

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

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Wed - 01/04/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | Total           |                |             |
| BURRITO BEAN CHEESE 5.2oz 22-2 | 1 EACH          | 321            | 44.17       |
| CHEESE SAUCE CHED KATY 2022    | 1/8 CUP         | 35             | 3.0         |
| POTATO PUFFS FRZ BKD1/2cup2018 | 1/2 cup         | 160            | 19.0        |
| CORN DOGS MINI 6 FOSTER 2018   | 6 EACH          | 270            | 30.0        |
| COOKIE CHOC CHIP 2019          | 1 EACH          | 130            | 23.0        |
| PB&J UNCRUSTABLE USDA2.6oz2018 | SANDWICH        | 300            | 32.0        |
| CHIPS BKD ORIGINAL LAYS        | BAG             | 109            | 18.78       |
| 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         |
| 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         |                 | 689            | 96.27       |
| % of Calories                  |                 |                | 55.9%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |            |         |       |
|--------------------------------|------------|---------|-------|
| Thu - 01/05/2023               |            |         |       |
| RSJR LUNCH 7-8                 | Total      |         |       |
| PIZZA FRENCH BREAD PEP SW 2018 | 1 EACH     | 300     | 33.0  |
| COOKIE CHOC CHIP 2019          | 1 EACH     | 130     | 23.0  |
| CHICKEN TENDER TYS 70332 5 EA  | 5 EACH     | 417     | 25.0  |
| POTATO CURLY: BAKED 3oz 2020   | 3 ounces   | 160     | 20.0  |
| ROLLS,DINNER WHWT ALPHA 2020   | 1 EACH     | 80      | 13.0  |
| 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   |
| 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   |
| 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         |            | 737     | 92.18 |
| % of Calories                  |            |         | 50.0% |
| Nutrient Guideline             |            | 600-700 |       |

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Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Mon - 01/09/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | Total           |                |             |
| CHICKEN PATTY GOLDKST HOT 2019 | PATTY           | 179            | 9.5         |
| BUN HAMBURG USBAKWW 3.5" 22-23 | BUN             | 140            | 27.0        |
| CORN DOG, Chicken FOSTER 2020  | 1 EACH          | 237            | 29.63       |
| SWEET POTATO, WAVELENGTH 1     | 14 EACH         | 240            | 40.0        |
| CHEF SALAD SEC 2018            | 1 EACH          | 357            | 52.15       |
| 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        |
| STRING CHEESE 1oz 2019         | 1 EACH          | 90             | 0.0         |
| 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        |
| 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         |                 | 751            | 100.74      |
| % of Calories                  |                 |                | 53.7%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |             |         |       |
|--------------------------------|-------------|---------|-------|
| Tue - 01/10/2023               |             |         |       |
| RSJR LUNCH 7-8                 | 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  |
| CHICKEN NUGG 2155 HS TYS 5ea   | 5 EACH      | 240     | 16.0  |
| CHICKEN CAESAR SALAD SEC 2019  | 1 EACH      | 327     | 35.96 |
| 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: individual            | Pkt 6g      | 6       | 1.64  |
| BARBEQUE SAUCE CONTAINER 22-23 | 1 CONTAINER | 45      | 10.0  |
| 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         |             | 641     | 81.56 |
| % of Calories                  |             |         | 50.9% |
| Nutrient Guideline             |             | 600-700 |       |

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Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Wed - 01/11/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | 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        |
| BEANS BAKED 1/2 cup 2022-23    | 1/2 cup         | 180            | 36.0        |
| CHICKEN CAESAR SALAD SEC 2019  | 1 EACH          | 327            | 35.96       |
| ROLLS,DINNER WHWT ALPHA 2020   | 1 EACH          | 80             | 13.0        |
| 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         |
| 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         |
| 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         |                 | 624            | 84.75       |
| % of Calories                  |                 |                | 54.3%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                 |            |         |       |
|---------------------------------|------------|---------|-------|
| Thu - 01/12/2023                |            |         |       |
| RSJR LUNCH 7-8                  | Total      |         |       |
| CHICKEN PATTY 2154 3.29oz TYSON | PATTY      | 240     | 15.0  |
| MASHED POTATO,Pearls 1/2C 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  |
| 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  |
| FIESTA CHICKEN SALAD SEC 2020   | 1 EACH     | 581     | 63.21 |
| WRAP SOUTHWESTERN CHIC 22-23    | 1 EACH     | 797     | 92.35 |
| 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   |
| 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          |            | 704     | 90.10 |
| % of Calories                   |            |         | 51.2% |
| Nutrient Guideline              |            | 600-700 |       |

