SWEETWATER SCH. DIST. NO.1 — Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet — FARSON LUNCH K-5

Portion Values - Detailed

Generated on: 2/1/2023 10:36:59 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2023			
FARSON LUNCH K-5	Total		
BEEF PATTY BD WG 3.9OZ AP68011	1 PATTY	290	19.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
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		698	81.95
% of Calories			47.0%
Nutrient Guideline		550-650	

Thu - 02/02/2023			
FARSON LUNCH K-5	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
POTATO PUFFS FRZ BKD1/2cup	1/2 cup	68	8.03
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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	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		690	83.79
% of Calories			48.6%
Nutrient Guideline		550-650	

Mon - 02/06/2023			
FARSON LUNCH K-5	Total		
GRILL CHEESE SANDWICH 2022-23	1 EACH	248	30.49
SOUP TOMATO CAMPBELLS 2022-23	8 OZ LADLE	180	40.0
GOLDFISH CRACKER CHEDDAR .75oz	PACK	100	14.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
KIDNEY BEANS CND LS 2023	1/2 CUP	120	21.0
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		692	104.45
% of Calories			60.4%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/07/2023			
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	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		609	70.85
% of Calories			46.5%
Nutrient Guideline		550-650	

Wed - 02/08/2023			
FARSON LUNCH K-5	Total		
BEEF, FE Ckd PATTY 2.0 OZ	1 each	119	0.0
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	.5 Cup Veg	150	8.41
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 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		562	71.05
% of Calories			50.6%
Nutrient Guideline		550-650	

Thu - 02/09/2023			
FARSON LUNCH K-5	Total		
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
GRAVY,CHICKEN, LS 2018	1/4 CUP	20	3.0
APPLESAUCE CUP 4.5oz 2018	1 EACH	90	22.0
SALAD BAR WTh	.5 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		632	75.76
% of Calories			48.0%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/13/2023			
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	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		697	105.54
% of Calories			60.6%
Nutrient Guideline		550-650	

Tue - 02/14/2023			
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 1/2 cup	1/2 cup	12	2.36
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
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		639	93.13
% of Calories			58.3%
Nutrient Guideline		550-650	

Wed - 02/15/2023			
FARSON LUNCH K-5	Total		
SPAGHETTI NOODLES 2oz 2019	1/2 CUP	200	41.0
SAUCE - SPAGHETTI MEAT SAUCE	1/2 CUP	97	9.93
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
BREAD STICK WG 5" 2018	1 EACH	80	14.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		572	99.15
% of Calories			69.3%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/16/2023			
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
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
SALAD BAR WTh	.5 Cup Veg	150	8.41
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	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		696	88.40
% of Calories			50.8%
Nutrient Guideline		550-650	

Mon - 02/20/2023			
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	5	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		612	78.48
% of Calories			51.3%
Nutrient Guideline		550-650	

Tue - 02/21/2023			
FARSON LUNCH K-5	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	23	3.21
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		669	81.87
% of Calories			49.0%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/22/2023			
FARSON LUNCH K-5	Total		
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	260	11.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 Cup Veg	150	8.41
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		625	63.34
% of Calories			40.6%
Nutrient Guideline		550-650	

Thu - 02/23/2023			
FARSON LUNCH K-5	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
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	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		637	77.01
% of Calories			48.4%
Nutrient Guideline		550-650	

Mon - 02/27/2023			
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
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
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	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		618	71.30
% of Calories			46.2%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/28/2023			
FARSON LUNCH K-5	Total		
CHICKEN PATTY CRSP 3.04ozTYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO SMILES 5 ea ELEM	5 EACH	160	25.0
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	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		775	97.65
% of Calories			50.4%
Nutrient Guideline		550-650	

Weighted Average		651	83.98
			51.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	651		550 - 650	100%			1	Correction Required - Calories too High
Carbohydrate (g)	83.98	51.58%						

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