

SWEETWATER SCH. DIST. NO.1

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

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Generated on: 4/28/2023 10:22:18 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2023			
FARSON LUNCH 9-12	Total		
CHICKEN MALIBU 2017	1 EACH	341	32.14
CHICKEN BNLS WING 70362 TYSON	5 EACH	240	14.0
SWEET POTATO CRKL FRYUSDA2022	1 CUP	358	53.32
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
KIDNEY BEANS CND LS 2023	1/2 CUP	120	21.0
YOGURT GO GURT 2oz 2023	each	45	8.0
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	0.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	60	15.0
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		554	68.07
% of Calories			49.1%
Nutrient Guideline		750-850	

Tue - 05/02/2023			
FARSON LUNCH 9-12	Total		
HOT DOG, BEEF LS ARMSMITHFIELD	1 EACH	180	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	110	21.0
BEANS BAKED 1/2 cup 2022-23	1/2 cup	180	36.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
WRAP ITALIAN 22-23	1 EACH	585	55.75
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
PEACHES can,lite sy 1/2c 2018	1/2 cup	61	14.17
SALAD BAR MT	.75 Cup VEG	154	9.54
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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		288	36.89
% of Calories			51.3%
Nutrient Guideline		750-850	

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FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/03/2023			
FARSON LUNCH 9-12	Total		
TACO MEAT ONLY FE ELEM SW2	#10 SCOOP	67	5.6
CHEESE SAUCE CHED KATY 2022	1/8 CUP	35	3.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	76	15.87
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	4	0.83
TACO SALAD BEEF 2019	1 EACH	305	26.5
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh	.75 Cup Veg	150	8.41
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	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		256	32.21
% of Calories			50.3%
Nutrient Guideline		750-850	

Thu - 05/04/2023			
FARSON LUNCH 9-12	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
EGG PATTY 1.25oz USDA 2019	PATTY	70	1.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MIXED FRUIT 1/2 cup 2018	1/2 CUP	60	17.0
SALAD BAR WTh	.5 Cup Veg	150	8.41
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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		454	55.38
% of Calories			48.8%
Nutrient Guideline		750-850	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/08/2023			
FARSON LUNCH 9-12	Total		
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
WRAP ITALIAN 22-23	1 EACH	585	55.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEARS: canned 1/2 cup 2018	1/2 cup	60	16.0
SALAD BAR MT	.75 Cup VEG	154	9.54
KIDNEY BEANS CND LS 2023	1/2 CUP	120	21.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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		499	63.48
% of Calories			50.9%
Nutrient Guideline		750-850	

Tue - 05/09/2023			
FARSON LUNCH 9-12	Total		
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	146	18.47
RICE, BROWN 2018	1/2 CUP	86	17.64
BROCCOLI, raw: fresh 1 cup	1 cup	24	4.71
ROLL EGG PORK/VEG 3oz 2019	1 EACH	170	20.01
COOKIE WG ICED TFS 2018	COOKIE	170	27.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES: canned, light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	0	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
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
COOKIE WG CHOC 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	11	1.55
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		714	91.68
% of Calories			51.4%
Nutrient Guideline		750-850	

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FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2023			
FARSON LUNCH 9-12	Total		
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
CHICKEN NUGGET HOT'NSPICY TY23	5 EACH	230	15.01
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
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	398	55.52
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	0	0.0
PICKLES,DILL 2022-23	3 chips	2	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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		453	50.54
% of Calories			44.6%
Nutrient Guideline		750-850	

Thu - 05/11/2023			
FARSON LUNCH 9-12	Total		
BURRITO BEAN CHEESE 3.95ozLos	1 EACH	245	33.88
BEAN DIP 1 CUP	1 cup	386	57.3
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	140	20.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	398	55.52
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
SALAD BAR WTh	.75 Cup Veg	150	8.41
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	10	2.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	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		431	61.96
% of Calories			57.5%
Nutrient Guideline		750-850	

