SWEETWATER SCH. DIST. NO.1 Jan 2, 2023 thru Jan 31, 2023

Base Menu Spreadsheet FARSON LUNCH 6-8

Portion Values - Detailed

 Generated on: 12/22/2022 2:28:57 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/02/2023			
FARSON LUNCH 6-8	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
CHEESE SAUCE CHED KATY 2022	1/8 CUP	35	3.0
BEAN DIP 1/2cup 2017	1/2 cup	145	23.53
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
CARROTS,RAW,BABY 1cup 2019	1 CUP	50	12.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	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		674	101.64
% of Calories			60.3%
Nutrient Guideline		600-700	

Tue - 01/03/2023			
FARSON LUNCH 6-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	146	18.47
RICE, BROWN 2018	1/2 CUP	86	17.64
VEGETABLES, ASIAN 1/2cup 2018	1/2 cup	13	2.0
MANDARIN ORANGES 1/2 CUP 2018	1/2 CUP	90	23.0
CARROTS,RAW,BABY 1cup 2019	1 CUP	50	12.0
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		565	90.86
% of Calories			64.3%
Nutrient Guideline		600-700	

Wed - 01/04/2023			
FARSON LUNCH 6-8	Total		
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	90	17.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
GRAVY,CHICKEN, LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
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		628	84.16
% of Calories			53.6%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/05/2023			
FARSON LUNCH 6-8	Total		
CHICKEN TENDER TYS 70332 5 EA	5 EACH	417	25.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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		815	94.17
% of Calories			46.2%
Nutrient Guideline		600-700	

Mon - 01/09/2023			
FARSON LUNCH 6-8	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
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
YOGURT 6 OZ YOPLAIT BRAND 2018	1 EACH	150	26.01
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	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		878	132.48
% of Calories			60.3%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/10/2023			
FARSON LUNCH 6-8	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
SAUSAGE PTY 2ea JTM1.25oz 2018	2 each	90	0.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
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
WRAP ITALIAN 22-23	1 EACH	623	60.75
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	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		807	103.03
% of Calories			51.1%
Nutrient Guideline		600-700	

Wed - 01/11/2023			
FARSON LUNCH 6-8	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
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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	5	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		705	88.37
% of Calories			50.2%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/12/2023			
FARSON LUNCH 6-8	Total		
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	240	15.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
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 1/2c 2022	1/2 CUP	120	20.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
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		678	96.05
% of Calories			56.6%
Nutrient Guideline		600-700	

Mon - 01/16/2023			
FARSON LUNCH 6-8	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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		760	97.48
% of Calories			51.3%
Nutrient Guideline		600-700	

Tue - 01/17/2023			
FARSON LUNCH 6-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	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 1/2 cup	1/2 cup	12	2.36
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FORTUNE COOKIE I/W 2018	1 EACH	96	21.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		656	92.63
% of Calories			56.5%
Nutrient Guideline		600-700	

Wed - 01/18/2023			
FARSON LUNCH 6-8	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 1/2c 2022	1/2 CUP	120	20.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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		701	98.96
% of Calories			56.4%
Nutrient Guideline		600-700	

Thu - 01/19/2023			
FARSON LUNCH 6-8	Total		
TACO MEAT ONLY ELE/SEC 2017-#2	1/2 CUP	191	3.71
TORTILLA 8" WHITE WW SFE 5670	TORTILLA	130	21.0
BEAN DIP 1/2cup 2017	1/2 cup	145	23.53
CHEESE CHEDDAR SHRED USDA 2018	2 Tbls	110	0.5
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	4	0.83
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
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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
Weighted Daily Average		722	86.96
% of Calories			48.2%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/23/2023			
FARSON LUNCH 6-8	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 UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	83	17.47
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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		826	116.95
% of Calories			56.6%
Nutrient Guideline		600-700	

Tue - 01/24/2023			
FARSON LUNCH 6-8	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
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		644	86.30
% of Calories			53.6%
Nutrient Guideline		600-700	

Wed - 01/25/2023			
FARSON LUNCH 6-8	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 1/2c 2017	1/2 cup	16	3.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
FIESTA CHIC SALAD 2020	1 EACH	371	39.42
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		656	81.13
% of Calories			49.4%
Nutrient Guideline		600-700	

Thu - 01/26/2023			
FARSON LUNCH 6-8	Total		
CHICKEN TENDER TYS 70332 3 EA	2 EACH	167	10.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
SALAD BAR SECONDARY #1	1 EACH	83	17.47
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
PICKLES,DILL 2022-23	4 chips	2	0.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
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		647	77.94
% of Calories			48.2%
Nutrient Guideline		600-700	

Mon - 01/30/2023			
FARSON LUNCH 6-8	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
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 1/2 cup 2022-23	1/2 cup	180	36.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
SALAD BAR SECONDARY #1	1C.FRU/1C.VEG	83	17.47
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	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		756	104.50
% of Calories			55.3%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/31/2023			
FARSON LUNCH 6-8	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
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
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
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	5	0.0
PICKLES,DILL 2022-23	3 CHIPS	2	0.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	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		822	108.43
% of Calories			52.8%
Nutrient Guideline		600-700	

Weighted Average		719	96.78 53.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	719		600 - 700	103%			19	Correction Required - Calories too High
Carbohydrate (g)	96.78	53.85%						

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.