

SWEETWATER SCH. DIST. NO.1

Oct 3, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURGER WH WT 3.5" 2020	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 HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
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
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR SECONDARY #1	1 EACH	434	91.32
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
Italian Dressing Lite 1oz 2019	1 OZ	35	2.66
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* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		947	127.97
% of Calories			54.1%
Nutrient Guideline		750-850	

Tue - 10/04/2022			
RSHS LUNCH 9-12	Total		
BURRITO BEAN CHEESE 3.95oz2018	1 EACH	222	31.39
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
PIZZA BIG DADDY CHS SCHWAN 16"	SLICE	400	43.0
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	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD: PC 5.5 grm 2018	Pkt 5g	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 WHITE FF DARIGOLD 2019	1 CUP	90	13.0
Weighted Daily Average		1003	158.43
% of Calories			63.2%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/05/2022			
RSHS LUNCH 9-12	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
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
WRAP WG ASIAN PORK W/SLAW	1 EACH	517	57.65
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
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		491	69.35
% of Calories			56.5%
Nutrient Guideline		750-850	

Thu - 10/06/2022			
RSHS LUNCH 9-12	Total		
PIZZA CHEESE ROUND 2019	1 EACH	280	26.0
CHICKEN TENDER TYSON 3 EA2.07	3 EACH	250	15.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
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	434	91.32
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
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		728	104.22
% of Calories			57.2%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/10/2022			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
GOURMET SALAD SEC*	1 EACH	269	25.11
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
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		317	41.22
% of Calories			52.1%
Nutrient Guideline		750-850	

Tue - 10/11/2022			
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
HASH BROWN TRIANGLE 2oz 2ea	2 each	200	24.0
CHICKEN PATTY CRSP 3.29oz TYSON	PATTY	240	15.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
TACO SALAD BEEF 2019	1 EACH	470	33.98
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
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		113	13.56
% of Calories			47.9%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/12/2022			
RSHS LUNCH 9-12	Total		
Chicken Popcorn 2021 - 110452	10 each	260	17.0
MASHED POTATO, Pearls1 C 2018	1 CUP	180	34.0
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
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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		928	146.34
% of Calories			63.1%
Nutrient Guideline		750-850	

Thu - 10/13/2022			
RSHS LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
CHICKEN TENDER PILGRIM 5/ 2018	5 EACH	214	18.0
POTATO SMILES 6ea	1 CUP	195	30.0
ROLLS, DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
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 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		170	22.68
% of Calories			53.3%
Nutrient Guideline		750-850	

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Portion Values - Detailed

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RSHS LUNCH 9-12

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/17/2022			
RSHS LUNCH 9-12	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
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURGER WH WT 3.5" 2020	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 HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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	434	91.32
PICKLES,DILL 2018	3 chips	5	0.0
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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
Weighted Daily Average		570	78.47
% of Calories			55.0%
Nutrient Guideline		750-850	

Tue - 10/18/2022			
RSHS LUNCH 9-12	Total		
PIZZA PEPP CALIZONE 4.69/2018	1 EACH	270	33.0
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
FORTUNE COOKIE I/W 2018	1 EACH	96	21.0
HOT DOG 0063369	1 EACH	180	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	110	21.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
BEANS BAKED 1 cup 2018	1 cup	340	66.0
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	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
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		698	97.01
% of Calories			55.6%
Nutrient Guideline		750-850	

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RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/19/2022			
RSHS LUNCH 9-12	Total		
TACO MEAT ONLY ELE/SEC 2017-#2	1/2 CUP	191	3.71
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
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 ASIAN PORK W/SLAW	1 EACH	517	57.65
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
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		820	118.49
% of Calories			57.8%
Nutrient Guideline		750-850	

Thu - 10/20/2022			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHICKEN TENDER PILGRIM 5/ 2018	5 EACH	214	18.0
POTATO FRIES CRINKLE 1/2c 2018	1/2 CUP	120	20.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
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		3026	342.82
% of Calories			45.3%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/24/2022			
RSHS LUNCH 9-12	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
WINGS CHICKEN BUFFALO GLAZ 4ea	4 EACH	340	4.0
CHICKEN MALIBU 2017	1 EACH	341	32.14
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
GOURMET SALAD SEC*	1 EACH	269	25.11
WRAP TURKEY BACON RANCH 22-23	1 EACH	579	61.28
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
PICKLES,DILL 2018	3 chips	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		648	90.85
% of Calories			56.1%
Nutrient Guideline		750-850	

Tue - 10/25/2022			
RSHS LUNCH 9-12	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
TACO MEAT ONLY ELE/SEC 2017-#2	1/3 CUP	128	2.47
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 2019	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	434	91.32
SALSA: COMMERCIAL 1/2cup 2018	1/2 cup	18	3.54
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		131	16.43
% of Calories			50.2%
Nutrient Guideline		750-850	

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RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/26/2022			
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,CRISPY WG BUN	SANDWICH	410	43.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
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		381	32.08
% of Calories			33.7%
Nutrient Guideline		750-850	

Thu - 10/27/2022			
RSHS LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHICKEN BITES, #7518,BRDWG Gol	5 each	210	17.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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
Weighted Daily Average		494	62.86
% of Calories			50.9%
Nutrient Guideline		750-850	

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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SWEETWATER SCH. DIST. NO.1

Oct 3, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/31/2022			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURGER WH WT 3.5" 2020	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 HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
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
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR SECONDARY #1	1 EACH	434	91.32
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
Italian Dressing Lite 1oz 2019	1 OZ	35	2.66
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* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		947	127.97
% of Calories			54.1%
Nutrient Guideline		750-850	

Weighted Average		730	97.10
			53.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	730		750 - 850	97%		20		
Carbohydrate (g)	97.10	53.20%						Correction Required - Calories are Low

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