

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:29 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2023					
RSHS LUNCH 9-12	Total	300			
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	125	20	1	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
CORN DOG, Chicken FOSTER 2020	1 EACH	100	40	7	29.63
SWEET POTATO, WAVELENGTH 1	14 EACH	100	*N/A*	14	40.0
CHEF SALAD SEC 2018	1 EACH	25	39	22	33.4
WRAP TURKEY BACON RANCH 22-23	1 EACH	5	65	2	54.25
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	50	0	26	64.11
CHIP SUNCHIP GARDEN 1oz 2019	BAG	5	0	2	19.0
STRING CHEESE 1oz 2019	1 EACH	50	20	0	0.0
CHIP CHEETOS REG WG 1oz 2019	BAG	50	0	2	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	200	15	4	9.57
YOGURT GO GURT 2oz 2023	each	150	4	5	8.0
KETCHUP: individual	Pkt 6g	200	0	1	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	100	0	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	75	5	0	1.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	75	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	200	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			*55	50	106.94
% of Calories				24.5%	52.1%
Nutrient Guideline					

Tue - 04/04/2023					
RSHS LUNCH 9-12	Total	300			
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	100	15	18	56.94
SAUSAGE PTY 2ea JTM1.25oz	2 each	100	23	0	0.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	200	0	1	38.0
CHICKEN BNLS WING 70362 TYSON	5 EACH	100	50	1	14.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	25	58	28	55.52
WRAP ITALIAN 22-23	1 EACH	25	12	1	55.75
CHIP CHEETOS REG WG 1oz 2019	BAG	25	0	2	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	200	15	4	9.57
YOGURT GO GURT 2oz 2023	each	150	4	5	8.0
SYRUP, MAPLE KATY'S 2023	1 CONTAINER	50	0	16	29.98
KETCHUP: individual	Pkt 6g	200	0	1	1.64
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	15	0	9	10.0
RANCH DRESSING Lite 1oz 2018	1 OZ	30	15	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			60	47	111.96
% of Calories				21.0%	50.3%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/05/2023					
RSHS LUNCH 9-12	Total	1940			
TACO MEAT ONLY SEC 1/2 CUP SW2	1/2 CUP	1540	51	2	5.7
CHEESE SAUCE CHED KATY 2022	1/8 CUP	1540	3	1	3.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	1540	0	0	20.0
CORN,SWT,YEL,FRZ 2018 1/2 cup	1/2 CUP	1540	0	2	15.87
BEAN DIP 1/2cup	1/2 cup	1540	2	2	28.65
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	100	0	0	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	100	0	2	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	300	0	0	30.0
TACO SALAD BEEF 2019	1 EACH	25	30	5	26.5
WRAP CHIC WG CAESAR 4 OZ 22-23	1 EACH	25	71	0	61.86
CHIP SUNCHIP GARDEN 1oz 2019	BAG	50	0	2	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR WTh - Secondary	1CUP Veg	400	15	4	9.49
MUSTARD YELLOW PREPARED 2018	1 TSP	100	0	0	0.0
KETCHUP CND 33% 2018	1 TBSP	100	0	4	5.0
MAYO LITE 2018	1 TBSP	50	10	0	1.0
PICKLES,DILL 2022-23	4 chips	5	0	0	0.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	1540	0	0	0.94
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	150	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	200	4	12	13.0
Weighted Daily Average			51	12	75.10
% of Calories				7.5%	46.6%
Nutrient Guideline					

Thu - 04/06/2023					
RSHS LUNCH 9-12	Total	300			
CHICKEN PATTY 2154 3.29oz TYSON	PATTY	125	25	1	15.0
MASHED POTATO, Pearls1 C 2018	1 CUP	50	0	0	34.0
BEAN GREEN CND 1c 2017	1 cup	125	0	2	6.0
GRAVY, CHICKEN, LS 2018	1/4 CUP	125	0	1	3.0
ROLLS, DINNER WHWT ALPHA 2020	1 EACH	125	0	2	13.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	125	30	0	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	125	0	0	30.0
FIESTA CHICKEN SALAD SEC 2020	1 EACH	25	60	10	56.18
WRAP SOUTHWESTERN CHIC 22-23	1 EACH	25	82	10	86.07
CHIP SUNCHIP GARDEN 1oz 2019	BAG	25	0	2	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	125	15	4	9.49
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 - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			52	35	98.96
% of Calories				18.0%	51.0%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/10/2023					
RSHS LUNCH 9-12	Total	300			
CORND OG Chicken Jalapeno 2020	1 EACH	100	55	9	27.93
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	185	30	0	2.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	185	13	0	0.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	150	0	2	27.0
POTATO FRY SEASONED 1c 2018	1 CUP	150	0	0	40.0
CHEF SALAD SEC 2018	1 EACH	10	39	22	33.4
WRAP ITALIAN 22-23	1 EACH	5	12	1	55.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	25	0	2	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	100	15	4	9.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	200	0	4	4.0
MUSTARD YELLOW PREPARED 2018	1 TSP	100	0	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	50	5	0	1.0
PICKLES,DILL 2022-23	3 chips	100	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			63	37	89.40
% of Calories				20.4%	49.7%
Nutrient Guideline					

