

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 3, 2023 thru Apr 27, 2023

FARSON LUNCH K-5

Generated on: 4/11/2023 9:57:00 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2023					
FARSON LUNCH K-5	Total	25			
CHICKEN BNLS WING 70362 TYSON	5 EACH	25	50	1	14.0
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	25	0	0	26.66
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	25	0	2	13.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	25	0	11	17.0
KETCHUP CND 33% 2018	1 TBSP	10	0	4	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	15	0	11	15.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	10	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	15	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	5	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	5	4	12	13.0
Weighted Daily Average			62	38	98.86
% of Calories				20.5%	53.5%
Nutrient Guideline					

Tue - 04/04/2023					
FARSON LUNCH K-5	Total	50			
HOT DOG, BEEF LS ARMSMITHFIELD	1 EACH	50	35	1	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	25	0	2	21.0
CHIPS BKD ORIGINAL LAYS	BAG	15	0	0	18.78
BEANS BAKED 3/4 cup 2022-23	1/2 cup	20	0	17	36.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR MT	.75 Cup VEG	30	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	40	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	15	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			55	40	71.23
% of Calories				25.7%	45.5%
Nutrient Guideline					

Wed - 04/05/2023					
FARSON LUNCH K-5	Total	50			
TACO MEAT BEEF SEAS 1/2c 2018	1/2 CUP	50	40	0	8.0
CHEESE SAUCE CHED KATY 2022	1/8 CUP	50	3	1	3.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	50	0	0	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	25	0	2	15.87
FRUIT,FRESH ASSORTED	1 EACH	25	0	12	16.47
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	25	0	1	0.83
SALAD BAR WTh	.75 Cup Veg	25	15	4	8.41
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	15	0	0	0.94
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	20	4	12	13.0
Weighted Daily Average			59	23	66.47
% of Calories				16.4%	46.6%
Nutrient Guideline					

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Apr 3, 2023 thru Apr 27, 2023**FARSON LUNCH K-5**

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/06/2023					
FARSON LUNCH K-5	Total	50			
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	50	30	7	18.0
EGG PATTY 1.25oz USDA 2019	PATTY	50	125	0	1.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	50	0	11	17.0
POTATO PUFFS FRZ BKD1/2cup	8 Tots	20	0	0	16.06
SALAD BAR WTh	.5 Cup Veg	25	15	4	8.41
RANCH DRESSING Lite 1oz 2018	1 OZ	15	15	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			178	35	62.43
% of Calories				23.8%	43.0%
Nutrient Guideline					

Mon - 04/10/2023					
FARSON LUNCH K-5	Total	25			
CORN DOG, Chicken FOSTER 2020	1 EACH	25	40	7	29.63
SWEET POTATO CRKL FRYUSDA 1/2C	1/2 CUP	10	0	0	26.66
PEARS: canned 1/2 cup 2018	1/2 cup	25	0	12	16.0
SALAD BAR MT	.75 Cup VEG	15	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	20	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	15	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	5	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	5	4	12	13.0
Weighted Daily Average			60	40	83.22
% of Calories				27.0%	55.4%
Nutrient Guideline					

Tue - 04/11/2023					
FARSON LUNCH K-5	Total	125			
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	25	39	10	18.47
RICE, BROWN 2018	1/2 CUP	25	0	0	17.64
BROCCOLI,raw: fresh 1 cup	1 cup	50	0	1	4.71
ROLL EGG PORK/VEG 3oz 2019	1 EACH	25	25	4	20.01
COOKIE WG ICED TFS 2018	COOKIE	25	5	15	27.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	25	0	26	64.11
STRING CHEESE 1oz 2019	1 EACH	25	20	0	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	25	0	2	19.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR MT	.75 Cup VEG	25	15	5	9.54
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			27	26	51.91
% of Calories				24.8%	50.2%
Nutrient Guideline					

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Apr 3, 2023 thru Apr 27, 2023**FARSON LUNCH K-5**

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/12/2023					
FARSON LUNCH K-5	Total	50			
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	50	30	0	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	50	0	2	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	30	0	1	20.0
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
SALAD BAR WTh	.75 Cup Veg	20	15	4	8.41
KETCHUP CND 33% 2018	1 TBSP	30	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	20	0	0	0.0
PICKLES,DILL 2022-23	3 chips	10	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			47	33	79.63
% of Calories				19.9%	48.6%
Nutrient Guideline					

Thu - 04/13/2023					
FARSON LUNCH K-5	Total	25			
BURRITO BEAN CHEESE 3.95ozLos	1 EACH	25	11	1	33.88
BEAN DIP 1/2cup	1/2 cup	10	2	2	28.65
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	25	0	0	20.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	25	0	1	2.0
APPLESAUCE CUP 4.5oz	ZIP CUP	25	0	19	22.0
SALAD BAR WTh	.75 Cup Veg	15	15	4	8.41
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	15	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	5	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	5	4	12	13.0
Weighted Daily Average			33	40	111.59
% of Calories				20.7%	57.5%
Nutrient Guideline					

