

**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/03/2016																
RSHS LUNCH W/HEALTHB	Total	450														
MACARONI & CHEESE JTM 2016	3 oz	300	149	24	374	1.00	0.00	177.5	329	0.0	2	8.0	13.0	7.5	4.25	0.30
HOTDOG, MEAT 8X1 LS 2016	1 EACH	150	180	35	340	0.00	0.72	0.0	5	0.0	1	6.0	1.0	17.0	7.00	0.50
BUN HOT DOG WHWT 6" ALPH A 2016	BUN	150	150	0	263	2.70	1.50	33.5	18	0.0	4	5.7	27.2	2.2	0.40	0.01
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	150	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
CELERY STICKS 1/2 cup 2016	1/2 cup	150	12	0	59	1.35	0.12	27.0	338	2.43	1	0.68	2.7	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	450	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	375	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	400	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			747	51	1222	13.36	6.62	669.1	15613	34.60	46	36.29	101.52	22.39	8.84	*0.37
% of Calories											24.5%	19.4%	54.3%	27.0%	10.7%	*0.5%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**Oct 3, 2016 thru Nov 4, 2016**

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RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/04/2016																
RSLS LUNCH W/HEALTHB QUESADILLA CHIC & CHEESE 2016	Total	450														
	1 EACH	150	340	85	910	2.70	1.08	200.0	310	0.0	1	29.0	24.0	14.0	6.00	0.00
CHEESEBURGER ON BUN *	1 EACH	150	299	48	568	3.60	3.20	151.3	17	0.0	*3	22.6	27.9	12.15	5.30	0.01
REFRIED BEANS can 1/2 cup 2016	1/2 cup	300	280	0	960	12.00	5.40	40.0	0	4.8	0	16.0	46.0	3.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	300	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
SAUCE, SALSA, THICK, RTS 2016	2 Tbls	275	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
SOUR CREAM 1oz 2016	PACKET	300	60	20	50	0.00	0.00	40.0	200	0.0	1	1.0	2.0	5.0	3.50	0.00
JALAPENO PEP, SLC, CND 2016	2 Tbsp	375	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	375	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
PEACHES can, lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			800	76	2092	17.35	8.68	712.1	7482	43.06	*39 *19.5%	46.69 23.3%	107.38 53.7%	20.05 22.6%	7.79 8.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/05/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
CHICKEN POPCORN CRISPY	SERV 12 E	150	230	20	340	2.00	1.80	40.0	100	0.0	1	14.0	14.0	13.0	2.50	0.00
WG 12ea																
MASHED POTATO,Pearls1/2C 2016	1/2 CUP	150	180	0	820	2.00	0.72	0.0	0	18.0	1	4.0	34.0	3.0	0.00	0.00
GRAVY,CHICKEN: scratch *2-2015	1/4 CUP	150	91	8	118	0.17	0.28	3.6	278	0.01	*0	0.63	5.06	7.6	2.94	*0.00
CORN,SWT,YEL,FRZ 2016 1/4cup	1/4 CUP	150	37	0	0	0.37	0.00	0.0	0	1.35	2	1.12	7.87	0.37	0.00	0.00
BREAD WHOLE WHEAT SLC A LPHA	SLICE	150	71	0	130	1.40	0.70	16.5	7	0.0	1	2.4	13.2	1.2	0.40	0.01
CORN DOGS MINI FOSTER FA RM2016	6 EACH	150	225	31	350	4.50	0.90	120.0	0	0.0	5	8.75	25.0	10.0	3.15	0.00
VEGGIE FRESH 1/2 CUP	1/2 CUP	300	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	375	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2016	1/2 cup	385	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	325	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
WRAP CHICKEN BACON RANCH RSHS	1 EACH	150	410	100	1132	2.20	1.83	156.4	661	0.72	*2	37.36	24.65	17.28	5.80	*0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			693	61	1209	10.42	4.38	507.8	10169	63.81	*49 *28.1%	34.99 20.2%	96.42 55.7%	18.97 24.6%	5.73 7.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

