

SWEETWATER SCH. DIST. NO.1

Jan 1, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/04/2023			
Elementary Lunch	Total		
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 ELEM #1	1 EACH	111	22.56
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	90.55
% of Calories			49.4%
Nutrient Guideline		600-650	

Thu - 01/05/2023			
Elementary Lunch	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		649	92.36
% of Calories			57.0%
Nutrient Guideline		600-650	

Mon - 01/09/2023			
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
SALAD BAR ELEM #1	1 EACH	111	22.56
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		579	81.76
% of Calories			56.5%
Nutrient Guideline		600-650	

Tue - 01/10/2023			
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
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
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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Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		555	67.56 48.7%
Nutrient Guideline		600-650	

Wed - 01/11/2023			
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
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
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 % of Calories		579	68.82 47.6%
Nutrient Guideline		600-650	

Thu - 01/12/2023			
Elementary Lunch	Total		
CHICKEN TENDER TYS 70332 3 EA	3 EACH	250	15.0
POTATO SMILES 5 ea ELEM	5 EACH	160	25.0
SALAD BAR ELEM #1	1 EACH	111	22.56
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average % of Calories		682	87.56 51.4%
Nutrient Guideline		600-650	

Mon - 01/16/2023			
Elementary Lunch	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
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
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		679	96.39 56.8%
Nutrient Guideline		600-650	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/17/2023			
Elementary Lunch	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		659	94.36
% of Calories			57.3%
Nutrient Guideline		600-650	

Wed - 01/18/2023			
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
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
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		568	98.68
% of Calories			69.4%
Nutrient Guideline		600-650	

Thu - 01/19/2023			
Elementary Lunch	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
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
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		679	96.39
% of Calories			56.8%
Nutrient Guideline		600-650	

Mon - 01/23/2023			
Elementary Lunch	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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

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Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		560	77.00 55.0%
Nutrient Guideline		600-650	

Tue - 01/24/2023			
Elementary Lunch	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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		649	89.36 55.1%
Nutrient Guideline		600-650	

Wed - 01/25/2023			
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
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		562	59.92 42.6%
Nutrient Guideline		600-650	

Thu - 01/26/2023			
Elementary Lunch	Total		
CHICKEN TENDER TYS 70332 3 EA	2 EACH	167	10.0
POTATO PUFFS FRZ BKD1/2cup2018	1/2 cup	160	19.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	111	22.56
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 % of Calories		505	62.28 49.3%
Nutrient Guideline		600-650	

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Elementary Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/30/2023			
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
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
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
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		555	67.56
% of Calories			48.7%
Nutrient Guideline		600-650	

Tue - 01/31/2023			
Elementary Lunch	Total		
CHICKEN PATTY CRSP 3.04oz TYSON	PATTY	240	16.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
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
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		731	90.57
% of Calories			49.6%
Nutrient Guideline		600-650	

Weighted Average		620	82.57
			53.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		600 - 650	100%				
Carbohydrate (g)	82.57	53.26%						

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