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Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| <b>Mon - 01/16/2023</b>        |                 |                |             |
| RSJR LUNCH 7-8                 | 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        |
| BEEF PATTY 2.5 PRAIRIE 2020    | 1 PATTY         | 190            | 2.0         |
| BUN HAMBURG USBAKWW 3.5" 22-23 | BUN             | 140            | 27.0        |
| POTATO FRY SEASONED 1/2c 2018  | 1/2 CUP         | 120            | 20.0        |
| 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       |
| 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         |
| 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         |                 | 695            | 93.54       |
| % of Calories                  |                 |                | 53.8%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |            |         |       |
|--------------------------------|------------|---------|-------|
| <b>Tue - 01/17/2023</b>        |            |         |       |
| RSJR LUNCH 7-8                 | 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  |
| WRAP CHICKEN RANCH 22-23       | 1 EACH     | 411     | 52.24 |
| 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: 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         |            | 638     | 96.21 |
| % of Calories                  |            |         | 60.3% |
| Nutrient Guideline             |            | 600-700 |       |

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RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Wed - 01/18/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | Total           |                |             |
| SPAGHETTI NOODLES 2oz 2019     | 1/2 CUP         | 200            | 41.0        |
| SPAG MEAT SAUCE ONLY 2020      | #8scoop #4ladel | 96             | 10.74       |
| BEAN GREEN CND 1/2c 2017       | 1/2 cup         | 16             | 3.0         |
| PEARS: canned 1/2 cup 2018     | 1/2 cup         | 60             | 16.0        |
| BREAD STICK WG 5" 2 ea 2018    | 2 each          | 160            | 28.0        |
| CHICKEN CHUNK - BUFFALO STYLE  | 4 EACH          | 230            | 20.96       |
| 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       |
| WRAP WG HOT CHIC 3.53oz 22-23  | 1 EACH          | 801            | 76.53       |
| 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         |
| 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         |                 | 723            | 108.97      |
| % of Calories                  |                 |                | 60.3%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |            |         |       |
|--------------------------------|------------|---------|-------|
| Thu - 01/19/2023               |            |         |       |
| RSJR LUNCH 7-8                 | Total      |         |       |
| PIZZA FRENCH BREAD PEP SW 2018 | 1 EACH     | 300     | 33.0  |
| COOKIE CHOC CHIP 2019          | 1 EACH     | 130     | 23.0  |
| CHICKEN NUGG 2155 HS TYS 5ea   | 5 EACH     | 240     | 16.0  |
| POTATO PUFFS FRZ BKD1/2cup2018 | 1/2 cup    | 160     | 19.0  |
| ROLLS,DINNER WHWT ALPHA 2020   | 1 EACH     | 80      | 13.0  |
| 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: 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   |
| BARBEQUE SAUCE 2 TBLS 2018     | 2 TBSP     | 40      | 10.0  |
| 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         |            | 660     | 84.73 |
| % of Calories                  |            |         | 51.4% |
| Nutrient Guideline             |            | 600-700 |       |

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Mon - 01/23/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | Total           |                |             |
| CORN DOGS MINI 6 FOSTER 2018   | 6 EACH          | 270            | 30.0        |
| 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         |                 | 731            | 100.48      |
| % of Calories                  |                 |                | 55.0%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |             |         |       |
|--------------------------------|-------------|---------|-------|
| Tue - 01/24/2023               |             |         |       |
| RSJR LUNCH 7-8                 | Total       |         |       |
| PIZZA RIPPER PEPP 4 oz 2018    | 1 EACH      | 300     | 30.0  |
| COOKIE CHOC CHIP 2019          | 1 EACH      | 130     | 23.0  |
| TACO MEAT ONLY ELE 1/4 CUP SW2 | 1/4 CUP     | 101     | 2.85  |
| POTATO PUFFS FRZ BKD1/2cup2018 | 1/2 cup     | 160     | 19.0  |
| CHEESE SAUCE QUESO 2oz 2018    | 1/4 CUP     | 118     | 2.0   |
| TORTILLA CHIP WG 1oz/13ea 2022 | 13 per serv | 140     | 20.0  |
| TACO SALAD BEEF 2019           | 1 EACH      | 470     | 33.98 |
| 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 |
| SALSA: COMMERCIAL 1/2cup 2018  | 1/2 cup     | 18      | 3.54  |
| 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     | 86.33 |
| % of Calories                  |             |         | 48.0% |
| Nutrient Guideline             |             | 600-700 |       |

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# SWEETWATER SCH. DIST. NO.1