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Thu - 10/06/2016																
RSHS LUNCH W/HEALTHB CHICKEN PATTY GRILLED PIE RRE*	Total	450														
	1 EACH	150	90	40	474	0.05	0.56	9.2	25	0.0	*N/A*	16.97	1.32	1.0	0.25	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
SOUP HEARTY CAMPBELLS	#6 ladel	150	128	7	1247	2.84	1.02	28.4	2835	3.4	*N/A*	4.25	21.26	2.84	0.71	0.00
GRILLED CHEESE SANDWICH SEC*	4slc + 2 brd	150	340	50	780	3.00	1.44	900.0	1215	0.0	10	16.0	26.0	20.0	10.00	0.00
BANANAS WHOLE	1 EACH	425	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	325	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	425	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			721	48	1436	13.75	6.07	824.2	14929	37.32	*63 *35.2%	34.93 19.4%	117.12 65.0%	14.37 17.9%	6.31 7.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Fri - 10/07/2016																
RSHS LUNCH W/HEALTHB	Total	450														
PIZZA RIPPER PEPP 4 oz 2016	1 EACH	150	300	30	550	2.00	3.60	250.0	300	3.6	2	15.0	30.0	11.0	4.00	0.00
SAUCE MARINARA 1/2 CUP 2016	1/2 CUP	150	45	0	207	2.21	1.62	21.8	1154	9.34	*0	0.52	14.01	0.03	0.01	*0.00
BURRITO 4 OZ CORN BUTCHE R BOY*	1 EACH	150	310	20	470	3.00	2.70	40.0	500	2.4	0	9.0	35.0	15.0	4.50	0.00
POTATO WEDGES*	4 WEDGE	300	150	0	490	2.00	1.08	0.0	0	4.8	0	2.0	21.0	6.0	1.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	325	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	425	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			652	35	1208	9.43	7.22	663.4	6715	54.04	*43 *26.4%	28.36 17.4%	99.77 61.2%	16.60 22.9%	5.19 7.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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Portion Values - Detailed