Tue - 04/11/2023					
RSHS LUNCH 9-12	Total	300			
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	125	25	7	32.0
COOKIE CHOC CHIP 2019	1 EACH	125	0	12	23.0
MANDARIN CHICKEN W/SAUCE 2018	#8 SCOOP	125	39	10	18.47
RICE, BROWN 2018	1/2 CUP	125	0	0	17.64
BROCCOLI,raw: fresh 1 cup	1 cup	125	0	1	4.71
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	125	0	2	13.0
FORTUNE COOKIE I/W 2018	1 EACH	125	0	9	21.0
WRAP CHICKEN RANCH 22-23	1 EACH	25	49	1	50.74
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	150	15	4	9.57
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	125	0	0	0.0
KETCHUP: individual	Pkt 6g	125	0	1	1.64
MUSTARD YELLOW PREPARED 2018	1 TSP	50	0	0	0.0
YOGURT GO GURT 2oz 2023	each	300	4	5	8.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			55	55	114.12
% of Calories				27.5%	57.1%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/12/2023					
RSHS LUNCH 9-12	Total	300			
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	125	15	2	44.17
CHEESE SAUCE CHED KATY 2022	1/8 CUP	125	3	1	3.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	150	0	1	38.0
CORN DOGS MINI 6 FOSTER 2018	6 EACH	125	38	6	30.0
COOKIE CHOC CHIP 2019	1 EACH	125	0	12	23.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	25	0	14	32.0
CHIPS BKD ORIGINAL LAYS	BAG	25	0	0	18.78
FRUIT,FRESH ASSORTED	1 EACH	250	0	12	16.47
SALAD BAR WTh - Secondary	1CUP Veg	50	15	4	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	50	0	4	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	50	0	0	0.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	100	0	0	0.94
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	100	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	150	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			37	36	97.76
% of Calories				20.4%	54.7%
Nutrient Guideline					

Thu - 04/13/2023					
RSHS LUNCH 9-12	Total	300			
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	125	0	0	35.0
COOKIE TIGER BITE PK 2022-23	PKG	125	0	8	21.0
CHICKEN PATTIES,BRD 4oz #7516	PATTY	125	50	0	18.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	125	0	1	38.0
CHICKEN CAESAR SALAD SEC 2019	1 EACH	25	58	28	55.52
CROISSANT SANDWICH 2022-23	SANDWICH	25	37	5	31.37
CHIP CHEETOS REG WG 1oz 2019	BAG	25	0	2	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	175	15	4	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	75	0	4	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	75	0	0	0.0
MAYONNAISE:individual PC 2018	Pkt 7g	50	5	0	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	10	0	11	15.0
PICKLES,DILL 2022-23	4 chips	75	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			49	39	109.09
% of Calories				18.3%	51.2%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/17/2023					
RSHS LUNCH 9-12	Total	300			
CORN DOGS MINI 6 FOSTER 2018	6 EACH	150	38	6	30.0
COOKIE CHOC CHIP 2019	1 EACH	150	0	12	23.0
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	125	20	1	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
SWEET POTATO, WAVELENGTH 1	14 EACH	250	*N/A*	14	40.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	100	15	4	9.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	200	0	4	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	75	0	0	0.0
RANCH DRESSING Lite 1oz 2018	1 OZ	25	15	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			*46	56	125.51
% of Calories				25.2%	56.4%
Nutrient Guideline					

