

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 3, 2022 thru Oct 31, 2022**FARSON LUNCH 6-8**

Generated on: 9/29/2022 8:15:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
FARSON LUNCH 6-8	Total		
CHICKEN MALIBU 2017	1 EACH	341	32.14
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
WRAP ITALIAN 22-23	1 EACH	623	60.75
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	434	91.32
PICKLES,DILL 2018	3 chips	5	0.0
KETCHUP: individual	Pkt 6g	6	1.64
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
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		89	10.94
% of Calories			49.3%
Nutrient Guideline		600-700	

Tue - 10/04/2022			
FARSON LUNCH 6-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
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	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD: PC 5.5 gm 2018	Pkt 5g	5	0.0
PICKLES,DILL 2018	3 CHIPS	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK WHITE FF DARIGOLD 2019	1 CUP	90	13.0
Weighted Daily Average		777	133.53
% of Calories			68.8%
Nutrient Guideline		600-700	

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.*

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH 6-8

Generated on: 9/29/2022 8:15:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/05/2022			
FARSON LUNCH 6-8	Total		
TACO MEAT BEEF SEAS 1/2c 2018	1/2 CUP	140	8.0
CHEESE SAUCE CHED KATY 2018	1/8 CUP	35	3.0
TORTILLA CHIP WG 1oz/13ea 2019	13 per serv	140	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	76	15.87
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
WRAP WG ASIAN PORK W/SLAW	1 EACH	517	57.65
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		491	69.35
% of Calories			56.5%
Nutrient Guideline		600-700	

Thu - 10/06/2022			
FARSON LUNCH 6-8	Total		
BEEF PATTY STEAK 2.45 JTM5670	1 PATTY	165	1.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
CHICKEN TENDER TYSON 3 EA2.07	3 EACH	250	15.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
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	434	91.32
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
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		765	105.65
% of Calories			55.2%
Nutrient Guideline		600-700	

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Portion Values - Detailed

Page 3

Oct 3, 2022 thru Oct 31, 2022**FARSON LUNCH 6-8**

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/10/2022			
FARSON LUNCH 6-8	Total		
CHICKEN PATTY GOLDKST HOT 2019	PATTY	179	9.5
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
PICKLES,DILL 2018	3 chips	5	0.0
KETCHUP: individual	Pkt 6g	6	1.64
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
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		313	40.90
% of Calories			52.2%
Nutrient Guideline		600-700	

Tue - 10/11/2022			
FARSON LUNCH 6-8	Total		
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	321	44.17
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHEF SALAD SEC 2018	1 EACH	357	52.15
WRAP BLT CAESAR 2022-23	1 EACH	559	65.48
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		109	14.06
% of Calories			51.4%
Nutrient Guideline		600-700	

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FARSON LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/12/2022			
FARSON LUNCH 6-8	Total		
CHILI CON CARNE W/ BEAN*new.25	#16 ladel	94	6.47
CORNBREAD MUFFINS 1.65oz DAVE	1 EACH	148	23.0
CHICKEN MALIBU 2017	1 EACH	341	32.14
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		970	149.02
% of Calories			61.5%
Nutrient Guideline		600-700	

Thu - 10/13/2022			
FARSON LUNCH 6-8	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
CHICKEN TENDER PILGRIM 5/ 2018	5 EACH	214	18.0
POTATO SMILES 6ea	1 CUP	195	30.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
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 CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		169	22.59
% of Calories			53.4%
Nutrient Guideline		600-700	

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH 6-8

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/17/2022			
FARSON LUNCH 6-8	Total		
GRILL CHEESE SANDWICH 2016	1 EACH	245	30.11
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 HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
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	434	91.32
PICKLES,DILL 2018	3 chips	5	0.0
KETCHUP: individual	Pkt 6g	6	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		570	78.47
% of Calories			55.0%
Nutrient Guideline		600-700	

Tue - 10/18/2022			
FARSON LUNCH 6-8	Total		
PIZZA PEPP CALIZONE 4.69/2018	1 EACH	270	33.0
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
FORTUNE COOKIE I/W 2018	1 EACH	96	21.0
HOT DOG 0063369	1 EACH	180	1.0
BUN HOT DOG WH WT 6" SFE 22-23	BUN	110	21.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHIPS BKD ORIGINAL LAYS	BAG	109	18.78
BEANS BAKED 1 cup 2018	1 cup	340	66.0
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	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		698	97.01
% of Calories			55.6%
Nutrient Guideline		600-700	