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Mon - 10/10/2016																
RSHS LUNCH W/HEALTHB	Total	450														
PHILLY BEEF & CHEESE ON BUN	1 EACH	150	258	33	719	4.06	3.22	128.4	60	39.0	*3	21.66	30.26	5.95	1.83	*0.00
CHICKEN PATTIES,CRISPY W G WHOL	PATTY	150	230	50	380	1.00	1.44	20.0	5	0.0	1	22.0	14.0	10.0	2.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
CARROTS,RAW,BABY 1/2cup 2016	6 each	300	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	425	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	400	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	375	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			632	44	1209	12.57	6.30	558.2	12823	48.96	*44	36.55	96.21	12.15	3.82	*0.00
% of Calories											*28.0%	23.1%	60.9%	17.3%	5.4%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/11/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
CORN DOGS MINI FOSTER FA RM2016	6 EACH	150	225	31	350	4.50	0.90	120.0	0	0.0	5	8.75	25.0	10.0	3.15	0.00
HAMBURGER PATTY ONLY PI ERRE	1 PATTY	150	130	30	280	1.00	1.80	20.0	100	0.0	0	12.0	2.0	8.0	3.50	0.00
CHEESE AMERICAN 1SLICE U SDA*	1 SLICE	150	55	13	140	0.00	0.00	150.0	300	0.0	2	2.5	1.0	4.5	2.50	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
POTATO PUFFS FRZ BKD1/2cup2016	1/2 cup	300	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
MANDARIN ORANGES 1/2 CUP 2016	1/2 CUP	425	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
COOKIE WG CHOC TFS 2016	COOKIE	450	100	5	94	0.70	0.36	10.0	50	0.0	9	1.3	16.2	3.8	1.10	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	385	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	350	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			693	48	1019	11.19	5.86	683.4	8350	66.57	*60	31.04	104.95	17.85	6.27	*0.00
% of Calories											*34.4%	17.9%	60.6%	23.2%	8.1%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/12/2016																
RSHS LUNCH W/HEALTHB	Total	450														
HAMBURGER PATTY ONLY PI	1 PATTY	150	130	30	280	1.00	1.80	20.0	100	0.0	0	12.0	2.0	8.0	3.50	0.00
ERRE																
MASHED POTATO,Pearls1/2C 2	1/2 CUP	150	180	0	820	2.00	0.72	0.0	0	18.0	1	4.0	34.0	3.0	0.00	0.00
016																
GRAVY,BROWN: scratch 2-2015	1/4 CUP	150	43	8	89	0.14	0.23	3.4	115	0.03	0	0.69	3.53	2.94	1.80	*0.00
PEAS & CARROTS: frozen,boiled	1/2 CUP	150	38	0	54	2.48	0.75	18.4	7611	6.48	3	2.47	8.1	0.34	0.06	0.00
ROLLS,DINNER WHWT ALPHA	1 EACH	150	80	0	140	1.00	0.72	0.0	0	0.0	1	3.0	13.0	1.5	0.00	0.00
2016																
CHICKEN PATTY HOT 3.49oz T	1 EACH	150	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
YSON																
BUN HAMBURGER WH WT 4"	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
ALPHA																
VEGGIE FRESH 1/2 CUP	1/2 CUP	300	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
SALAD ROMAINE MIX 1/2 cup 2	1/2 cup	385	15	0	20	1.00	1.44	40.0	2250	3.6	0	2.0	2.0	0.0	0.00	0.00
016																
CUCUMBER,RAW 1/4c 2016	1/4 cup	350	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
WRAP CHICKEN RANCH	1 EACH	150	244	19	420	2.00	1.67	123.4	359	2.36	*2	9.91	24.54	10.93	2.07	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	TS															
MILK* HP - WHITE 1% 2016	HALF PIN	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	TS															
Weighted Daily Average			620	35	1057	8.67	5.14	454.4	10949	31.33	*38	28.41	88.51	16.02	4.38	*0.00
% of Calories											*24.6%	18.3%	57.1%	23.3%	6.4%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/13/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
HAM & CHEESE DELI SEC SIZE	3oz stack	150	204	20	769	3.00	1.84	301.0	15	0.0	*3	15.5	24.0	4.75	1.70	*0.00
BURRITO 4 OZ CORN BUTCHE	1 EACH	150	310	20	470	3.00	2.70	40.0	500	2.4	0	9.0	35.0	15.0	4.50	0.00
R BOY*																
