

SWEETWATER SCH. DIST. NO.1

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

FARSON BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/2/2022 3:11:03 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/01/2022			
FARSON BREAKFAST	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		264	52.09
% of Calories			79.0%
Nutrient Guideline		450-500	

Tue - 09/06/2022			
FARSON BREAKFAST	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		364	54.35
% of Calories			59.7%
Nutrient Guideline		450-500	

Wed - 09/07/2022			
FARSON BREAKFAST	Total		
BF Sausage Biscuit SandJenni-O	SANDWICH	230	25.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		328	67.67
% of Calories			82.4%
Nutrient Guideline		450-500	

Thu - 09/08/2022			
FARSON BREAKFAST	Total		
DONUTS MINI CHOC 3.2oz IW 2019	SERVING	320	42.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0

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Portion Values - Detailed

Page 2

Generated on: 9/2/2022 3:11:03 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		544	90.03 66.1%
Nutrient Guideline		450-500	

Mon - 09/12/2022			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average % of Calories		452	73.52 65.0%
Nutrient Guideline		450-500	

Tue - 09/13/2022			
FARSON BREAKFAST	Total		
BF Turk/Ham English MuffinJenO	SANDWICH	170	22.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
FRENCH TOAST MINI 3.03 oz 2018	PACK	190	37.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average % of Calories		352	61.91 70.3%
Nutrient Guideline		450-500	

Wed - 09/14/2022			
FARSON BREAKFAST	Total		
RIPPER HAM/CHEESE 4oz 2018	1 EACH	240	26.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average % of Calories		467	84.18 72.0%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 9/2/2022 3:11:03 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/15/2022			
FARSON BREAKFAST	Total		
PIZZA BKFST TURK SAUS 3.312018	1 EACH	210	27.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		470	89.44
% of Calories			76.1%
Nutrient Guideline		450-500	

Mon - 09/19/2022			
FARSON BREAKFAST	Total		
DONUTS MINI POWD 3.2oz IW 2019	1 PACK	310	52.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
NUTRIGRAIN BAR 1.3oz 2018	1 EACH	120	24.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		538	87.80
% of Calories			65.2%
Nutrient Guideline		450-500	

Tue - 09/20/2022			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
GRANOLA CINNAMON	1/4 CUP	90	15.0
CEREAL BAR, TRIx 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		440	69.96
% of Calories			63.7%
Nutrient Guideline		450-500	

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Portion Values - Detailed

Page 4

Generated on: 9/2/2022 3:11:03 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/21/2022			
FARSON BREAKFAST	Total		
FRENCH TOAST MINI 3.03 oz 2018	PACK	190	37.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CEREAL BAR, COCOA PUFF 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		474	86.95
% of Calories			73.3%
Nutrient Guideline		450-500	

Thu - 09/22/2022			
FARSON BREAKFAST	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		589	92.31
% of Calories			62.7%
Nutrient Guideline		450-500	

Mon - 09/26/2022			
FARSON BREAKFAST	Total		
APPLE-RITO TFS 2021	1 each	320	55.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		458	82.49
% of Calories			72.0%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

Page 5

Generated on: 9/2/2022 3:11:03 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/27/2022			
FARSON BREAKFAST	Total		
BF Sausage Biscuit SandJenni-O	SANDWICH	230	25.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
NUTRIGRAIN BAR 1.3oz 2018	1 EACH	120	24.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		477	67.10
% of Calories			56.2%
Nutrient Guideline		450-500	

Wed - 09/28/2022			
FARSON BREAKFAST	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		407	81.80
% of Calories			80.3%
Nutrient Guideline		450-500	

Thu - 09/29/2022			
FARSON BREAKFAST	Total		
WAFFLES BLUEBERRY BELGIAN IW	1 each	240	34.0
SAUSAGE PATTY HRMEL 1.5OZ 2020	1 EACH	180	0.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
GRANOLA BAR, MAPLE 2016	1 EACH	140	28.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		446	73.71
% of Calories			66.2%
Nutrient Guideline		450-500	

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Portion Values - Detailed

Page 6

Generated on: 9/2/2022 3:11:04 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Average		442	75.96 68.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	442		450 - 500	98%		8		
Carbohydrate (g)	75.96	68.73%						Correction Required - Calories are Low

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