

**SWEETWATER SCH. DIST. NO.1****Dec 1, 2022 thru Dec 29, 2022**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 12/2/2022 2:20:58 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
Elementary Lunch	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
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		634	74.34
% of Calories			46.9%
Nutrient Guideline		600-650	

Mon - 12/05/2022			
Elementary Lunch	Total		
CHICKEN PATTY CRSP 3.04oz TYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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		671	84.53
% of Calories			50.4%
Nutrient Guideline		600-650	

Tue - 12/06/2022			
Elementary Lunch	Total		
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
POTATO SMILES 5 ea ELEM	5 EACH	160	25.0
STRAWBERRY CUP 4.5oz 2018	ZIP CUP	90	22.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		661	89.03
% of Calories			53.9%
Nutrient Guideline		600-650	

\*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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 29, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 12/2/2022 2:20:58 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/07/2022			
Elementary Lunch	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
SALAD BAR ELEM #1	1 EACH	111	22.56
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		619	84.57
% of Calories			54.7%
Nutrient Guideline		600-650	

Thu - 12/08/2022			
Elementary Lunch	Total		
BEEF PATTY STEAK 2.45 JTM5670	1 PATTY	165	1.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		581	75.08
% of Calories			51.7%
Nutrient Guideline		600-650	

Mon - 12/12/2022			
Elementary Lunch	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		616	82.83
% of Calories			53.8%
Nutrient Guideline		600-650	

\*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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**SWEETWATER SCH. DIST. NO.1****Dec 1, 2022 thru Dec 29, 2022**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 12/2/2022 2:20:58 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/13/2022			
Elementary Lunch	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		656	93.31
% of Calories			56.9%
Nutrient Guideline		600-650	

Wed - 12/14/2022			
Elementary Lunch	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
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
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		568	98.68
% of Calories			69.4%
Nutrient Guideline		600-650	

Thu - 12/15/2022			
Elementary Lunch	Total		
CHICKEN DRUMSTICK-1	DRUMSTICK	150	2.0
MAC CHEESE JTM ELE 3oz 2017	1/4 cup	151	13.67
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		630	65.98
% of Calories			41.9%
Nutrient Guideline		600-650	

**\*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

**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 29, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 12/2/2022 2:20:58 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/19/2022			
Elementary Lunch	Total		
CHICKEN PATTY CRSP 3.04oz TYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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		738	90.39
% of Calories			49.0%
Nutrient Guideline		600-650	

Tue - 12/20/2022			
Elementary Lunch	Total		
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
STRAWBERRY CUP 4.5oz 2018	ZIP CUP	90	22.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		725	110.10
% of Calories			60.7%
Nutrient Guideline		600-650	

Wed - 12/21/2022			
Elementary Lunch	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		600-650	

Thu - 12/22/2022			
Elementary Lunch	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		600-650	

Mon - 12/26/2022			
Elementary Lunch	Total		
NO SCHOOL	1 EACH	0	0.0

\*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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 29, 2022

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 12/2/2022 2:20:58 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		0	0.00 0.0%
Nutrient Guideline		600-650	

Tue - 12/27/2022			
Elementary Lunch NO SCHOOL	Total 1 EACH	0	0.0
Weighted Daily Average % of Calories		0	0.00 0.0%
Nutrient Guideline		600-650	

Wed - 12/28/2022			
Elementary Lunch NO SCHOOL	Total 1 EACH	0	0.0
Weighted Daily Average % of Calories		0	0.00 0.0%
Nutrient Guideline		600-650	

Thu - 12/29/2022			
Elementary Lunch NO SCHOOL	Total 1 EACH	0	0.0
Weighted Daily Average % of Calories		0	0.00 0.0%
Nutrient Guideline		600-650	

Weighted Average		645	86.26 53.5%
------------------	--	-----	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	645		600 - 650	100%				
Carbohydrate (g)	86.26	53.46%						

*\*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*

*1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.