CELERY STICKS 1/2 cup 2016	1/2 cup	450	12	0	59	1.35	0.12	27.0	338	2.43	1	0.68	2.7	0.0	0.00	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	425	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	350	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	400	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			594	29	918	11.03	5.68	616.8	6290	41.89	*43 *28.8%	27.77 18.7%	95.84 64.5%	12.02 18.2%	4.52 6.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/17/2016																
RSHS LUNCH W/HEALTHB	Total	450														
TACO,BEEF WRAP soft shell*	1 EACH	150	150	10	298	0.33	1.01	107.7	101	1.5	*0	6.06	17.83	5.49	1.75	*0.00
CHEESE SAUCE CHED AGED	1/4 CUP	150	40	3	220	0.00	0.00	20.0	0	0.0	1	0.5	3.5	3.0	0.50	0.00
KATY 20																
TORTILLA CHIP WH GRN 13ea	13 chips	150	140	0	115	2.00	0.36	20.0	0	0.0	0	2.0	20.0	6.0	1.00	0.00
2016																
CORN DOG, Chicken FOSTER	1 EACH	150	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
FARM																
REFRIED BEANS can 1/2 cup2016	1/2 cup	300	280	0	960	12.00	5.40	40.0	0	4.8	0	16.0	46.0	3.0	0.00	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	425	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	400	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	375	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	380	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	375	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			744	33	1901	17.52	8.24	571.4	4973	43.48	*26	34.76	111.59	16.94	4.36	*0.00
% of Calories											*13.8%	18.7%	60.0%	20.5%	5.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/18/2016																
RSHS LUNCH W/HEALTHB	Total	450														
CHICKEN TENDERS 2016	4 EACH	150	347	33	520	4.00	2.40	53.3	133	0.0	1	20.0	21.33	20.0	3.33	0.00
BAGEL MINI PLN SLC 2oz LEN DW/C	BAGEL	150	217	31	273	3.00	1.55	67.8	381	0.0	*1	6.68	25.15	10.71	5.47	0.00
EGG PATTY GRILLED; USDA	1 EACH	150	45	115	120	0.00	0.38	19.8	177	0.0	*N/A*	3.0	1.0	3.5	1.00	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	150	212	40	371	0.00	0.48	0.0	0	0.0	*N/A*	7.95	0.0	21.21	7.95	0.00
CHEESE AMERICAN 1SLICE U SDA*	1 SLICE	150	55	13	140	0.00	0.00	150.0	300	0.0	2	2.5	1.0	4.5	2.50	0.00
POTATO PUFFS FRZ BKD1/2cu p2016	1/2 cup	300	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	425	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	350	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			726	96	1085	9.43	5.51	651.2	6903	24.22	*54	32.23	93.27	26.00	8.78	*0.00
% of Calories											*29.6%	17.8%	51.4%	32.3%	10.9%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/19/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
SPAG MEAT SAUCE ONLY*new	#8scoop	150	174	14	459	4.27	2.70	55.7	8335	99.59	7	9.47	25.22	6.54	1.42	0.00
	#4ladel															
SPAGHETTI NOODLES WG ON	1/2 CUP	150	180	0	0	6.00	3.60	0.0	0	0.0	2	8.0	39.0	1.0	0.00	0.00
LY 2016																
BREAD WHOLE WHEAT SLC A	SLICE	150	71	0	130	1.40	0.70	16.5	7	0.0	1	2.4	13.2	1.2	0.40	0.01
LPHA																
CHICKEN PATTY HOT 3.49oz T	1 EACH	150	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
YSON																
BUN HAMBURGER WH WT 4"	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
ALPHA																
VEGGIE FRESH 1/2 CUP	1/2 CUP	300	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
PEARS: canned 1/2 cup 2016	1/2 cup	425	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	400	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
CHEESE PARMESAN 2016	1 TBLS	150	26	5	113	0.00	0.03	53.3	61	0.0	0	1.78	0.87	1.74	0.96	0.00
ORANGE WEDGES (3) 2016	3 EACH	425	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
WRAP CHICKEN BACON RANC	1 EACH	150	410	100	1132	2.20	1.83	156.4	661	0.72	*2	37.36	24.65	17.28	5.80	*0.00
H RSHS																
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	TS															
MILK* HP - WHITE 1% 2016	HALF PIN	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
	TS															
Weighted Daily Average			723	56	1085	15.55	7.50	564.6	13147	117.67	*48	40.42	108.12	16.47	4.78	*0.01
% of Calories											*26.8%	22.4%	59.8%	20.5%	5.9%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

