

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 3, 2023 thru Apr 27, 2023

BKFST 7-8 JR HIGH

Generated on: 4/11/2023 9:35:35 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2023					
BKFST 7-8 JR HIGH	Total	350			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	150	55	1	28.0
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	50	0	2	2.0
CINN MINI BUNS 2.29oz 2019	1 PACK	150	0	14	40.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	200	0	22	24.9
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			45	44	73.08
% of Calories				37.1%	61.4%
Nutrient Guideline					

Tue - 04/04/2023					
BKFST 7-8 JR HIGH	Total	350			
BF BLUEBERRY CRUMBLE	1 Each	150	30	22	46.0
YOGURT GO GURT 2oz 2023	1 each	50	4	5	8.0
YOGURT PARFAIT 2019	EACH	50	5	42	72.4
APPLESAUCE CUP 4.5oz	ZIP CUP	150	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			27	52	70.36
% of Calories				51.4%	70.1%
Nutrient Guideline					

Wed - 04/05/2023					
BKFST 7-8 JR HIGH	Total	350			
RIPPER HAM/CHEESE 4oz 2022	1 EACH	150	30	2	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	150	10	13	42.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	250	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	125	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			39	45	77.05
% of Calories				36.2%	61.8%
Nutrient Guideline					

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.

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 3, 2023 thru Apr 27, 2023

BKFST 7-8 JR HIGH

Generated on: 4/11/2023 9:35:35 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/06/2023					
BKFST 7-8 JR HIGH	Total	350			
PIZZA BKFST TURK SAUS 3.312018	EACH	150	15	8	27.0
BF BREAD BANANA BREAD 3.4oz	1 EACH	25	0	24	45.0
YOGURT GO GURT 2oz 2023	each	150	4	5	8.0
YOGURT PARFAIT 2019	EACH	50	5	42	72.4
FRUIT,FRESH ASSORTED	1 EACH	200	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	100	0	26	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	25	0	2	2.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	0	4	4.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			22	44	64.16
% of Calories				46.6%	68.0%
Nutrient Guideline					

Mon - 04/10/2023					
BKFST 7-8 JR HIGH	Total	1			
NO SCHOOL	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline					

Tue - 04/11/2023					
BKFST 7-8 JR HIGH	Total	300			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	125	55	1	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	100	0	0	1.1
YOGURT PARFAIT 2019	EACH	125	5	42	72.4
BAGEL PLN SLC 2oz LENDER	BAGEL	50	0	4	28.0
CHEESE, CREAM	1 TBSP	50	15	1	0.8
APPLESAUCE CUP 4.5oz	ZIP CUP	150	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			39	56	87.61
% of Calories				45.4%	71.7%
Nutrient Guideline					

Wed - 04/12/2023					
BKFST 7-8 JR HIGH	Total	575			
BF BREAD BANANA BREAD 3.4oz	1 EACH	150	0	24	45.0
POPTART SINGLE 1.76oz 2019	EACH	150	0	15	37.5
STRING CHEESE 1oz 2019	1 EACH	300	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	275	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	300	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	275	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	175	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	300	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	100	4	12	13.0

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.

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Apr 3, 2023 thru Apr 27, 2023

BKFST 7-8 JR HIGH

Generated on: 4/11/2023 9:35:35 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			24	60 49.3%	85.00 69.4%
Nutrient Guideline					

Thu - 04/13/2023					
BKFST 7-8 JR HIGH	Total	300			
EGG CHS SAUS BAGEL	BAGEL	125	162	4	29.51
YOGURT PARFAIT 2019	EACH	125	5	42	72.4
BERRY & CREAMS 2.8oz IW 2018	1 PACK	50	10	7	36.0
YOGURT GO GURT 2oz 2023	each	50	4	5	8.0
FRUIT,FRESH ASSORTED	1 EACH	150	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average % of Calories			83	54 40.0%	87.64 64.4%
Nutrient Guideline					

Mon - 04/17/2023					
BKFST 7-8 JR HIGH	Total	350			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	150	55	1	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	50	0	0	1.1
CINN MINI BUNS 2.29oz 2019	1 PACK	150	0	14	40.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	200	0	22	24.9
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average % of Calories			45	44 36.9%	72.95 61.4%
Nutrient Guideline					

