

SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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Generated on: 12/2/2022 2:24:48 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
RSHS LUNCH 9-12	Total		
LASAGNA ROLLUPS TFS	4.15 OZ	210	30.0
SAUCE MARINARA 1/2 CUP 2016	1/2 CUP	45	14.01
BEAN GREEN CND 1c 2017	1 cup	32	6.0
BREADSTICK, GARLIC (2 HS) WG	2 EACH	198	29.77
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
BAJA SALAD 2020	1 EACH	277	22.67
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
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		735	105.34
% of Calories			57.3%
Nutrient Guideline		750-850	

Mon - 12/05/2022			
RSHS LUNCH 9-12	Total		
CHICKEN PATTIES,BRD 4oz #7516	PATTY	220	18.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
GOURMET SALAD SEC*	1 EACH	269	25.11
WRAP TURKEY BACON RANCH 22-23	1 EACH	579	61.28
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
PICKLES,DILL 2022-23	3 chips	2	0.0
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
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
CHICKEN PATTY CRSP 3.04ozTYSON	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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		651	82.80 50.8%
Nutrient Guideline		750-850	

Tue - 12/06/2022			
RSHS LUNCH 9-12	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
SAUSAGE PTY 2ea JTM1.25oz 2018	2 each	90	0.0
HASH BROWN TRIANGLE 2oz 2ea	2 each	200	24.0
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
GOURMET SALAD SEC*	1 EACH	269	25.11
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
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
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 % of Calories		307	40.52 52.9%
Nutrient Guideline		750-850	

Wed - 12/07/2022			
RSHS LUNCH 9-12	Total		
TACO MEAT ONLY SEC 1/2 CUP SW2	1/2 CUP	201	5.7
CHEESE SAUCE CHED KATY 2022	1/8 CUP	35	3.0
CORN,SWT,YEL,FRZ 2018 1/4cup	1/4 CUP	38	7.93
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
FIESTA CHICKEN SALAD SEC 2020	1 EACH	581	63.21
WRAP SOUTHWESTERN CHIC 22-23	1 EACH	797	92.35
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
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

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SWEETWATER SCH. DIST. NO.1**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		779	92.62 47.6%
Nutrient Guideline		750-850	

Thu - 12/08/2022			
RSHS LUNCH 9-12	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
BEEF PATTY STEAK 2.45 JTM5670	1 PATTY	165	1.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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 % of Calories		724	95.67 52.9%
Nutrient Guideline		750-850	

Mon - 12/12/2022			
RSHS LUNCH 9-12	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
PICKLES,DILL 2022-23	3 chips	2	0.0
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
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 % of Calories		59	7.38 50.2%
Nutrient Guideline		750-850	

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RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/13/2022			
RSHS LUNCH 9-12	Total		
PIZZA PEPP CALIZONE 4.69/2018	1 EACH	270	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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
FORTUNE COOKIE I/W 2018	1 EACH	96	21.0
ASIAN CHICKEN SALAD 2019	1 EACH	406	60.18
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	618	69.49
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		56	8.51
% of Calories			60.9%
Nutrient Guideline		750-850	

Wed - 12/14/2022			
RSHS LUNCH 9-12	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
CHICKEN CHUNK - BUFFALO STYLE	4 EACH	230	20.96
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	327	35.96
WRAP WG ASIAN PORK W/SLAW	1 EACH	517	57.65
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		482	75.71
% of Calories			62.9%
Nutrient Guideline		750-850	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/15/2022			
RSHS 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 TENDER TYS 70332 3 EA	3 EACH	250	15.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
MAC CHEESE JTM SEC 6oz 2017	6 oz	302	27.34
BAJA SALAD 2020	1 EACH	277	22.67
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
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		696	77.92
% of Calories			44.8%
Nutrient Guideline		750-850	

Mon - 12/19/2022			
RSHS LUNCH 9-12	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
SALSA: COMMERCIAL 1/2cup 2018	1/2 cup	18	3.54
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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		768	98.91
% of Calories			51.5%
Nutrient Guideline		750-850	

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RSHS LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/20/2022			
RSHS LUNCH 9-12	Total		
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	240	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD: PC 5.5 gm 2018	Pkt 5g	5	0.0
MAYONNAISE: individual PC 2018	Pkt 7g	30	1.0
PICKLES, DILL 2022-23	4 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		656	85.74
% of Calories			52.3%
Nutrient Guideline		750-850	

Weighted Average		537	70.10
			52.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	537		750 - 850	72%		213		
Carbohydrate (g)	70.10	52.17%						Correction Required - Calories are Low

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