

SWEETWATER SCH. DIST. NO.1**Feb 1, 2023 thru Feb 28, 2023**

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 2/1/2023 10:29:52 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2023			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
FRUIT JUICE, ASSORTED	4 fl.oz.	64	15.62
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	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		465	71.10
% of Calories			61.2%
Nutrient Guideline		400-500	

Thu - 02/02/2023			
Elementary Breakfast	Total		
BAR BENEFIT CHOC CHIP 2.5oz 2022	1 EACH	290	47.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
FRUIT JUICE, ASSORTED	4 fl.oz.	64	15.62
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	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		537	96.68
% of Calories			72.1%
Nutrient Guideline		400-500	

Mon - 02/06/2023			
Elementary Breakfast	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		558	80.89
% of Calories			58.0%
Nutrient Guideline		400-500	

Tue - 02/07/2023			
Elementary Breakfast	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		471	76.13
% of Calories			64.7%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/08/2023			
Elementary Breakfast	Total		
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
FRUIT JUICE,ASSORTED	4 fl.oz.	64	15.62
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		423	72.77
% of Calories			68.8%
Nutrient Guideline		400-500	

Thu - 02/09/2023			
Elementary Breakfast	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		449	70.22
% of Calories			62.5%
Nutrient Guideline		400-500	

Mon - 02/13/2023			
Elementary Breakfast	Total		
CEREAL BAR, CINN TST 2018	1 EACH	160	30.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		486	92.13
% of Calories			75.9%
Nutrient Guideline		400-500	

Tue - 02/14/2023			
Elementary Breakfast	Total		
BAGEL PLN SLC 2oz LENDER	BAGEL	140	28.0
CHEESE,CREAM	1 TBSP	51	0.8
APPLESAUCE, STRAWBRY MOT 4.5oz	1 EACH	60	14.95
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

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		481	85.88 71.4%
Nutrient Guideline		400-500	

<u>Wed - 02/15/2023</u>			
Elementary Breakfast	Total		
FRENCH TOAST STICKS 2 PER ELEM	2 STICKS	240	37.96
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average % of Calories		490	82.64 67.5%
Nutrient Guideline		400-500	

<u>Thu - 02/16/2023</u>			
Elementary Breakfast	Total		
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	1 CUP	140	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average % of Calories		567	80.91 57.1%
Nutrient Guideline		400-500	

<u>Mon - 02/20/2023</u>			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average % of Calories		458	85.44 74.6%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/21/2023			
Elementary Breakfast	Total		
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		526	66.52
% of Calories			50.6%
Nutrient Guideline		400-500	

Wed - 02/22/2023			
Elementary Breakfast	Total		
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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		455	89.94
% of Calories			79.0%
Nutrient Guideline		400-500	

Thu - 02/23/2023			
Elementary Breakfast	Total		
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		535	82.50
% of Calories			61.6%
Nutrient Guideline		400-500	

Mon - 02/27/2023			
Elementary Breakfast	Total		
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
YOGURT GO GURT 2oz 2023	1 each	45	8.0
Raisels Sours Variety	1 BOX	160	37.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		479	96.41 80.5%
Nutrient Guideline		400-500	

Tue - 02/28/2023			
Elementary Breakfast	Total		
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	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 % of Calories		518	74.13 57.3%
Nutrient Guideline		400-500	

Weighted Average		494	81.52 66.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	494		400 - 500	100%				
Carbohydrate (g)	81.52	66.06%						

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