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Wed - 01/25/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | 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         |
| CHICKEN PATTIES,BRD 4oz #7516  | PATTY           | 220            | 18.0        |
| BUN HAMBURG USBAKWW 3.5" 22-23 | BUN             | 140            | 27.0        |
| POTATO FRIES CRINKLE 1/2c 2022 | 1/2 CUP         | 120            | 20.0        |
| 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       |
| WRAP SOUTHWESTERN CHIC 22-23   | 1 EACH          | 797            | 92.35       |
| 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         |
| 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         |                 | 721            | 95.15       |
| % of Calories                  |                 |                | 52.8%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |            |         |       |
|--------------------------------|------------|---------|-------|
| Thu - 01/26/2023               |            |         |       |
| RSJR LUNCH 7-8                 | Total      |         |       |
| PIZZA BIG DADDY PEP PRIMO 16"  | SLICE      | 370     | 35.0  |
| COOKIE BUG BITE PK 2017        | PKG        | 120     | 21.0  |
| CHICKEN PATTIES,BRD 4oz #7516  | PATTY      | 220     | 18.0  |
| BUN HAMBURG USBAKWW 3.5" 22-23 | BUN        | 140     | 27.0  |
| POTATO PUFFS FRZ BKD1/2cup2018 | 1/2 cup    | 160     | 19.0  |
| CHICKEN CAESAR SALAD SEC 2019  | 1 EACH     | 327     | 35.96 |
| CROISSANT SANDWICH 2022-23     | SANDWICH   | 279     | 31.37 |
| 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   |
| MAYONNAISE:individual PC 2018  | Pkt 7g     | 30      | 1.0   |
| BARBEQUE SAUCE 2 TBLS 2018     | 2 TBSP     | 40      | 10.0  |
| PICKLES,DILL 2022-23           | 4 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         |            | 697     | 91.83 |
| % of Calories                  |            |         | 52.7% |
| Nutrient Guideline             |            | 600-700 |       |

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Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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|                                | Portion<br>Size | Cals<br>(kcal) | Carb<br>(g) |
|--------------------------------|-----------------|----------------|-------------|
| Mon - 01/30/2023               |                 |                |             |
| RSJR LUNCH 7-8                 | Total           |                |             |
| 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        |
| PB&J UNCRUSTABLE GRP2.6oz 2018 | SANDWICH        | 300            | 32.0        |
| CHIPS BKD ORIGINAL LAYS        | BAG             | 109            | 18.78       |
| 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         | 1C.FRUI/1C.VEG  | 83             | 17.47       |
| PICKLES,DILL 2022-23           | 3 chips         | 2              | 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        |
| 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 WHITE FF MEADOW GOLD 22   | 1 CUP           | 90             | 13.0        |
| Weighted Daily Average         |                 | 601            | 82.38       |
| % of Calories                  |                 |                | 54.8%       |
| Nutrient Guideline             |                 | 600-700        |             |

|                                |            |         |       |
|--------------------------------|------------|---------|-------|
| Tue - 01/31/2023               |            |         |       |
| RSJR LUNCH 7-8                 | Total      |         |       |
| BURRITO BEAN CHEESE 5.2oz 22-2 | 1 EACH     | 321     | 44.17 |
| POTATO PUFFS FRZ BKD1/2cup2018 | 1/2 cup    | 160     | 19.0  |
| BEEF, Ckd PATTY 2.5 OZ 2021    | 1 each     | 190     | 2.0   |
| BUN HAMBURG USBAKWW 3.5" 22-23 | BUN        | 140     | 27.0  |
| CHEESE AMERICAN 1SLC USDA 2018 | 1 SLICE    | 40      | 0.5   |
| POTATO PUFFS FRZ BKD1/2cup2018 | 1/2 cup    | 160     | 19.0  |
| 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 |
| 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 WHITE FF MEADOW GOLD 22   | 1 CUP      | 90      | 13.0  |
| Weighted Daily Average         |            | 733     | 94.06 |
| % of Calories                  |            |         | 51.3% |
| Nutrient Guideline             |            | 600-700 |       |

|                  |  |     |       |
|------------------|--|-----|-------|
| Weighted Average |  | 691 | 92.46 |
|                  |  |     | 53.5% |

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Base Menu Spreadsheet

RSJR LUNCH 7-8

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| Nutrient         | Menu AVG | % of Cals | Weekly Target | Portion Size<br>% of Target | Cals (kcal)<br>Miss Data | Carb (g)<br>Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-----------------------------|--------------------------|-----------------------|---------|-------------------------|
| Calories         | 691      |           | 600 - 700     | 100%                        |                          |                       |         |                         |
| Carbohydrate (g) | 92.46    | 53.48%    |               |                             |                          |                       |         |                         |

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