

SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

FARSON LUNCH K-5

Portion Values - Detailed

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Generated on: 12/2/2022 2:26:18 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
FARSON LUNCH K-5	Total		
CHICKEN TENDER TYS 70332 3 EA	2 EACH	167	10.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		504	63.08
% of Calories			50.1%
Nutrient Guideline		550-650	

Mon - 12/05/2022			
FARSON LUNCH K-5	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 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		679	96.39
% of Calories			56.8%
Nutrient Guideline		550-650	

Tue - 12/06/2022			
FARSON LUNCH K-5	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
STRAWBERRY CUP 4.5oz 2018	ZIP CUP	90	22.0
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		650	92.80
% of Calories			57.1%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/07/2022			
FARSON LUNCH K-5	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		550-650	

Thu - 12/08/2022			
FARSON LUNCH K-5	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		550-650	

Mon - 12/12/2022			
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
BEAN GREEN CND 1c 2017	1 cup	32	6.0
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		604	69.42
% of Calories			46.0%
Nutrient Guideline		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/13/2022			
FARSON LUNCH K-5	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		550-650	

Wed - 12/14/2022			
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
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		550-650	

Thu - 12/15/2022			
FARSON LUNCH K-5	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		550-650	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/19/2022			
FARSON LUNCH K-5	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		550-650	

Tue - 12/20/2022			
FARSON LUNCH K-5	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		550-650	

Weighted Average		632	85.44
			54.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		550 - 650	100%				
Carbohydrate (g)	85.44	54.05%						

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