Tue - 04/18/2023					
BKFST 7-8 JR HIGH	Total	350			
BF BOWL COWBOY	Each	150	20	21	48.0
POPTART SINGLE 1.76oz 2019	EACH	50	0	15	37.5
YOGURT GO GURT 2oz 2023	1 each	50	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
PEARS Fruit Cup Orchard 4 oz	1 Cup (4 oz)	150	0	11	16.0
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average % of Calories			22	49 48.4%	71.17 70.5%
Nutrient Guideline					

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.**

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 3, 2023 thru Apr 27, 2023

BKFST 7-8 JR HIGH

Generated on: 4/11/2023 9:35:35 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/19/2023					
BKFST 7-8 JR HIGH	Total	350			
RIPPER HAM/CHEESE 4oz 2022	1 EACH	150	30	2	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	150	10	13	42.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	250	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	125	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			39	45	77.05
% of Calories				36.2%	61.8%
Nutrient Guideline					

Thu - 04/20/2023					
BKFST 7-8 JR HIGH	Total	350			
EGG CHS SAUS ENG MUFFIN 2021	MUFFIN	150	162	1	25.51
DONUT CHOC GLZ WW 2020	1 EACH	150	25	15	31.0
YOGURT GO GURT 2oz 2023	1 each	150	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	200	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	200	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			95	52	78.21
% of Calories				39.3%	59.5%
Nutrient Guideline					

Mon - 04/24/2023					
BKFST 7-8 JR HIGH	Total	75			
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	25	15	23	48.0
STRING CHEESE 1oz 2019	1 EACH	25	20	0	0.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	25	10	13	42.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
APPLESAUCE CUP 4.5oz	ZIP CUP	25	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			26	52	79.31
% of Calories				45.2%	68.3%
Nutrient Guideline					

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.

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.

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 3, 2023 thru Apr 27, 2023

BKFST 7-8 JR HIGH

Generated on: 4/11/2023 9:35:35 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Tue - 04/25/2023					
BKFST 7-8 JR HIGH	Total	75			
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	25	30	7	18.0
DONUT, HONEY	1 EACH	25	25	15	31.0
YOGURT GO GURT 2oz 2023	each	25	4	5	8.0
YOGURT PARFAIT 2019	EACH	25	5	42	72.4
APPLESAUCE CUP 4.5oz	ZIP CUP	50	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			31	67	91.39
% of Calories				51.5%	70.5%
Nutrient Guideline					

Wed - 04/26/2023					
BKFST 7-8 JR HIGH	Total	75			
PIZZA BKFST TURK SAUS 3.312018	EACH	25	15	8	27.0
FRUDEL, APPLE WRAP	1 PACK	25	0	10	36.0
STRING CHEESE 1oz 2019	1 EACH	25	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	0	2	2.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	10	0	4	4.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			22	49	74.76
% of Calories				43.3%	66.4%
Nutrient Guideline					

Thu - 04/27/2023					
BKFST 7-8 JR HIGH	Total	350			
MUFFIN, CHOC CHIP 3.1 oz BakeC	1 EACH	150	35	22	45.0
YOGURT GO GURT 2oz 2023	each	75	4	5	8.0
YOGURT PARFAIT 2019	EACH	50	5	42	72.4
FRUIT,FRESH ASSORTED	1 EACH	300	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	150	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	150	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			28	52	73.19
% of Calories				52.2%	73.3%
Nutrient Guideline					

Weighted Average			39	51	77.53
				98.1%	66.3%

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.

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.

SWEETWATER SCH. DIST. NO.1

Apr 3, 2023 thru Apr 27, 2023

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 6

Generated on: 4/11/2023 9:35:35 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Reimb	Cholst	Sugars	Carb	Error Messages (if any)
				Size	Qty	(mg)	(g)	(g)	
					Miss Data	Shortfall	Overage		
Cholesterol (mg)	39								
Sugars (g)	51	43.61%							
Carbohydrate (g)	77.53	66.33%							

**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.

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.