

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

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 2/1/2023 10:30:53 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2023			
Elementary Lunch	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	23	3.21
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.75 Cup Veg	150	8.41
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		578	70.08
% of Calories			48.5%
Nutrient Guideline		600-650	

Thu - 02/02/2023			
Elementary Lunch	Total		
BEEF PATTY BD WG 3.9OZ AP68011	1 PATTY	290	19.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
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		653	75.39
% of Calories			46.2%
Nutrient Guideline		600-650	

Mon - 02/06/2023			
Elementary Lunch	Total		
GRILL CHEESE SANDWICH 2022-23	1 EACH	248	30.49
SOUP TOMATO JTM 2018	6 OZ LADEL	114	21.0
GOLDFISH CRACKER CHEDDAR .75oz	PACK	100	14.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
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		652	93.85
% of Calories			57.6%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/07/2023			
Elementary Lunch	Total		
HOT DOG, BEEF LS ARMSMITHFIELD	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 1/2 cup 2022-23	1/2 cup	180	36.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
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		628	71.23
% of Calories			45.4%
Nutrient Guideline		600-650	

Wed - 02/08/2023			
Elementary Lunch	Total		
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
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
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		658	79.63
% of Calories			48.4%
Nutrient Guideline		600-650	

Thu - 02/09/2023			
Elementary Lunch	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
EGG PATTY 1.25oz USDA 2019	PATTY	70	1.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
HASH BROWN TRIANGL 4.51oz 2018	1 EACH	220	29.0
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		522	64.90
% of Calories			49.7%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/13/2023			
Elementary Lunch	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	179	26.66
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
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		602	83.22
% of Calories			55.3%
Nutrient Guideline		600-650	

Tue - 02/14/2023			
Elementary Lunch	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
COOKIE WG ICED 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		747	95.34
% of Calories			51.0%
Nutrient Guideline		600-650	

Wed - 02/15/2023			
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
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		639	101.86
% of Calories			63.8%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/16/2023			
Elementary Lunch	Total		
BURRITO BEAN CHEESE 3.95ozLos	1 EACH	245	33.88
POTATO PUFFS FRZ BKD1/2cup	8 Tots	135	16.06
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	10	2.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
SALAD BAR WTh	.75 Cup Veg	150	8.41
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		553	83.19
% of Calories			60.2%
Nutrient Guideline		600-650	

Mon - 02/20/2023			
Elementary Lunch	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
BEANS,BLACK,CND 2018	1/2 CUP	110	20.0
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
Weighted Daily Average		697	96.48
% of Calories			55.4%
Nutrient Guideline		600-650	

Tue - 02/21/2023			
Elementary Lunch	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
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.5 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		642	70.73
% of Calories			44.1%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/22/2023			
Elementary Lunch	Total		
PIZZA CHEESE ROUND 2019	1 EACH	280	26.0
BREAD STICK WG 5" 2018	1 EACH	80	14.0
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		627	76.34
% of Calories			48.7%
Nutrient Guideline		600-650	

Thu - 02/23/2023			
Elementary Lunch	Total		
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
SALAD BAR WTh	.75 Cup Veg	150	8.41
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	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		698	92.21
% of Calories			52.8%
Nutrient Guideline		600-650	

Mon - 02/27/2023			
Elementary Lunch	Total		
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
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
SALAD BAR MT	.75 Cup VEG	154	9.54
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		633	78.35
% of Calories			49.5%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/28/2023			
Elementary Lunch	Total		
CHICKEN PATTY CRSP 3.04oz TYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO SMILES 5 ea ELEM	5 EACH	160	25.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
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 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		733	91.94
% of Calories			50.2%
Nutrient Guideline		600-650	

Weighted Average		641	82.80
			51.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	641		600 - 650	100%				
Carbohydrate (g)	82.80	51.64%						

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