Planned Menu Spreadsheet

Portion Values - Detailed

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**Oct 3, 2016 thru Nov 4, 2016**

RSHS LUNCH W/HEALTHBAR

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/20/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
CHILI CON CARNE & BEANS 2OZ	2 OUNCES	150	178	47	182	2.17	2.24	30.4	718	13.32	*1	15.66	9.51	8.67	3.32	*0.00
CHEESE SAUCE CHED AGED	1/4 CUP	150	40	3	220	0.00	0.00	20.0	0	0.0	1	0.5	3.5	3.0	0.50	0.00
KATY 20																
FRENCH FRIES: oven heat	1/2 CUP	300	120	0	246	1.52	0.43	9.1	4	6.54	0	2.09	19.42	4.16	0.64	0.00
CHEESEBURGER ON BUN *	1 EACH	150	299	48	568	3.60	3.20	151.3	17	0.0	*3	22.6	27.9	12.15	5.30	0.01
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	425	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	300	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
CARROT STICKS 1/4 cup	1/4 cup	325	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			704	48	1008	9.18	6.28	563.4	10530	40.20	*57	33.76	109.00	16.86	5.93	*0.00
% of Calories											*32.3%	19.2%	61.9%	21.5%	7.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/24/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
CHICKEN PATTY HOT 3.49oz T YSON	1 EACH	150	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
SWISS MUSH BURGER *	1 EACH	150	398	70	961	3.24	2.85	410.4	258	0.0	3	30.9	25.77	18.67	8.49	0.00
FRENCH FRIES: oven heat	1/2 CUP	300	120	0	246	1.52	0.43	9.1	4	6.54	0	2.09	19.42	4.16	0.64	0.00
APPLESAUCE CUP 4.5oz	ZIP CUP	425	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROTS,RAW,BABY 1/4cup 2016	3 each	325	35	0	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
PICKLES,DILL 2016	3 chips	300	5	0	310	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	425	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			784	48	1415	12.42	6.74	658.4	9420	28.79	*48	37.86	114.83	20.11	6.82	*0.00
% of Calories											*24.3%	19.3%	58.6%	23.1%	7.8%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/25/2016																
RSHS LUNCH W/HEALTHB	Total	450														
TACO BURGER	1 EACH	150	289	29	849	5.23	3.15	250.6	375	4.5	*4	19.62	31.01	9.76	2.45	*0.00
CHICKEN PATTY HOT 3.49oz T	1 EACH	150	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
YSON																
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
CUCUMBER,RAW 1/2CUP 2016	1/2 CUP	450	7	0	1	0.42	0.13	8.3	43	1.9	1	0.35	1.29	0.1	0.01	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	425	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
COOKIE WG CHOC TFS 2016	COOKIE	450	100	5	94	0.70	0.36	10.0	50	0.0	9	1.3	16.2	3.8	1.10	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	325	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
PICKLES,DILL 2016	3 chips	385	5	0	310	0.00	0.00	0.0	0	0.0	1	0.0	1.0	0.0	0.00	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	375	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1/4 cup	350	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			692	41	1583	14.09	6.75	672.8	7380	49.24	*53	33.91	104.01	16.73	4.71	*0.00
% of Calories											*30.5%	19.6%	60.1%	21.8%	6.1%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/26/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
MANDARIN CHICKEN W/SAUCE L	#8 SCOOP	150	147	53	415	0.00	1.08	0.0	0	0.0	14	15.05	14.05	2.51	1.00	0.00
RICE,Cooked Brown 2016	1/2 CUP	150	108	0	5	2.00	0.45	10.0	0	0.0	1	2.5	22.5	1.0	0.00	0.00
VEGETABLES,ORIENTAL MIXE	1/2 CUP	150	30	0	12	1.21	0.00	24.3	0	14.56	*N/A*	1.21	4.85	0.0	0.00	0.00
D FRZ																
BURRITO 4 OZ CORN BUTCHE	1 EACH	150	310	20	470	3.00	2.70	40.0	500	2.4	0	9.0	35.0	15.0	4.50	0.00
R BOY*																
STRING CHEESE 1oz 2016	1 EACH	150	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
VEGGIE FRESH 1/2 CUP	1/2 CUP	300	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
MANDARIN ORANGES 1/2 CUP	1/2 CUP	425	90	0	10	1.00	0.36	20.0	1250	27.0	22	1.0	23.0	0.0	0.00	0.00
2016																
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	400	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
APPLE Wedges 3 2016	3 WEDGE	425	19	0	0	0.87	0.04	2.2	20	1.67	4	0.09	5.01	0.06	0.01	0.00
WRAP WG ORIENTAL 3 OZ	1 EACH	150	230	35	920	3.00	1.08	80.0	750	4.8	*N/A*	18.0	18.0	10.0	5.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			607	49	921	9.97	5.25	551.9	11562	72.21	*53	31.63	92.69	12.91	5.50	*0.00
% of Calories											*34.8%	20.8%	61.0%	19.1%	8.1%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

Planned Menu Spreadsheet

Portion Values - Detailed

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**Oct 3, 2016 thru Nov 4, 2016**

