

SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

BLACK BUTTE HS LUNCH

Portion Values - Detailed

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Generated on: 12/2/2022 2:23:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
BLACK BUTTE HS LUNCH	Total		
PIZZA CHEESE ROUND 2019	1 EACH	280	26.0
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
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
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
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
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
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		858	114.71
% of Calories			53.5%
Nutrient Guideline		750-850	

Mon - 12/05/2022			
BLACK BUTTE HS LUNCH	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURG USBAKWW 3.5" 22-23	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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
PICKLES,DILL 2022-23	3 chips	2	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
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		292	35.97
% of Calories			49.3%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/06/2022			
BLACK BUTTE HS LUNCH	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
GOURMET SALAD SEC*	1 EACH	269	25.11
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
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 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		871	122.13
% of Calories			56.1%
Nutrient Guideline		750-850	

Wed - 12/07/2022			
BLACK BUTTE HS LUNCH	Total		
BEEF PATTY STEAK 2.45 JTM5670	1 PATTY	165	1.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CHICKEN MALIBU 2017	1 EACH	341	32.14
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
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 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		703	89.97
% of Calories			51.2%
Nutrient Guideline		750-850	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/08/2022			
BLACK BUTTE HS LUNCH	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
CHICKEN TENDER PILGRIM 5/ 2018	5 EACH	214	18.0
POTATO SMILES 5 ea ELEM	1 CUP	32	5.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
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
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		157	20.36
% of Calories			52.0%
Nutrient Guideline		750-850	

Mon - 12/12/2022			
BLACK BUTTE HS LUNCH	Total		
GRILL CHEESE SANDWICH 2022-23	1 EACH	248	30.49
GOLDFISH CRACKER CHEDDAR .75oz	PACK	100	14.0
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
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
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
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
PICKLES,DILL 2022-23	3 chips	2	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 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		470	59.53
% of Calories			50.7%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

BLACK BUTTE HS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/13/2022			
BLACK BUTTE HS LUNCH	Total		
PIZZA PEPP CALIZONE 4.69/2018	1 EACH	270	33.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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		688	95.14
% of Calories			55.3%
Nutrient Guideline		750-850	

Wed - 12/14/2022			
BLACK BUTTE HS LUNCH	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
BEAN DIP 1 cup 2017	1 cup	300	47.05
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD: PC 5.5 gm 2018	Pkt 5g	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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		637	89.60
% of Calories			56.3%
Nutrient Guideline		750-850	

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SWEETWATER SCH. DIST. NO.1**Dec 1, 2022 thru Dec 20, 2022**

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BLACK BUTTE HS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/15/2022			
BLACK BUTTE HS LUNCH	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CHICKEN TENDER PILGRIM 5/ 2018	5 EACH	214	18.0
POTATO FRIES CRINKLE 1/2c 2022	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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
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 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		2989	335.71
% of Calories			44.9%
Nutrient Guideline		750-850	

Mon - 12/19/2022			
BLACK BUTTE HS LUNCH	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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
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
PICKLES,DILL 2022-23	3 chips	2	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		583	78.00
% of Calories			53.5%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/20/2022			
BLACK BUTTE HS LUNCH	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
CHEESE SAUCE QUESO 2oz 2018	1/4 CUP	118	2.0
TORTILLA CHIP WG 1oz/13ea 2022	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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
SALSA: COMMERCIAL 1/2cup 2018	1/2 cup	18	3.54
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		140	18.32
% of Calories			52.5%
Nutrient Guideline		750-850	

Weighted Average		762	96.31 50.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	762		750 - 850	100%				
Carbohydrate (g)	96.31	50.53%						

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