Mon - 04/17/2023					
FARSON LUNCH K-5	Total	50			
CORN DOGS MINI 6 FOSTER 2018	6 EACH	50	38	6	30.0
SWEET POTATO, WAVELENGTH 1	14 EACH	25	*N/A*	14	40.0
PEARS: canned 1/2 cup 2018	1/2 cup	25	0	12	16.0
SALAD BAR MT	.75 Cup VEG	25	15	5	9.54
KETCHUP: individual	Pkt 6g	40	0	1	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	25	0	0	0.0
MILK* HP - WHITE FF MG	HALF PINTS	20	4	12	13.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
Weighted Daily Average			*54	36	78.48
% of Calories				23.3%	51.5%
Nutrient Guideline					

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FARSON LUNCH K-5

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Tue - 04/18/2023					
FARSON LUNCH K-5	Total	50			
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	50	30	2	30.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	50	0	0	1.55
COOKIE TIGER BITE PK 2022-23	PKG	50	0	8	21.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	25	0	11	14.17
SALAD BAR MT	.75 Cup VEG	25	15	5	9.54
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			48	32	80.20
% of Calories				19.7%	48.9%
Nutrient Guideline					

Wed - 04/19/2023					
FARSON LUNCH K-5	Total	50			
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	50	45	1	11.0
MASHED POTATO,Pearls1/2C 2018	1/2 CUP	30	0	0	17.0
GRAVY, BROWN LS 2018	1/4 CUP	15	0	1	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	50	0	2	13.0
FRUIT,FRESH ASSORTED	1 EACH	25	0	12	16.47
SALAD BAR WTh	.5 Cup Veg	25	15	4	8.41
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			63	26	63.34
% of Calories				16.3%	40.6%
Nutrient Guideline					

Thu - 04/20/2023					
FARSON LUNCH K-5	Total	50			
CHICKEN BNLS WING 70362 TYSON	5 EACH	50	50	1	14.0
BEANS BAKED 3/4 cup 2022-23	1/2 cup	25	0	17	36.0
COOKIE TIGER BITE PK 2022-23	PKG	25	0	8	21.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	25	0	11	17.0
SALAD BAR WTh	.5 Cup Veg	25	15	4	8.41
KETCHUP CND 33% 2018	1 TBSP	40	0	4	5.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	10	0	11	15.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			68	41	78.01
% of Calories				25.4%	48.7%
Nutrient Guideline					

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FARSON LUNCH K-5

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/24/2023					
FARSON LUNCH K-5	Total	50			
HOT DOG 0063369	1 EACH	50	35	0	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	25	0	2	21.0
CHIPS BKD ORIGINAL LAYS	BAG	15	0	0	18.78
PEARS: canned 1/2 cup 2018	1/2 cup	50	0	12	16.0
BEANS BAKED 3/4 cup 2022-23	1/2 cup	30	0	17	36.0
SALAD BAR MT	.75 Cup VEG	20	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	40	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	15	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			52	43	78.35
% of Calories				27.0%	49.7%
Nutrient Guideline					

Tue - 04/25/2023					
FARSON LUNCH K-5	Total	50			
CHICKEN BNLS WING 70362 TYSON	5 EACH	50	50	1	14.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	50	0	2	13.0
SWEET POTATO, WAVELENGTH 1	14 EACH	25	*N/A*	14	40.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR MT	.75 Cup VEG	25	15	5	9.54
KETCHUP CND 33% 2018	1 TBSP	20	0	4	5.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	20	0	9	10.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	20	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	10	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	20	4	12	13.0
Weighted Daily Average			*66	42	86.34
% of Calories				23.1%	47.7%
Nutrient Guideline					

Wed - 04/26/2023					
FARSON LUNCH K-5	Total	50			
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	50	30	0	2.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	25	13	0	0.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	50	0	2	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	30	0	1	20.0
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
SALAD BAR WTh	.75 Cup Veg	20	15	4	8.41
KETCHUP CND 33% 2018	1 TBSP	30	0	4	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	20	0	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	10	5	0	1.0
PICKLES,DILL 2022-23	3 chips	10	0	0	0.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			54	33	80.08
% of Calories				19.2%	47.0%
Nutrient Guideline					

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/27/2023					
FARSON LUNCH K-5	Total	50			
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	50	25	1	15.0
MASHED POTATO, Pearls 1/2C 2018	1/2 CUP	25	0	0	17.0
GRAVY, CHICKEN, LS 2018	1/4 CUP	15	0	1	3.0
BEAN GREEN CND 1/2c 2017	1/2 cup	25	0	1	3.0
ROLLS, DINNER WHWT ALPHA 2020	1 EACH	50	0	2	13.0
PEACHES can, lite sy 1/2c 2018	1/2 cup	50	0	11	14.17
SALAD BAR WTh	.75 Cup Veg	15	15	4	8.41
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	20	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			40	31	71.39
% of Calories				20.3%	47.4%
Nutrient Guideline					

Weighted Average			*60	35 49.5%	77.60 49.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Cholesterol (mg)	60				Missing			
Sugars (g)	35	21.98%						
Carbohydrate (g)	77.60	49.00%						

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