

SWEETWATER SCH. DIST. NO.1

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 1

Generated on: 4/28/2023 10:14:55 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2023			
BKFST 7-8 JR HIGH	Total		
PIZZA BKFST TURK SAUS 3.312018	1 EACH	210	27.0
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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		470	68.51
% of Calories			58.3%
Nutrient Guideline		400-550	

Tue - 05/02/2023			
BKFST 7-8 JR HIGH	Total		
BF BLUEBERRY CRUMBLE	1 Each	300	46.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
YOGURT PARFAIT 2019	EACH	351	72.4
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		402	70.36
% of Calories			70.1%
Nutrient Guideline		400-550	

Wed - 05/03/2023			
BKFST 7-8 JR HIGH	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
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		534	77.70
% of Calories			58.2%
Nutrient Guideline		400-550	

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BKFST 7-8 JR HIGH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/04/2023			
BKFST 7-8 JR HIGH	Total		
BF EMPANADA - POTATO, EGG, CHS	1 Each	230	30.04
DONUTS HOLES 6per 2019	6 PER SERVING	283	33.66
YOGURT GO GURT 2oz 2023	each	45	8.0
YOGURT PARFAIT 2019	EACH	351	72.4
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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		388	64.66
% of Calories			66.7%
Nutrient Guideline		400-550	

Mon - 05/08/2023			
BKFST 7-8 JR HIGH	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
POPART SINGLE 1.76oz 2019	EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		462	79.99
% of Calories			69.3%
Nutrient Guideline		400-550	

Tue - 05/09/2023			
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 2019	EACH	351	72.4
BAGEL PLN SLC 2oz LENDER	BAGEL	140	28.0
CHEESE,CREAM	1 TBSP	51	0.8
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		489	87.61
% of Calories			71.7%
Nutrient Guideline		400-550	

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BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2023			
BKFST 7-8 JR HIGH	Total		
WAFFLES VANILLA BELGIAN IW	1 each	240	34.0
POPART SINGLE 1.76oz 2019	EACH	177	37.5
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 - 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	96.49
% of Calories			75.6%
Nutrient Guideline		400-550	

Thu - 05/11/2023			
BKFST 7-8 JR HIGH	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
YOGURT PARFAIT 2019	EACH	351	72.4
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
YOGURT GO GURT 2oz 2023	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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		544	87.64
% of Calories			64.4%
Nutrient Guideline		400-550	

Mon - 05/15/2023			
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	

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BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/16/2023			
BKFST 7-8 JR HIGH	Total		
BF BOWL COWBOY	Each	310	48.0
POPTART SINGLE 1.76oz 2019	EACH	177	37.5
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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		404	71.17
% of Calories			70.5%
Nutrient Guideline		400-550	

Wed - 05/17/2023			
BKFST 7-8 JR HIGH	Total		
PIZZA BKFST TURK SAUS 3.312018	1 EACH	210	27.0
WAFFLES VANILLA BELGIAN IW	1 each	240	34.0
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		503	84.99
% of Calories			67.5%
Nutrient Guideline		400-550	

Thu - 05/18/2023			
BKFST 7-8 JR HIGH	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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		530	79.93
% of Calories			60.3%
Nutrient Guideline		400-550	

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BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 5

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2023			
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
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		464	79.31
% of Calories			68.3%
Nutrient Guideline		400-550	

Tue - 05/23/2023			
BKFST 7-8 JR HIGH	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
DONUT, HONEY	1 EACH	230	31.0
YOGURT GO GURT 2oz 2023	each	45	8.0
YOGURT PARFAIT 2019	EACH	351	72.4
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		572	95.22
% of Calories			66.6%
Nutrient Guideline		400-550	

Wed - 05/24/2023			
BKFST 7-8 JR HIGH	Total		
PIZZA BKFST TURK SAUS 3.312018	EACH	210	27.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
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
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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	74.76
% of Calories			66.4%
Nutrient Guideline		400-550	

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BKFST 7-8 JR HIGH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/25/2023			
BKFST 7-8 JR HIGH	Total		
MUFFIN, CHOC CHIP 3.1 oz BakeC	1 EACH	270	45.0
YOGURT GO GURT 2oz 2023	each	45	8.0
YOGURT PARFAIT 2019	EACH	351	72.4
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		399	73.19
% of Calories			73.3%
Nutrient Guideline		400-550	

Weighted Average		475	79.03
			66.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	475		400 - 550	100%				
Carbohydrate (g)	79.03	66.57%						

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