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Portion Values - Detailed

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH 6-8

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/19/2022			
FARSON LUNCH 6-8	Total		
TACO MEAT ONLY ELE/SEC 2017-#2	1/2 CUP	191	3.71
TORTILLA 8" WHITE WW 2019	TORTILLA	120	20.0
BEAN DIP 1/2cup 2017	1/2 cup	150	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
WRAP WG ASIAN PORK W/SLAW	1 EACH	517	57.65
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
MUSTARD: PC 5.5 grm 2018	Pkt 5g	5	0.0
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	5	0.94
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		820	118.49
% of Calories			57.8%
Nutrient Guideline		600-700	

Thu - 10/20/2022			
FARSON LUNCH 6-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHICKEN TENDER PILGRIM 5/ 2018	5 EACH	214	18.0
POTATO FRIES CRINKLE 1/2c 2018	1/2 CUP	120	20.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
PICKLES,DILL 2018	3 chips	5	0.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		3026	342.82
% of Calories			45.3%
Nutrient Guideline		600-700	

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Oct 3, 2022 thru Oct 31, 2022

FARSON LUNCH 6-8

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/24/2022			
FARSON LUNCH 6-8	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
WINGS CHICKEN BUFFALO GLAZ 4ea	4 EACH	340	4.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
CHICKEN MALIBU 2017	1 EACH	341	32.14
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
WRAP TURKEY BACON RANCH 22-23	1 EACH	579	61.28
CHIP SUNCHIP GARDEN 1oz 2019	BAG	140	19.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
KETCHUP: individual	Pkt 6g	6	1.64
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
PICKLES,DILL 2018	3 chips	5	0.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
Weighted Daily Average		650	91.14
% of Calories			56.1%
Nutrient Guideline		600-700	

Tue - 10/25/2022			
FARSON LUNCH 6-8	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
TACO MEAT ONLY ELE/SEC 2017-#2	1/3 CUP	128	2.47
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
CHEESE SAUCE QUESO 2oz 2018	1/4 CUP	118	2.0
TORTILLA CHIP WG 1oz/13ea 2019	13 per serv	140	20.0
GOURMET SALAD SEC*	1 EACH	269	25.11
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	434	91.32
SALSA: COMMERCIAL 1/2cup 2018	1/2 cup	18	3.54
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		131	16.42
% of Calories			50.3%
Nutrient Guideline		600-700	

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FARSON LUNCH 6-8

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/26/2022			
FARSON LUNCH 6-8	Total		
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	260	11.0
MASHED POTATO,Pearls1 C 2018	1 CUP	180	34.0
GRAVY, BROWN LS 2018	1/4 CUP	20	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
BEAN GREEN CND 1c 2017	1 cup	32	6.0
CHICKEN PATTIES,CRISPY WG BUN	SANDWICH	410	43.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
CORN DOG, Chicken FOSTER 2020	1 EACH	237	29.63
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
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	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MAYO LITE 2018	1 TBSP	50	1.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		381	32.08
% of Calories			33.7%
Nutrient Guideline		600-700	

Thu - 10/27/2022			
FARSON LUNCH 6-8	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHICKEN BITES, #7518,BRDWG Gol	5 each	210	17.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	327	35.96
DELI SANDWICH - SEC SIZE	1 EACH	235	27.77
CHIP CHEETOS REG WG 1oz 2019	BAG	120	16.0
SALAD BAR SECONDARY #1	1 EACH	434	91.32
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	5	0.0
MAYO LITE 2018	1 TBSP	50	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	40	10.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		493	62.82
% of Calories			51.0%
Nutrient Guideline		600-700	

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.

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

FARSON LUNCH 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/31/2022			
FARSON LUNCH 6-8	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 cup 2018	1 cup	340	66.0
WRAP ITALIAN 22-23	1 EACH	623	60.75
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
PICKLES,DILL 2018	3 chips	5	0.0
KETCHUP: individual	Pkt 6g	6	1.64
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
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		37	4.49
% of Calories			48.2%
Nutrient Guideline		600-700	

Weighted Average		617	81.75 53.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		600 - 700	100%				
Carbohydrate (g)	81.75	53.00%						

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