

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

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

Page 1

Generated on: 2/1/2023 10:38:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2023			
FARSON LUNCH 9-12	Total		
BEEF PATTY BD WG 3.9OZ AP68011	1 PATTY	290	19.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
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
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
SALAD BAR SECONDARY #1	1 EACH	234	31.42
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		1000	124.67
% of Calories			49.9%
Nutrient Guideline		750-850	

Thu - 02/02/2023			
FARSON LUNCH 9-12	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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 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		857	94.56
% of Calories			44.1%
Nutrient Guideline		750-850	

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FARSON LUNCH 9-12

Portion Values - Detailed

Page 2

Generated on: 2/1/2023 10:38:40 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/06/2023			
FARSON LUNCH 9-12	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
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
PEARS: canned 1 cup 2018	1 cup	120	32.13
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
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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		891	131.71
% of Calories			59.2%
Nutrient Guideline		750-850	

Tue - 02/07/2023			
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 1 cup 2022-23	1 cup	360	72.0
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: canned,light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
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		679	99.03
% of Calories			58.4%
Nutrient Guideline		750-850	

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SWEETWATER SCH. DIST. NO.1

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/08/2023			
FARSON LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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 1cup 2020	1 CUP	174	30.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
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		753	89.24
% of Calories			47.4%
Nutrient Guideline		750-850	

Thu - 02/09/2023			
FARSON LUNCH 9-12	Total		
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	240	15.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
BEAN GREEN CND 1c 2017	1 cup	32	6.0
GRAVY,CHICKEN, LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
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		782	106.79
% of Calories			54.6%
Nutrient Guideline		750-850	

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FARSON LUNCH 9-12

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/13/2023			
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 cup 2018	1 cup	120	32.13
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
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		720	92.97
% of Calories			51.6%
Nutrient Guideline		750-850	

Tue - 02/14/2023			
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
Weighted Daily Average		699	89.80
% of Calories			51.4%
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 - 02/15/2023			
FARSON LUNCH 9-12	Total		
SPAGHETTI NOODLES 4oz 2022	1 CUP	500	102.5
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" 2 ea 2018	2 each	160	28.0
CHICKEN NUGGET HOT'NSPICY TY23	5 EACH	230	15.01
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 - Secondary	1CUP Veg	156	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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		804	112.64
% of Calories			56.0%
Nutrient Guideline		750-850	

Thu - 02/16/2023			
FARSON LUNCH 9-12	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
BEANS BAKED 1 cup 2018	1 cup	340	66.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	436	60.52
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	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		824	113.17
% of Calories			54.9%
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)
Mon - 02/20/2023			
FARSON LUNCH 9-12	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
CHICKEN NUGGET HOT'NSPICY TY23	5 EACH	230	15.01
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
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
PEARS: canned 1 cup 2018	1 cup	120	32.13
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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		915	127.96
% of Calories			55.9%
Nutrient Guideline		750-850	

Tue - 02/21/2023			
FARSON LUNCH 9-12	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
POPEYE SALAD 1.5 CUP 2018	1.5 cup serv	43	5.88
COOKIE TIGER BITE PK 2022-23	PKG	120	21.0
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
PEACHES: canned,light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
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		772	104.57
% of Calories			54.2%
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 - 02/22/2023			
FARSON LUNCH 9-12	Total		
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	260	11.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
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
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
FIESTA CHIC SALAD 2020	1 EACH	371	39.42
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		830	95.23
% of Calories			45.9%
Nutrient Guideline		750-850	

Thu - 02/23/2023			
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
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
BEANS BAKED 1 cup 2018	1 cup	340	66.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
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
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		821	103.74
% of Calories			50.5%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/27/2023			
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
PEARS: canned	1 CUP	120	32.13
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
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		959	125.02
% of Calories			52.2%
Nutrient Guideline		750-850	

Tue - 02/28/2023			
FARSON LUNCH 9-12	Total		
CHICKEN PATTY CRSP 3.04oz TYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO SMILES 10 ea SEC	10 EACH	320	50.0
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: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
PICKLES,DILL 2022-23	3 CHIPS	2	0.0
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
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		907	125.97
% of Calories			55.6%
Nutrient Guideline		750-850	

Weighted Average		826	108.57
			52.6%

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.

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SWEETWATER SCH. DIST. NO.1

Feb 1, 2023 thru Feb 28, 2023

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	826		750 - 850	100%				
Carbohydrate (g)	108.57	52.59%						

**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*

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