

SWEETWATER SCH. DIST. NO.1**Sep 1, 2022 thru Sep 30, 2022**

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 9/2/2022 9:35:35 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/01/2022			
Elementary Lunch	Total		
CHICKEN TENDER TYSON 3 EA2.07	3 EACH	250	15.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	160	20.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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		711	89.08
% of Calories			50.1%
Nutrient Guideline		600-650	

Tue - 09/06/2022			
Elementary Lunch	Total		
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
GOLDFISH CRACKER CHEDDAR .75oz	PACK	100	14.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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		949	130.94
% of Calories			55.2%
Nutrient Guideline		600-650	

Wed - 09/07/2022			
Elementary Lunch	Total		
TACO MEAT ONLY ELE #2 1/4 CUP	1/4 CUP	96	1.85
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
SALAD BAR ELEM #1	1 EACH	329	66.9
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		810	126.56
% of Calories			62.5%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/08/2022			
Elementary Lunch	Total		
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
BEANS BAKED 1/2 cup 2018	1/2 cup	170	33.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		692	85.91
% of Calories			49.7%
Nutrient Guideline		600-650	

Mon - 09/12/2022			
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	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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		893	138.66
% of Calories			62.1%
Nutrient Guideline		600-650	

Tue - 09/13/2022			
Elementary Lunch	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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		644	100.20
% of Calories			62.2%
Nutrient Guideline		600-650	

Wed - 09/14/2022			
Elementary Lunch	Total		
CHILI CON CARNE W/ BEAN*new.25	#16 ladel	94	6.47
CORNBREAD MUFFINS 1.65oz DAVE	1 EACH	148	23.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		685	112.36 65.6%
Nutrient Guideline		600-650	

Thu - 09/15/2022			
Elementary Lunch	Total		
CHICKEN CHNK 5 TYSON 2018-19	5 EACH	263	16.25
POTATO SMILES 6ea	1 CUP	195	30.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	80	13.0
SALAD BAR ELEM #1	1 EACH	329	66.9
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	30	0.0
BARBEQUE SAUCE 1 TBLS 2018	1 TBSP	21	5.15
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 % of Calories		636	76.64 48.2%
Nutrient Guideline		600-650	

Mon - 09/19/2022			
Elementary Lunch	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
SALAD BAR ELEM #1	1 EACH	329	66.9
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 % of Calories		890	145.59 65.4%
Nutrient Guideline		600-650	

Tue - 09/20/2022			
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 cup 2018	1 cup	340	66.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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 % of Calories		1123	176.83 63.0%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/21/2022			
Elementary Lunch	Total		
TACO MEAT ONLY ELE #2 1/4 CUP	1/4 CUP	96	1.85
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
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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		560	61.29
% of Calories			43.8%
Nutrient Guideline		600-650	

Thu - 09/22/2022			
Elementary Lunch	Total		
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATO FRIES CRINKLE 1/2c 2018	1/2 CUP	120	20.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
MUSTARD YELLOW PREPARED 2018	1 TSP	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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		613	76.02
% of Calories			49.6%
Nutrient Guideline		600-650	

Mon - 09/26/2022			
Elementary Lunch	Total		
CORN DOGS MINI 6 FOSTER 2018	6 EACH	270	30.0
SWEET POTATO, WAVELENGTH 1	14 EACH	240	40.0
COOKIE CHOC CHIP 2019	1 EACH	130	23.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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 2019	HALF PINTS	110	13.0
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
Weighted Daily Average		795	119.02
% of Calories			59.9%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/27/2022			
Elementary Lunch	Total		
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	300	30.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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		757	114.94
% of Calories			60.7%
Nutrient Guideline		600-650	

Wed - 09/28/2022			
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
BEAN GREEN CND 1c 2017	1 cup	32	6.0
SALAD BAR ELEM #1	1 EACH	329	66.9
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		741	97.29
% of Calories			52.5%
Nutrient Guideline		600-650	

Thu - 09/29/2022			
Elementary Lunch	Total		
CHICKEN TENDER PILGRIM 3/ 2019	3 EACH	214	18.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
COOKIE BUG BITE PK 2017	PKG	120	21.0
SALAD BAR ELEM #1	1 EACH	329	66.9
KETCHUP CND 33% 2018	1 TBSP	20	5.0
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		920	123.21
% of Calories			53.6%
Nutrient Guideline		600-650	

Weighted Average		776	110.91
			57.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	776		600 - 650	119%			126	
Carbohydrate (g)	110.91	57.15%						Correction Required - Calories too High

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