RSHS LUNCH W/HEALTHBAR

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/27/2016																
RSHS LUNCH W/HEALTHB	Total	450														
WAFFLE PLAIN TOASTED 2 each	2 EACH	150	315	10	523	1.62	4.64	207.3	878	0.0	30	4.75	59.9	6.38	1.08	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	150	212	40	371	0.00	0.48	0.0	0	0.0	*N/A*	7.95	0.0	21.21	7.95	0.00
CHEESEBURGER ON BUN *	1 EACH	150	299	48	568	3.60	3.20	151.3	17	0.0	*3	22.6	27.9	12.15	5.30	0.01
CARROT STICKS 1/2 cup	1/2 cup	300	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
APPLESAUCE ROSEY 2016	1/2 CUP	425	57	0	10	1.89	0.00	0.0	0	2.3	11	0.0	14.19	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
PINEAPPLE TIDBIT 1/2 cup 2016	1/2 cup	425	80	0	0	1.00	0.36	20.0	100	12.0	20	1.0	22.0	0.0	0.00	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			719	48	978	11.01	6.83	628.2	14902	34.90	*68 *37.9%	31.04 17.3%	111.92 62.2%	18.78 23.5%	7.25 9.1%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/28/2016																
RSHS LUNCH W/HEALTHB	Total	450														
HOTDOG, MEAT 8X1 LS 2016	1 EACH	150	180	35	340	0.00	0.72	0.0	5	0.0	1	6.0	1.0	17.0	7.00	0.50
BUN HOT DOG WHWT 6" ALPH A 2016	BUN	150	150	0	263	2.70	1.50	33.5	18	0.0	4	5.7	27.2	2.2	0.40	0.01
MEATBALL PRAIRIE 1oz/ea 2016	3 EACH	150	230	70	330	1.00	1.80	40.0	100	1.2	1	16.0	4.0	18.0	7.00	0.00
BUN HOT DOG WHWT 6" ALPH A 2016	BUN	150	150	0	263	2.70	1.50	33.5	18	0.0	4	5.7	27.2	2.2	0.40	0.01
POTATO PUFFS FRZ BKD1/2cup2016	1/2 cup	300	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CARROT STICKS 1/4 cup	1/4 cup	400	18	0	30	1.23	0.13	14.5	7341	2.59	2	0.41	4.21	0.11	0.02	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	375	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
OLIVES BLACK SLC 2TBLS 2016	2 TBLS	385	25	0	125	0.00	0.00	0.0	0	0.0	0	0.0	1.0	2.5	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	425	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			697	54	1143	11.15	5.47	593.6	12906	25.55	*52	29.93	98.93	21.32	6.97	*0.17
% of Calories											*30.0%	17.2%	56.8%	27.5%	9.0%	*0.2%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/31/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
HAM & CHEESE DELI SEC SIZE	3oz stack	150	204	20	769	3.00	1.84	301.0	15	0.0	*3	15.5	24.0	4.75	1.70	*0.00
CORN DOGS MINI FOSTER FA	6 EACH	150	225	31	350	4.50	0.90	120.0	0	0.0	5	8.75	25.0	10.0	3.15	0.00
RM2016																
CHIP SUN CHIP HAR CHED 1o	BAG	150	140	0	210	2.00	0.36	0.0	0	0.0	2	2.0	18.0	6.0	1.00	0.00
z2016																
CARROTS,RAW,BABY 1/2cup 2	6 each	300	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
016																
APPLESAUCE CUP 4.5oz	ZIP CUP	425	51	0	15	1.03	0.00	0.0	0	0.0	*N/A*	0.17	13.37	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CELERY STICKS 1/4 cup 2016	1/4 cup	325	6	0	30	0.68	0.06	13.5	169	1.22	1	0.34	1.35	0.0	0.00	0.00
CROUTONS SEASONED 2016	.25 OUNC	300	30	0	105	0.00	0.36	0.0	0	0.0	0	1.0	5.01	1.0	0.00	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			646	33	1065	11.37	5.25	638.7	12998	31.71	*43	28.71	103.44	12.95	4.39	*0.00
% of Calories											*26.8%	17.8%	64.0%	18.0%	6.1%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 11/01/2016																
RSHS LUNCH W/HEALTHBAR CHICKEN NUGGET CHNK WG ELE5ea*	Total	450														
BURRITO 4 OZ CORN BUTCHER BOY*	5 EACH	150	180	55	221	1.00	1.08	0.0	0	0.0	0	17.04	6.01	10.02	2.00	0.00
POTATO PUFFS FRZ BKD1/2cup2016	1 EACH	150	310	20	470	3.00	2.70	40.0	500	2.4	0	9.0	35.0	15.0	4.50	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	300	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
SALAD ROMAINE MIX 1 cup 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
