

# SWEETWATER SCH. DIST. NO.1

Oct 3, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
RSJR LUNCH 7-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	190	2.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
POTATOES, FRY COLLOSL 3/4 C.	3 oz	190	23.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
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
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR SECONDARY #1	1 EACH	434	91.32
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
Italian Dressing Lite 1oz 2019	1 OZ	35	2.66
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		1280	191.98
% of Calories			60.0%
Nutrient Guideline		600-700	

Tue - 10/04/2022			
RSJR LUNCH 7-8	Total		
BURRITO BEAN CHEESE 3.95oz2018	1 EACH	222	31.39
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
BEEF, Ckd PATTY 2.5 OZ 2021	1 each	190	2.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
CHEESE AMERICAN 1SLC USDA 2018	1 SLICE	40	0.5
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
PIZZA BIG DADDY CHS SCHWAN 16"	SLICE	400	43.0
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 grm 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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		1003	158.43
% of Calories			63.2%
Nutrient Guideline		600-700	

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RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/05/2022			
RSJR LUNCH 7-8	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
CORND OG Chicken Jalapeno 2020	1 EACH	279	27.93
POTATO PUFFS FRZ BKD 1cup2018	1 cup	320	38.0
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		458	63.44
% of Calories			55.4%
Nutrient Guideline		600-700	

Thu - 10/06/2022			
RSJR LUNCH 7-8	Total		
PIZZA CHEESE ROUND 2019	1 EACH	280	26.0
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		728	104.22
% of Calories			57.2%
Nutrient Guideline		600-700	

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Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/10/2022			
RSJR LUNCH 7-8	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
GOURMET SALAD SEC*	1 EACH	269	25.11
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		317	41.22
% of Calories			52.1%
Nutrient Guideline		600-700	

Tue - 10/11/2022			
RSJR LUNCH 7-8	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
SAUSAGE PTY 2ea JTM1.25oz 2018	2 each	90	0.0
HASH BROWN TRIANGLE 2oz 2ea	2 each	200	24.0
CHICKEN PATTY HOT 3ozTY2022-23	1 EACH	230	15.0
BUN HAMBURGER WH WT 3.5" 2020	BUN	140	27.0
POTATO FRIES CRINKLE 1cup 2020	1 CUP	174	30.0
GOURMET SALAD SEC*	1 EACH	269	25.11
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		108	13.36
% of Calories			49.4%
Nutrient Guideline		600-700	

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RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/12/2022			
RSJR LUNCH 7-8	Total		
Chicken Popcorn 2021 - 110452	10 each	260	17.0
MASHED POTATO, Pearls1 C 2018	1 CUP	180	34.0
GRAVY, CHICKEN, LS 2018	1/4 CUP	20	3.0
CORN, SWT, YEL, FRZ 2018 1/4cup	1/4 CUP	38	7.93
ROLLS, DINNER WHWT ALPHA 2020	1 EACH	80	13.0
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		928	146.34
% of Calories			63.1%
Nutrient Guideline		600-700	

Thu - 10/13/2022			
RSJR LUNCH 7-8	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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RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/17/2022			
RSJR LUNCH 7-8	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
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		554	76.59
% of Calories			55.3%
Nutrient Guideline		600-700	

Tue - 10/18/2022			
RSJR LUNCH 7-8	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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**SWEETWATER SCH. DIST. NO.1****Oct 3, 2022 thru Oct 31, 2022**

Base Menu Spreadsheet

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/19/2022			
RSJR LUNCH 7-8	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			
RSJR LUNCH 7-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
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		1376	197.82
% of Calories			57.5%
Nutrient Guideline		600-700	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/24/2022			
RSJR LUNCH 7-8	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
GOURMET SALAD SEC*	1 EACH	269	25.11
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	91.15
% of Calories			56.1%
Nutrient Guideline		600-700	

Tue - 10/25/2022			
RSJR LUNCH 7-8	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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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/26/2022			
RSJR LUNCH 7-8	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			
RSJR LUNCH 7-8	Total		
PIZZA BIG DADDY PEP PRIMO 16"	SLICE	370	35.0
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
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		472	61.41
% of Calories			52.1%
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

RSJR LUNCH 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/31/2022			
RSJR LUNCH 7-8	Total		
PIZZA FRENCH BREAD PEP SW 2018	1 EACH	300	33.0
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
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
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
PB&J UNCRUSTABLE GRP2.6oz 2018	SANDWICH	300	32.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CHEEZ-IT CRACKER .75oz 2018	PACK	100	14.0
VEGGIE FRESH 1 CUP	1 CUP	98	22.06
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
SALAD BAR SECONDARY #1	1 EACH	434	91.32
RANCH DRESSING Lite 1oz 2018	1 OZ	71	2.03
Italian Dressing Lite 1oz 2019	1 OZ	35	2.66
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* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		942	127.09
% of Calories			54.0%
Nutrient Guideline		600-700	

Weighted Average		648	91.74
			56.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	648		600 - 700	100%				
Carbohydrate (g)	91.74	56.64%						

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