RICE, BROWN 2018	1/2 CUP	25	0	0	17.64
BROCCOLI,raw: fresh 1 cup	1 cup	50	0	1	4.71
ROLL EGG PORK/VEG 3oz 2019	1 EACH	25	25	4	20.01
COOKIE WG ICED TFS 2018	COOKIE	25	5	15	27.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR WTh	.5 Cup Veg	25	15	4	8.41
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			23	20 32.3%	35.06 57.0%
Nutrient Guideline					

Thu - 04/13/2023					
Elementary Lunch	Total	50			
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	50	30	0	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	50	0	2	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	30	0	1	20.0
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
SALAD BAR WTh	.75 Cup Veg	20	15	4	8.41
KETCHUP CND 33% 2018	1 TBSP	30	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	20	0	0	0.0
PICKLES,DILL 2022-23	3 chips	10	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average % of Calories			47	33 19.9%	79.63 48.6%
Nutrient Guideline					

Mon - 04/17/2023					
Elementary Lunch	Total	50			
CORN DOGS MINI 6 FOSTER 2018	6 EACH	50	38	6	30.0
SWEET POTATO, WAVELENGTH 1	14 EACH	50	*N/A*	14	40.0
PEARS: canned 1/2 cup 2018	1/2 cup	50	0	12	16.0
SALAD BAR MT	.75 Cup VEG	1	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	20	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	20	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	10	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	30	4	12	13.0
Weighted Daily Average % of Calories			*45	47 27.4%	102.59 59.9%
Nutrient Guideline					

Tue - 04/18/2023					
Elementary Lunch	Total	50			
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	50	30	2	30.0
BREAD STICK WG 5" 2018	1 EACH	25	0	1	14.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
POPEYE SALAD 1 CUP 2016	1 CUP SERV	50	0	0	1.55
SALAD BAR MT	.75 Cup VEG	1	15	5	9.54
RANCH DRESSING Lite 1oz 2018	1 OZ	20	15	0	0.0
Italian Dressing Lite 1oz 2019	1 OZ	10	0	2	2.66
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	10	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	30	4	12	13.0

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			44	27 19.4%	67.84 48.6%
Nutrient Guideline					

Wed - 04/19/2023					
Elementary Lunch	Total	50			
BEEF PATTY BD WG 3.9OZ AP68011	1 PATTY	50	30	2	19.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	50	0	0	17.0
GRAVY, BROWN LS 2018	1/4 CUP	25	0	1	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	50	0	2	13.0
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
SALAD BAR WTh	.5 Cup Veg	1	15	4	8.41
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	10	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	30	4	12	13.0
Weighted Daily Average % of Calories			38	30 18.4%	81.54 50.9%
Nutrient Guideline					

Thu - 04/20/2023					
Elementary Lunch	Total	50			
CHICKEN BNLS WING 70362 TYSON	5 EACH	50	50	1	14.0
BEANS BAKED 3/4 cup 2022-23	3/4 cup	50	0	26	54.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	50	0	11	17.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	10	0	9	10.0
RANCH DRESSING Lite 1oz 2018	1 OZ	20	15	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	10	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	30	4	12	13.0
Weighted Daily Average % of Calories			63	53 29.4%	101.40 56.7%
Nutrient Guideline					

Mon - 04/24/2023					
Elementary Lunch	Total	50			
HOT DOG 0063369	1 EACH	50	35	0	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	25	0	2	21.0
CHIPS BKD ORIGINAL LAYS	BAG	15	0	0	18.78
PEARS: canned 1/2 cup 2018	1/2 cup	50	0	12	16.0
SWEET POTATO, WAVELENGTH 1	14 EACH	30	*N/A*	14	40.0
SALAD BAR MT	.75 Cup VEG	20	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	40	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	15	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average % of Calories			*52	41 24.5%	80.75 48.4%
Nutrient Guideline					

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Elementary Lunch

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Tue - 04/25/2023					
Elementary Lunch	Total	50			
BEEF PATTY STEAK 2.45 JTM5670	1 PATTY	50	49	0	1.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	50	0	2	27.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	1	13	0	0.5
BEANS BAKED 3/4 cup 2022-23	3/4 cup	25	0	26	54.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR MT	.75 Cup VEG	25	15	5	9.54
RANCH DRESSING Lite 1oz 2018	1 OZ	1	15	0	0.0
KETCHUP CND 33% 2018	1 TBSP	20	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	20	0	0	0.0
PICKLES,DILL 2022-23	4 chips	1	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	20	4	12	13.0
Weighted Daily Average			66	43	90.35
% of Calories				24.7%	51.9%
Nutrient Guideline					

Wed - 04/26/2023					
Elementary Lunch	Total	50			
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	50	25	1	15.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	25	0	0	17.0
GRAVY,CHICKEN, LS 2018	1/4 CUP	15	0	1	3.0
BEAN GREEN CND 1/2c 2017	1/2 cup	25	0	1	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	50	0	2	13.0
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
SALAD BAR WTh	.75 Cup Veg	15	15	4	8.41
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			40	31	73.69
% of Calories				20.5%	48.7%
Nutrient Guideline					

Thu - 04/27/2023					
Elementary Lunch	Total	50			
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	50	25	7	32.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	25	0	0	1.55
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
SALAD BAR WTh	.75 Cup Veg	25	15	4	8.41
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			43	35	69.25
% of Calories				24.6%	48.4%
Nutrient Guideline					

Weighted Average			*57	37	78.83
				54.2%	51.5%

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				Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Cholesterol (mg)	57				Missing			
Sugars (g)	37	24.08%						
Carbohydrate (g)	78.83	51.52%						

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