TOMATOES CHERRY 1/4 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CUCUMBER,RAW 1/4c 2016	1/4 cup	325	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00	0.00
ORANGE WEDGES (3) 2016	1/4 cup	350	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	3 EACH	400	42	0	0	2.16	0.09	36.0	203	47.88	8	0.85	10.58	0.11	0.01	0.00
FRUIT FRESH ASSORTED 1CUP	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
MILK* HP - CHOC SKIM MG 2016	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			578	44	817	9.84	5.09	591.4	7447	83.02	*44 *30.7%	28.31 19.6%	84.71 58.6%	14.35 22.3%	4.20 6.5%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 11/02/2016																
RSHS LUNCH W/HEALTHBAR	Total	450														
TACO MEAT ONLY ELE + SEC 2016	1/3 CUP	150	150	30	384	0.98	1.94	23.0	303	4.5	*1	12.12	5.5	8.91	3.72	*0.00
TORTILLA CHIP WH GRN 13ea 2016	13 chips	150	140	0	115	2.00	0.36	20.0	0	0.0	0	2.0	20.0	6.0	1.00	0.00
CHEESE SAUCE CHED AGED KATY 20	1/8 CUP	150	20	1	110	0.00	0.00	10.0	0	0.0	1	0.25	1.75	1.5	0.25	0.00
LETTUCE ICEBERG SHRD 1/2 CUP	1/2 CUP	150	4	0	3	0.34	0.11	5.0	141	0.78	1	0.25	0.83	0.04	0.00	0.00
BEANS,BLACK,CND,DRND 1/2 C 2016	1/2 CUP	150	110	0	140	7.03	1.08	40.1	0	0.0	2	8.03	19.07	1.0	0.00	0.00
CHICKEN PATTY GRIL PIERRE BUN	SANDWIC	150	234	40	717	2.65	1.96	40.5	41	0.0	*3	23.07	27.22	2.9	0.55	0.01
VEGGIE FRESH 1/2 CUP	1/2 CUP	300	29	0	90	2.55	0.62	40.8	8073	3.23	3	0.75	6.36	0.17	0.04	*0.00
PEARS: canned 1/2 cup 2016	1/2 cup	425	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
BROCCOLI,raw:1/4 cup 2016	1/4 cup	325	6	0	6	0.39	0.14	7.8	107	15.8	0	0.59	1.17	0.0	0.00	0.00
TOMATOES DICED 1/4 cup 2016	1/4 cup	300	32	0	9	2.16	0.49	18.0	1499	24.66	5	1.58	7.0	0.36	0.05	0.00
SAUCE,SALSA,THICK,RTS 2016	2 Tbls	375	10	0	160	1.00	0.00	0.0	100	4.8	1	0.0	2.0	0.0	0.00	0.00
SOUR CREAM 1oz 2016	PACKET	375	60	20	50	0.00	0.00	40.0	200	0.0	1	1.0	2.0	5.0	3.50	0.00
JALAPENO PEP,SLC,CND 2016	2 Tbsp	380	5	0	290	1.00	0.00	0.0	200	0.0	0	0.0	1.0	0.0	0.00	0.00
MIXED FRUIT 1/2 cup 2016	1/2 CUP	400	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
WRAP WG ORIENTAL 3 OZ	1 EACH	150	230	35	920	3.00	1.08	80.0	750	4.8	*N/A*	18.0	18.0	10.0	5.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	300	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			699	60	1487	16.48	5.89	536.3	11932	62.22	*57 *32.7%	36.38 20.8%	105.02 60.1%	16.08 20.7%	7.27 9.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/03/2016																
RSHS LUNCH W/HEALTHB	Total	450														
CHEESEBURGER ON BUN *	1 EACH	150	299	48	568	3.60	3.20	151.3	17	0.0	*3	22.6	27.9	12.15	5.30	0.01
EGG PATTY GRILLED; USDA	1 EACH	150	45	115	120	0.00	0.38	19.8	177	0.0	*N/A*	3.0	1.0	3.5	1.00	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	150	212	40	371	0.00	0.48	0.0	0	0.0	*N/A*	7.95	0.0	21.21	7.95	0.00
CHEESE AMERICAN 1SLICE U SDA*	1 SLICE	150	55	13	140	0.00	0.00	150.0	300	0.0	2	2.5	1.0	4.5	2.50	0.00
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	150	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
CARROTS,RAW,BABY 1/2cup 2016	6 each	300	70	0	130	4.00	0.72	40.0	12000	12.0	10	2.0	16.0	0.0	0.00	0.00
APPLES SWT,CND,H2O PK,SL C,DRN*	1/2 cup	425	61	0	1	1.74	0.14	3.9	32	0.15	*6	0.22	15.59	0.29	0.04	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
CAULIFLOWER,fresh 1/4 cup 2016	1/4 cup	275	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
PEACHES can,lite sy 1/2c 2016	1/2 cup	425	61	0	10	0.00	0.00	0.0	304	1.21	11	0.0	14.17	0.0	0.00	0.00
PIZZA RSHS 2016	1 EACH	150	309	25	689	3.00	2.70	249.6	499	0.0	4	16.97	32.94	11.98	4.99	0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			713	87	988	12.48	6.32	624.9	13081	55.79	*51	34.27	102.99	19.96	8.15	*0.00
% of Calories											*28.6%	19.2%	57.8%	25.2%	10.3%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

