

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2023 thru Jan 31, 2023

HIGH SCHOOL BREAKFAST BAR

Generated on: 12/22/2022 2:25:24 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/04/2023			
HIGH SCHOOL BREAKFAS	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		375	63.50
% of Calories			67.8%
Nutrient Guideline		450-600	

Thu - 01/05/2023			
HIGH SCHOOL BREAKFAS	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		555	86.65
% of Calories			62.5%
Nutrient Guideline		450-600	

Mon - 01/09/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		479	71.66
% of Calories			59.8%
Nutrient Guideline		450-600	

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

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Portion Values - Detailed

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Jan 1, 2023 thru Jan 31, 2023**HIGH SCHOOL BREAKFAST BAR**

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/10/2023			
HIGH SCHOOL BREAKFAS	Total		
PANCAKE BOWL, STRAW 3.8oz IWWG	1 EACH	220	39.0
CEREAL BAR, COCOA PUFF 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
PEARS Fruit Cup Orchard 4 oz	1 Cup (4 oz)	60	16.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		368	65.10
% of Calories			70.9%
Nutrient Guideline		450-600	

Wed - 01/11/2023			
HIGH SCHOOL BREAKFAS	Total		
RIPPER HAM/CHEESE 4oz 2018	1 EACH	240	26.0
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		449	66.42
% of Calories			59.1%
Nutrient Guideline		450-600	

Thu - 01/12/2023			
HIGH SCHOOL BREAKFAS	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		423	58.06
% of Calories			54.9%
Nutrient Guideline		450-600	

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Portion Values - Detailed

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Jan 1, 2023 thru Jan 31, 2023**HIGH SCHOOL BREAKFAST BAR**

Generated on: 12/22/2022 2:25:25 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/16/2023			
HIGH SCHOOL BREAKFAS	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL BAR, CINN TST 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
PEACHES Fruit Cup Orchard 4 oz	1 Cup (4 oz)	50	12.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		430	71.87
% of Calories			66.8%
Nutrient Guideline		450-600	

Tue - 01/17/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
BAGEL PLN SLC 2oz LENDER 2018	BAGEL	140	28.0
CHEESE, CREAM	1 TBSP	51	0.8
PEARS Fruit Cup Orchard 4 oz	1 Cup (4 oz)	60	16.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		435	75.09
% of Calories			69.0%
Nutrient Guideline		450-600	

Wed - 01/18/2023			
HIGH SCHOOL BREAKFAS	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
CEREAL BAR, COCOA PUFF 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		509	86.16
% of Calories			67.7%
Nutrient Guideline		450-600	

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Jan 1, 2023 thru Jan 31, 2023**HIGH SCHOOL BREAKFAST BAR**

Generated on: 12/22/2022 2:25:25 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/19/2023			
HIGH SCHOOL BREAKFAS	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		546	78.04
% of Calories			57.2%
Nutrient Guideline		450-600	

Mon - 01/23/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		479	71.66
% of Calories			59.8%
Nutrient Guideline		450-600	

Tue - 01/24/2023			
HIGH SCHOOL BREAKFAS	Total		
PANCAKE BOWL, STRAW 3.8ozIWWG	1 EACH	220	39.0
CEREAL BAR, COCOA PUFF 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
PEARS Fruit Cup Orchard 4 oz	1 Cup (4 oz)	60	16.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		368	65.10
% of Calories			70.9%
Nutrient Guideline		450-600	

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Portion Values - Detailed

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Jan 1, 2023 thru Jan 31, 2023

HIGH SCHOOL BREAKFAST BAR

Generated on: 12/22/2022 2:25:25 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/25/2023			
HIGH SCHOOL BREAKFAS	Total		
RIPPER HAM/CHEESE 4oz 2018	1 EACH	240	26.0
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		449	66.42
% of Calories			59.1%
Nutrient Guideline		450-600	

Thu - 01/26/2023			
HIGH SCHOOL BREAKFAS	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		423	58.06
% of Calories			54.9%
Nutrient Guideline		450-600	

Mon - 01/30/2023			
HIGH SCHOOL BREAKFAS	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
PEACHES Fruit Cup Orchard 4 oz	1 Cup (4 oz)	50	12.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		451	75.98
% of Calories			67.4%
Nutrient Guideline		450-600	

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Portion Values - Detailed

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Jan 1, 2023 thru Jan 31, 2023

HIGH SCHOOL BREAKFAST BAR

Generated on: 12/22/2022 2:25:26 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/31/2023			
HIGH SCHOOL BREAKFAS	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
PEARS Fruit Cup Orchard 4 oz	1 Cup (4 oz)	60	16.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		479	78.11
% of Calories			65.2%
Nutrient Guideline		450-600	

Weighted Average		451	71.12 63.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	451		450 - 600	100%				
Carbohydrate (g)	71.12	63.05%						

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