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

Base Menu Spreadsheet — BKFST 7-8 JR HIGH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/01/2023			
BKFST 7-8 JR HIGH	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
YOGURT PARFAIT SEC 2023	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		451	81.76
% of Calories			72.5%
Nutrient Guideline		400-550	

Thu - 02/02/2023			
BKFST 7-8 JR HIGH	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
YOGURT PARFAIT SEC 2023	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		508	92.54
% of Calories			72.9%
Nutrient Guideline		400-550	

Mon - 02/06/2023			
BKFST 7-8 JR HIGH	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
YOGURT PARFAIT SEC 2023	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		497	84.87
% of Calories			68.3%
Nutrient Guideline		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/07/2023			
BKFST 7-8 JR HIGH	Total		
PANCAKE BOWL,STRAW 3.8ozIWWG	1 EACH	220	39.0
CEREAL BAR, COCOA PUFF 2023	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	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		369	65.10
% of Calories			70.6%
Nutrient Guideline		400-550	

Wed - 02/08/2023			
BKFST 7-8 JR HIGH	Total		
RIPPER HAM/CHEESE 4oz 2022	1 EACH	260	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		499	77.05
% of Calories			61.8%
Nutrient Guideline		400-550	

Thu - 02/09/2023			
BKFST 7-8 JR HIGH	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		477	77.68
% of Calories			65.1%
Nutrient Guideline		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 02/13/2023			
BKFST 7-8 JR HIGH	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL BAR, CINN TST 2018	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	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		435	71.87
% of Calories			66.1%
Nutrient Guideline		400-550	

Tue - 02/14/2023			
BKFST 7-8 JR HIGH	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
BAGEL PLN SLC 2oz LENDER	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		431	76.34
% of Calories			70.9%
Nutrient Guideline		400-550	

Wed - 02/15/2023			
BKFST 7-8 JR HIGH	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
CEREAL BAR, COCOA PUFF 2023	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	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		511	86.16
% of Calories			67.4%
Nutrient Guideline		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/16/2023			
BKFST 7-8 JR HIGH	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
YOGURT PARFAIT SEC 2023	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		509	78.04
% of Calories			61.4%
Nutrient Guideline		400-550	

Mon - 02/20/2023			
BKFST 7-8 JR HIGH	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
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 2023	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		475	72.95
% of Calories			61.4%
Nutrient Guideline		400-550	

Tue - 02/21/2023			
BKFST 7-8 JR HIGH	Total		
PANCAKE BOWL,STRAW 3.8ozIWWG	1 EACH	220	39.0
CEREAL BAR, COCOA PUFF 2023	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	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		369	65.10
% of Calories			70.6%
Nutrient Guideline		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 02/22/2023			
BKFST 7-8 JR HIGH	Total		
RIPPER HAM/CHEESE 4oz 2022	1 EACH	260	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		499	77.05
% of Calories			61.8%
Nutrient Guideline		400-550	

Thu - 02/23/2023			
BKFST 7-8 JR HIGH	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 2023	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		488	73.71
% of Calories			60.4%
Nutrient Guideline		400-550	

Mon - 02/27/2023			
BKFST 7-8 JR HIGH	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 2023	1 PACK	230	42.0
YOGURT PARFAIT SEC 2023	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		400-550	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/28/2023			
BKFST 7-8 JR HIGH	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 2023	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		400-550	

Weighted Average		466	77.14
			66.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	466		400 - 550	100%				
Carbohydrate (g)	77.14	66.28%						

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