SWEETWATER SCH. DIST. NO.1 Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet RSHS LUNCH 9-12

Portion Values - Detailed

 Generated on: 3/6/2023 8:40:08 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2023			
RSHS LUNCH 9-12	Total		
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	146	18.47
RICE, BROWN 2018	1/2 CUP	86	17.64
ROLL EGG PORK/VEG 3oz 2019	1 EACH	170	20.01
BROCCOLI,raw: fresh 1 cup	1 cup	24	4.71
WINGS CHICKEN BUFFALO GLAZ 4ea	4 EACH	340	4.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
WRAP WG HOT CHIC 3.53oz 22-23	1 EACH	801	76.53
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh	.5CFRU/.75CVeg	150	8.41
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	80	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		818	94.21
% of Calories			46.0%
Nutrient Guideline		750-850	

Thu - 03/02/2023			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
POTATO WEDGES 1 cup 2018	3 OZ	110	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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	156	9.49
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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	80	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		797	105.90
% of Calories			53.1%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/06/2023			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
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
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP TURKEY BACON RANCH 22-23	1 EACH	588	59.25
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	155	9.57
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
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		918	128.97
% of Calories			56.2%
Nutrient Guideline		750-850	

Tue - 03/07/2023			
RSHS LUNCH 9-12	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
SAUSAGE PTY 2ea JTM1.25oz	2 each	90	0.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	155	9.57
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
SYRUP, MAPLE KATY'S 2023	1 CONTAINER	120	29.98
KETCHUP: individual	Pkt 6g	6	1.64
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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		944	122.55
% of Calories			52.0%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/08/2023			
RSHS LUNCH 9-12	Total		
TACO MEAT ONLY SEC 1/2 CUP SW2	1/2 CUP	201	5.7
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
BEAN DIP 1/2cup	1/2 cup	193	28.65
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
TACO SALAD BEEF 2019	1 EACH	470	33.98
WRAP CHIC WG CAESAR 4 OZ 22-23	1 EACH	708	66.86
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
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
PICKLES,DILL 2022-23	4 chips	2	0.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
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		648	75.26
% of Calories			46.5%
Nutrient Guideline		750-850	

Thu - 03/09/2023			
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	590	61.18
WRAP SOUTHWESTERN CHIC 22-23	1 EACH	785	91.07
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	156	9.49
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		783	99.79
% of Calories			51.0%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/13/2023			
RSHS LUNCH 9-12	Total		
CORNDOG Chicken Jalapeno 2020	1 EACH	279	27.93
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	155	9.57
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		726	90.11
% of Calories			49.7%
Nutrient Guideline		750-850	

Tue - 03/14/2023			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	155	9.57
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 2022	1 EACH	140	27.51
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		895	133.76
% of Calories			59.8%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/15/2023			
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
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
WRAP WG HOT CHIC 3.53oz 22-23	1 EACH	801	76.53
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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		771	105.16
% of Calories			54.6%
Nutrient Guideline		750-850	

Thu - 03/16/2023			
RSHS LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
COOKIE TIGER BITE PK 2022-23	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	436	60.52
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	156	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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		855	109.34
% of Calories			51.2%
Nutrient Guideline		750-850	

Mon - 03/20/2023			
RSHS LUNCH 9-12	Total		
NO SCHOOL	1 EACH	0	0.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		750-850	

Tue - 03/21/2023			
RSHS LUNCH 9-12	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		750-850	

Wed - 03/22/2023			
RSHS LUNCH 9-12	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		750-850	

Thu - 03/23/2023			
RSHS LUNCH 9-12	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		750-850	

Mon - 03/27/2023			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT	PATTY	210	14.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	155	9.57
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		820	100.56
% of Calories			49.1%
Nutrient Guideline		750-850	

Tue - 03/28/2023			
RSHS LUNCH 9-12	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
BEAN DIP 1 CUP	1 cup	386	57.3
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
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	1 EACH	406	60.18
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	627	67.46
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES: canned,light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1 CFRU/1CVEG	155	9.57
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	0	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		1049	144.76
% of Calories			55.2%
Nutrient Guideline		750-850	

Wed - 03/29/2023			
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 PATTY 2154 3.29ozTYSON	PATTY	240	15.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	156	9.49
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	0	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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		794	106.57
% of Calories			53.7%
Nutrient Guideline		750-850	

Thu - 03/30/2023			
RSHS LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
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		801	100.14
% of Calories			50.0%
Nutrient Guideline		750-850	

Weighted Average		830	108.36
			52.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	830		750 - 850	100%				
Carbohydrate (g)	108.36	52.23%						

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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