SWEETWATER SCH. DIST. NO.1 — Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet — BLACK BUTTE HS BKFST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
BLACK BUTTE HS BKFST	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		502	71.27
% of Calories			56.8%
Nutrient Guideline		450-600	

Mon - 12/05/2022			
BLACK BUTTE HS BKFST	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
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		583	108.08
% of Calories			74.2%
Nutrient Guideline		450-600	

Tue - 12/06/2022			
BLACK BUTTE HS BKFST	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
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		573	107.18
% of Calories			74.8%
Nutrient Guideline		450-600	

Wed - 12/07/2022			
BLACK BUTTE HS BKFST	Total		
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		502	74.27
% of Calories			59.2%
Nutrient Guideline		450-600	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/08/2022			
BLACK BUTTE HS BKFST	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT 4 OZ UPSTATE 2017	1 EACH	90	19.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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		584	82.27
% of Calories			56.4%
Nutrient Guideline		450-600	

Mon - 12/12/2022			
BLACK BUTTE HS BKFST	Total		
CEREAL BAR, CINN TST 2018	1 EACH	150	30.0
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		523	85.18
% of Calories			65.1%
Nutrient Guideline		450-600	

Tue - 12/13/2022			
BLACK BUTTE HS BKFST	Total		
BAGEL PLN SLC 2oz LENDER 2018	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
Weighted Daily Average		484	86.93
% of Calories			71.9%
Nutrient Guideline		450-600	

Wed - 12/14/2022			
BLACK BUTTE HS BKFST	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		482	68.27
% of Calories			56.7%
Nutrient Guideline		450-600	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/15/2022			
BLACK BUTTE HS BKFST	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
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		509	67.22
% of Calories			52.8%
Nutrient Guideline		450-600	
Mon - 12/19/2022			
BLACK BUTTE HS BKFST	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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		563	92.18
% of Calories			65.5%
Nutrient Guideline		450-600	
Tue - 12/20/2022			
BLACK BUTTE HS BKFST	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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		558	95.63
% of Calories			68.6%
Nutrient Guideline		450-600	
Weighted Average		533	85.32
			64.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	533		450 - 600	100%				
Carbohydrate (g)	85.32	64.05%						

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