

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

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2023			
FARSON LUNCH 9-12	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	23	3.21
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
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
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		636	73.44
% of Calories			46.2%
Nutrient Guideline		750-850	

Thu - 03/02/2023			
FARSON LUNCH 9-12	Total		
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	240	15.0
MASHED POTATO, Pearls 1/2C 2018	1/2 CUP	90	17.0
GRAVY, CHICKEN, LS 2018	1/4 CUP	20	3.0
PEAS: frozen 1/2 cup 2018	1/2 CUP	89	15.29
ROLLS, DINNER WHWT ALPHA 2020	1 EACH	80	13.0
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD: PC 5.5 gm 2018	Pkt 5g	0	0.0
MAYO LITE 2018	1 TBSP	50	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
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
SALAD BAR WTh	.75 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		606	73.11
% of Calories			48.2%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/06/2023			
FARSON LUNCH 9-12	Total		
CHICKEN MALIBU 2017	1 EACH	341	32.14
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
SWEET POTATO CRKL FRYUSDA2022	1 CUP	358	53.32
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
KIDNEY BEANS CND LS 2023	1/2 CUP	120	21.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
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		615	80.08
% of Calories			52.1%
Nutrient Guideline		750-850	

Tue - 03/07/2023			
FARSON LUNCH 9-12	Total		
HOT DOG, BEEF LS ARMSMITHFIELD	1 EACH	180	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	110	21.0
BEANS BAKED 3/4 cup 2022-23	1/2 cup	180	36.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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
Weighted Daily Average		289	37.14
% of Calories			51.3%
Nutrient Guideline		750-850	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/08/2023			
FARSON LUNCH 9-12	Total		
TACO MEAT ONLY FE ELEM SW2	#10 SCOOP	67	5.6
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
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	4	0.83
TACO SALAD BEEF 2019	1 EACH	470	33.98
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR Wth	.75 Cup Veg	150	8.41
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	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		264	32.58
% of Calories			49.3%
Nutrient Guideline		750-850	

Thu - 03/09/2023			
FARSON LUNCH 9-12	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
EGG PATTY 1.25oz USDA 2019	PATTY	70	1.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
SALAD BAR Wth	.5 Cup Veg	150	8.41
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
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		455	55.38
% of Calories			48.7%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/13/2023			
FARSON LUNCH 9-12	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
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
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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		509	64.73
% of Calories			50.8%
Nutrient Guideline		750-850	

Tue - 03/14/2023			
FARSON LUNCH 9-12	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: canned, light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
KETCHUP: individual	Pkt 6g	6	1.64
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
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
COOKIE WG CHOC TFS 2018	COOKIE	170	27.0
PEACHES can, lite sy 1/2c 2018	1/2 cup	61	14.17
POPEYE SALAD 1 CUP 2016	1 CUP SERV	23	3.21
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		718	92.02
% of Calories			51.2%
Nutrient Guideline		750-850	

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FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/15/2023			
FARSON LUNCH 9-12	Total		
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CHICKEN NUGGET HOT'NSPICY TY23	5 EACH	230	15.01
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
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	436	60.52
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	5	0.0
PICKLES,DILL 2022-23	3 chips	2	0.0
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		461	51.55
% of Calories			44.7%
Nutrient Guideline		750-850	

Thu - 03/16/2023			
FARSON LUNCH 9-12	Total		
BURRITO BEAN CHEESE 3.95ozLos	1 EACH	245	33.88
BEAN DIP 1 CUP	1 cup	386	57.3
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
SALAD BAR WTh	.75 Cup Veg	150	8.41
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	10	2.0
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		440	63.21
% of Calories			57.4%
Nutrient Guideline		750-850	

Mon - 03/20/2023			
FARSON 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	

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FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/21/2023			
FARSON 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			
FARSON 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			
FARSON 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			
FARSON LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT	PATTY	210	14.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
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 cup 2018	1 cup	340	66.0
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
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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
PICKLES,DILL 2022-23	3 chips	2	0.0
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
Weighted Daily Average		566	71.39
% of Calories			50.4%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/28/2023			
FARSON LUNCH 9-12	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	627	67.46
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES: canned,light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
BEANS,BLACK,CND,DRND 1/4c	1/4 CUP	50	9.07
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
PICKLES,DILL 2022-23	3 CHIPS	2	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		526	67.22
% of Calories			51.1%
Nutrient Guideline		750-850	

Wed - 03/29/2023			
FARSON LUNCH 9-12	Total		
BEEF, FE Ckd PATTY 2.0 OZ	1 each	119	0.0
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
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	23	3.21
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
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	5	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
PICKLES,DILL 2022-23	4 chips	2	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	0.0
Italian Dressing Lite 1oz 2019	5 OZ	177	13.29
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		573	66.75
% of Calories			46.6%
Nutrient Guideline		750-850	

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Thu - 03/30/2023			
FARSON LUNCH 9-12	Total		
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	240	15.0
MASHED POTATO, Pearls 1/2C 2018	1/2 CUP	90	17.0
GRAVY, CHICKEN, LS 2018	1/4 CUP	20	3.0
PEAS: frozen 1/2 cup 2018	1/2 CUP	89	15.29
ROLLS, DINNER WHWT ALPHA 2020	1 EACH	80	13.0
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
PEACHES can, lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR WTh	.75 Cup Veg	150	8.41
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
MAYO LITE 2018	1 TBSP	50	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		447	56.08
% of Calories			50.2%
Nutrient Guideline		750-850	

Weighted Average		508	63.19
			49.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	508		750 - 850	68%		242		
Carbohydrate (g)	63.19	49.80%						Correction Required - Calories are Low

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.