SWEETWATER SCH. DIST. NO.1 May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet FARSON LUNCH K-5

Portion Values - Detailed

 Generated on: 4/28/2023 10:20:52 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2023			
FARSON LUNCH K-5	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	179	26.66
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	60	15.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	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		739	98.86
% of Calories			53.5%
Nutrient Guideline		550-650	

Tue - 05/02/2023			
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
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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		627	71.23
% of Calories			45.5%
Nutrient Guideline		550-650	

Wed - 05/03/2023			
FARSON LUNCH K-5	Total		
TACO MEAT BEEF SEAS 1/2c 2018	1/2 CUP	140	8.0
CHEESE SAUCE CHED KATY 2022	1/8 CUP	35	3.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	76	15.87
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	4	0.83
SALAD BAR WTh	.75 Cup Veg	150	8.41
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		571	66.47
% of Calories			46.6%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/04/2023			
FARSON LUNCH K-5	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
EGG PATTY 1.25oz USDA 2019	PATTY	70	1.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
POTATO PUFFS FRZ BKD1/2cup	8 Tots	135	16.06
SALAD BAR WTh	.5 Cup Veg	150	8.41
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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		581	62.43
% of Calories			43.0%
Nutrient Guideline		550-650	

Mon - 05/08/2023			
FARSON LUNCH K-5	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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		625	88.55
% of Calories			56.6%
Nutrient Guideline		550-650	

Tue - 05/09/2023			
FARSON LUNCH K-5	Total		
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
ROLL EGG PORK/VEG 3oz 2019	1 EACH	170	20.01
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
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
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
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		413	51.91
% of Calories			50.2%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2023			
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
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.75 Cup Veg	150	8.41
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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		656	79.63
% of Calories			48.6%
Nutrient Guideline		550-650	

Thu - 05/11/2023			
FARSON LUNCH K-5	Total		
BURRITO BEAN CHEESE 3.95ozLos	1 EACH	245	33.88
BEAN DIP 1/2cup	1/2 cup	193	28.65
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	10	2.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
SALAD BAR WTh	.75 Cup Veg	150	8.41
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		776	111.59
% of Calories			57.5%
Nutrient Guideline		550-650	

Mon - 05/15/2023			
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
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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		610	78.48
% of Calories			51.5%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/16/2023			
FARSON LUNCH K-5	Total		
PIZZA CHEESE ROUND 2019	1 EACH	280	26.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	11	1.55
COOKIE TIGER BITE PK 2022-23	PKG	120	21.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
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		636	76.20
% of Calories			47.9%
Nutrient Guideline		550-650	

Wed - 05/17/2023			
FARSON LUNCH K-5	Total		
SLOPPY JOE FILLING*	1/3 CUP	204	10.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
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		674	74.44
% of Calories			44.2%
Nutrient Guideline		550-650	

Thu - 05/18/2023			
FARSON LUNCH K-5	Total		
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
COOKIE TIGER BITE PK 2022-23	PKG	120	21.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
SALAD BAR WTh	.5 Cup Veg	150	8.41
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	60	15.0
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		641	80.01
% of Calories			49.9%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2023			
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
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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		631	78.35
% of Calories			49.7%
Nutrient Guideline		550-650	

Tue - 05/23/2023			
FARSON LUNCH K-5	Total		
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP CND 33% 2018	1 TBSP	20	5.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	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		724	88.34
% of Calories			48.8%
Nutrient Guideline		550-650	

Wed - 05/24/2023			
FARSON LUNCH K-5	Total		
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 FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.75 Cup Veg	150	8.41
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
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		682	80.08
% of Calories			47.0%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/25/2023			
FARSON LUNCH K-5	Total		
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CARROTS,RAW,BABY 3/4 cup 2022	3/4 CUP	68	13.6
CHIPS BKD ORIGINAL LAYS 2022	BAG	140	24.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		643	85.88
% of Calories			53.4%
Nutrient Guideline		550-650	

Weighted Average		639	79.53
			49.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		550 - 650	100%				
Carbohydrate (g)	79.53	49.76%						

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