RSHS LUNCH W/HEALTHBAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

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	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 11/04/2016																
RSHS LUNCH W/HEALTHB	Total	450														
PIZZA RIPPER GARLIC 4 oz	1 EACH	150	280	25	460	2.00	1.80	350.0	300	0.0	1	15.0	30.0	11.0	6.00	0.00
SAUCE MARINARA 1/2 CUP 2016	1/2 CUP	150	45	0	207	2.21	1.62	21.8	1154	9.34	*0	0.52	14.01	0.03	0.01	*0.00
CHICKEN PATTY HOT 3.49oz T	1 EACH	150	270	25	400	3.00	2.70	40.0	100	0.0	1	15.0	17.0	15.0	3.00	0.00
YSON																
BUN HAMBURGER WH WT 4" ALPHA	BUN	150	144	0	243	2.60	1.40	31.3	17	0.0	3	6.1	25.9	1.9	0.30	0.01
FRIES CURLY: BAKED 3oz	3 ounces	150	160	0	430	2.00	1.08	0.0	0	6.0	0	2.0	20.0	8.0	2.00	0.00
APPLESAUCE ROSEY 2016	1/2 CUP	400	57	0	10	1.89	0.00	0.0	0	2.3	11	0.0	14.19	0.0	0.00	0.00
COOKIE WG ICED TFS 2016	COOKIE	450	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
SALAD ROMAINE MIX 1 cup 2016	1 cup	385	30	0	40	2.00	2.88	80.0	4500	7.2	0	4.0	4.0	0.0	0.00	0.00
PICKLES,DILL 2016	1/8 CUP	325	1	0	39	0.00	0.00	0.0	0	0.0	0	0.0	0.13	0.0	0.00	0.00
CARROTS,RAW,BABY 1/4cup 2016	3 each	350	35	0	65	2.00	0.36	20.0	6000	6.0	5	1.0	8.0	0.0	0.00	0.00
PEARS: canned 1/2 cup 2016	1/2 cup	400	60	0	5	2.00	0.00	0.0	0	1.2	12	0.0	16.0	0.0	0.00	0.00
DELI SANDWICH SEC RSHS	1 EACH	150	232	33	836	4.16	2.57	468.8	4420	3.9	*7	16.79	26.04	7.65	2.72	*0.00
FRUIT,FRESH ASSORTED	1 EACH	300	64	0	1	2.55	0.21	13.6	125	13.64	12	0.7	16.47	0.23	0.05	*0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	225	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	225	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			863	42	1218	14.75	7.33	707.0	11147	31.25	*67	32.84	135.27	22.63	7.26	*0.00
% of Calories											*30.8%	15.2%	62.7%	23.6%	7.6%	*0.0%
Nutrient Guideline			750-850		1420									<=30.0	<10.00	

Weighted Average			698	51	1220	12.30	6.28	619.3	10506	48.77	*50	33.52	103.63	17.50	6.05	*0.03
											*64.2%	19.2%	59.4%	22.6%	7.8%	*0.0%

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**SWEETWATER SCH. DIST. NO.1**

Planned Menu Spreadsheet

Portion Values - Detailed

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**Oct 3, 2016 thru Nov 4, 2016**

RSHS LUNCH W/HEALTHBAR

001 - HIGH SCHOOL KITCHEN

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Nutrient	Menu AVG	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Calories	698		Weekly Target	750 - 850	93%	Miss Data	Shortfall	52	Overage	Error Messages (if any)							
Cholesterol (mg)	51									Correction Required - Calories are Low							
Sodium (mg)	1220			1420													
Fiber (g)	12.30																
Iron (mg)	6.28																
Calcium (mg)	619.3																
Vitamin A (IU)	10506																
Sugars (g)	50	28.54%				Missing											
Vitamin C (mg)	48.77																
Protein (g)	33.52	19.22%															
Carbohydrate (g)	103.63	59.41%															
Total Fat (g)	17.50	22.57%		<=30.00%													
Saturated Fat (g)	6.05	7.81%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.03%				Missing											

\*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

<sup>1</sup> - 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.