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2023 thru May 25, 2023

FARSON LUNCH 9-12

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/15/2023			
FARSON LUNCH 9-12	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 UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEARS: canned 1 cup 2018	1 cup	120	32.13
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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		915	127.96
% of Calories			55.9%
Nutrient Guideline		750-850	

Tue - 05/16/2023			
FARSON LUNCH 9-12	Total		
PIZZA BIG DADDY CHS SCHWAN 16"	SLICE	400	43.0
POPEYE SALAD 1.5 CUP 2018	1.5 cup serv	18	2.55
COOKIE TIGER BITE PK 2022-23	PKG	120	21.0
WRAP BLT CAESAR 2022-23	1 EACH	521	60.48
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
PEACHES: canned,light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
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	110.01
% of Calories			54.0%
Nutrient Guideline		750-850	

Wed - 05/17/2023			
FARSON LUNCH 9-12	Total		
SLOPPY JOE FILLING*	1/3 CUP	204	10.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	120	16.0
FIESTA CHIC SALAD 2020	1 EACH	334	34.41
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
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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SWEETWATER SCH. DIST. NO.1**May 1, 2023 thru May 25, 2023**

Base Menu Spreadsheet

FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		780	87.89 45.1%
Nutrient Guideline		750-850	

Thu - 05/18/2023			
FARSON LUNCH 9-12	Total		
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CROISSANT SANDWICH 2022-23	SANDWICH	279	31.37
BEANS BAKED 1 cup 2018	1 cup	340	66.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR WTh - Secondary	1CUP Veg	156	9.49
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	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
RANCH DRESSING Lite 1oz 2018	1 OZ	80	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 % of Calories		821	105.08 51.2%
Nutrient Guideline		750-850	

Mon - 05/22/2023			
FARSON LUNCH 9-12	Total		
CHICKEN PATTY GOLDKST HOT	PATTY	210	14.0
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 cup 2018	1 cup	340	66.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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	0	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 % of Calories		566	71.39 50.4%
Nutrient Guideline		750-850	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/23/2023			
FARSON LUNCH 9-12	Total		
CHICKEN NUGG 2155 HS TYS 5ea	5 EACH	240	16.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	598	64.6
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
PEACHES: canned,light syrup	1 CUP	136	36.52
SALAD BAR MT - Secondary	1CUP VEG	155	9.57
BEANS,BLACK,CND,DRND 1/4c	1/4 CUP	50	9.07
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	0	0.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	45	10.0
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		521	67.45
% of Calories			51.8%
Nutrient Guideline		750-850	

Wed - 05/24/2023			
FARSON LUNCH 9-12	Total		
BEEF, FE Ckd PATTY 2.0 OZ	1 each	119	0.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	140	27.0
POTATO FRIES CRINKLE 1/2c 2022	1/2 CUP	120	20.0
BEAN GREEN CND 1/2c 2017	1/2 cup	16	3.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
POPEYE SALAD 1 CUP 2016	1 CUP SERV	11	1.55
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
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	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	30	1.0
PICKLES,DILL 2022-23	4 chips	2	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	80	0.0
Italian Dressing Lite 1oz 2019	5 OZ	177	13.29
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		570	66.34
% of Calories			46.6%
Nutrient Guideline		750-850	

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FARSON LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/25/2023			
FARSON LUNCH 9-12	Total		
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	601	64.11
CHIPS BKD ORIGINAL LAYS 2022	BAG	140	24.0
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	310	32.0
CARROTS,RAW,BABY 3/4 cup 2022	3/4 CUP	68	13.6
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
RANCH DRESSING Lite 1oz 2018	OZ	80	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		450	53.81
% of Calories			47.8%
Nutrient Guideline		750-850	

Weighted Average		568	71.88 50.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	568		750 - 850	76%		182		
Carbohydrate (g)	71.88	50.63%						Correction Required - Calories are Low

**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.