Tue - 04/18/2023					
RSHS LUNCH 9-12	Total	300			
PIZZA RIPPER PEPP 4 oz 2018	1 EACH	175	30	2	30.0
COOKIE CHOC CHIP 2019	1 EACH	175	0	12	23.0
TACO MEAT ONLY SEC 1/2 CUP SW2	1/2 CUP	75	51	2	5.7
POTATO PUFFS FRZ BKD 1cup2018	1 cup	75	0	1	38.0
CHEESE SAUCE QUESO 2oz 2018	1/4 CUP	75	30	0	2.0
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	75	0	0	20.0
TACO SALAD BEEF 2019	1 EACH	25	30	5	26.5
WRAP BLT CAESAR 2022-23	1 EACH	5	24	3	60.48
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	25	0	14	32.0
CHIP SUNCHIP HAR CHED 1oz 2019	BAG	30	0	2	16.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	175	15	4	9.57
SALSA: COMMERCIAL 1/2cup 2018	1/2 cup	25	0	0	3.54
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			60	41	96.10
% of Calories				20.4%	47.9%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/19/2023					
RSHS LUNCH 9-12	Total	300			
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	100	45	1	11.0
MASHED POTATO,Pearls1 C 2018	1 CUP	100	0	0	34.0
GRAVY, BROWN LS 2018	1/4 CUP	100	0	1	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	100	0	2	13.0
BEAN GREEN CND 1c 2017	1 cup	100	0	2	6.0
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	125	25	1	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	175	0	0	30.0
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 HAR CHED 1oz 2019	BAG	25	0	2	16.0
FIESTA CHIC SALAD 2020	1 EACH	25	60	8	34.41
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	75	15	4	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	100	0	4	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	50	5	0	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	50	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			48	36	106.15
% of Calories				18.4%	53.7%
Nutrient Guideline					

Thu - 04/20/2023					
RSHS LUNCH 9-12	Total	300			
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	125	15	2	44.17
CHEESE SAUCE CHED KATY 2022	1/8 CUP	125	3	1	3.0
POTATO PUFFS FRZ BKD 1cup2018	1 cup	150	0	1	38.0
CORN DOGS MINI 6 FOSTER 2018	6 EACH	125	38	6	30.0
COOKIE CHOC CHIP 2019	1 EACH	125	0	12	23.0
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	25	0	14	32.0
CHIPS BKD ORIGINAL LAYS	BAG	25	0	0	18.78
FRUIT,FRESH ASSORTED	1 EACH	250	0	12	16.47
SALAD BAR WTh - Secondary	1CUP Veg	50	15	4	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	50	0	4	4.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	50	0	0	0.0
SALSA: COMMERCIAL 2 TBLS 2018	2 TBLS	100	0	0	0.94
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	100	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	150	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			37	36	97.76
% of Calories				20.4%	54.7%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/24/2023					
RSHS LUNCH 9-12	Total	300			
CHICKEN PATTY GOLDKST HOT	PATTY	100	35	0	14.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	100	0	2	27.0
BEEF PATTY 2.5 PRAIRIE 2020	1 PATTY	125	30	0	2.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	125	13	0	0.5
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
POTATOES, FRY COLLOSL 3/4 C.	3 oz	225	*N/A*	1	23.0
PB & J UNCRUSTABLES 5.3oz 2019	SANDWICH	25	0	26	64.11
STRING CHEESE 1oz 2019	1 EACH	25	20	0	0.0
CHIPS BKD ORIGINAL LAYS	BAG	25	0	0	18.78
CHEF SALAD SEC 2018	1 EACH	25	39	22	33.4
WRAP ITALIAN 22-23	1 EACH	25	12	1	55.75
CHIP SUNCHIP GARDEN 1oz 2019	BAG	25	0	2	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR MT - Secondary	1 CFRU/1CVEG	75	15	4	9.57
PICKLES,DILL 2022-23	3 chips	50	0	0	0.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	50	0	4	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	50	5	0	1.0
BARBEQUE SAUCE CONTAINER 22-23	1 CONTAINER	25	0	9	10.0
MUSTARD YELLOW PREPARED 2018	1 TSP	50	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	50	4	12	13.0
Weighted Daily Average			*51	37	98.58
% of Calories				18.7%	49.9%
Nutrient Guideline					

Tue - 04/25/2023					
RSHS LUNCH 9-12	Total	300			
BURRITO BEAN CHEESE 5.2oz 22-2	1 EACH	125	15	2	44.17
BEAN DIP 1 CUP	1 cup	125	5	5	57.3
TORTILLA CHIP WG 1oz/13ea 2022	13 per serv	125	0	0	20.0
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	135	0	0	2.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	135	0	2	27.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	125	13	0	0.5
POTATO PUFFS FRZ BKD 1cup2018	1 cup	125	0	1	38.0
ASIAN CHICKEN SALAD	1 EACH	25	60	35	55.18
WRAP CHIC BBQ 4 OZ 22-23	1 EACH	5	82	*8	64.6
CHIP SUNCHIP GARDEN 1oz 2019	BAG	5	0	2	19.0
PEACHES: canned,light syrup	1 CUP	300	0	33	36.52
SALAD BAR MT - Secondary	1 CFRU/1CVEG	175	15	4	9.57
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	100	0	4	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	25	5	0	1.0
MUSTARD: PC 5.5 grm 2018	Pkt 5g	100	0	0	0.0
PICKLES,DILL 2022-23	3 CHIPS	50	0	0	0.0
SALSA: VISTA VERD 2 TBLS 2022-	2 TBLS	50	0	1	2.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	175	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	75	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	50	4	12	13.0
Weighted Daily Average			39	*58	144.30
% of Calories				*22.1%	55.2%
Nutrient Guideline					

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/26/2023					
RSHS LUNCH 9-12	Total	300			
BEEF PATTY BD WG 3.35 JTM5695	1 PATTY	100	45	1	11.0
MASHED POTATO,Pearls1 C 2018	1 CUP	100	0	0	34.0
GRAVY, BROWN LS 2018	1/4 CUP	100	0	1	3.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	100	0	2	13.0
BEAN GREEN CND 1c 2017	1 cup	100	0	2	6.0
CHICKEN PATTY 2154 3.29ozTYSON	PATTY	125	25	1	15.0
BUN HAMBURG USBAKWW 3.5" 22-23	BUN	125	0	2	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	175	0	0	30.0
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 HAR CHED 1oz 2019	BAG	25	0	2	16.0
FIESTA CHIC SALAD 2020	1 EACH	25	60	8	34.41
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR WTh - Secondary	1CFRU/1CVeg	75	15	4	9.49
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	100	0	4	4.0
MAYONNAISE:individual PC 2018	Pkt 7g	50	5	0	1.0
MUSTARD: PC 5.5 gm 2018	Pkt 5g	50	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			48	36	106.15
% of Calories				18.4%	53.7%
Nutrient Guideline					

Thu - 04/27/2023					
RSHS LUNCH 9-12	Total	300			
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	175	25	7	32.0
COOKIE CHOC CHIP 2019	1 EACH	175	0	12	23.0
CHICKEN TENDER TYS 70332 5 EA	5 EACH	75	0	0	0.0
POTATO CURLY: BAKED 3oz 2020	3 ounces	100	0	1	20.0
ROLLS,DINNER WHWT ALPHA 2020	1 EACH	100	0	2	13.0
BAJA SALAD 2020	1 EACH	25	1	*3	17.67
DELI SANDWICH - SEC SIZE	1 EACH	25	31	5	27.77
CHIP SUNCHIP GARDEN 1oz 2019	BAG	50	0	2	19.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	0	13	19.48
SALAD BAR WTh - Secondary	1CUP Veg	125	15	4	9.49
KETCHUP CND 33% 2018	1 TBSP	100	0	4	5.0
MAYO LITE 2018	1 TBSP	50	10	0	1.0
BARBEQUE SAUCE 2 TBLS 2018	2 TBSP	50	0	11	15.0
MUSTARD YELLOW PREPARED 2018	1 TSP	50	0	0	0.0
BUTTERY SPREAD INDIV CUP 2016	INDIV CUP	100	0	0	0.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	100	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	150	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			37	*46	94.31
% of Calories				*26.5%	54.1%
Nutrient Guideline					

Weighted Average			*49	*41	104.51
				*46.5%	52.5%

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 3, 2023 thru Apr 27, 2023

RSHS LUNCH 9-12

Generated on: 4/11/2023 9:37:30 AM

				Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Cholesterol (mg)	49				Missing			
Sugars (g)	41	20.67%			Missing			
Carbohydrate (g)	104.51	52.50%						

**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.