

**SWEETWATER SCH. DIST. NO.1****Jan 1, 2023 thru Jan 31, 2023**

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 12/22/2022 2:22:38 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/04/2023			
Elementary Breakfast	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
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* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		474	85.58
% of Calories			72.2%
Nutrient Guideline		400-500	

Thu - 01/05/2023			
Elementary Breakfast	Total		
BAR BENEFIT CHOC CHIP2.5oz2022	1 EACH	290	47.0
FRUIT 8 oz 2019	1 CUP	170	43.08
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		488	94.06
% of Calories			77.1%
Nutrient Guideline		400-500	

Mon - 01/09/2023			
Elementary Breakfast	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
YOGURT GO GURT 2oz 2020	1 each	50	10.0
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		518	90.89
% of Calories			70.2%
Nutrient Guideline		400-500	

Tue - 01/10/2023			
Elementary Breakfast	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
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		471	76.13
% of Calories			64.7%
Nutrient Guideline		400-500	

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Page 2

Generated on: 12/22/2022 2:22:38 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/11/2023			
Elementary Breakfast	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		468	64.99
% of Calories			55.6%
Nutrient Guideline		400-500	

Thu - 01/12/2023			
Elementary Breakfast	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT GO GURT 2oz 2020	1 each	50	10.0
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		454	72.22
% of Calories			63.6%
Nutrient Guideline		400-500	

Mon - 01/16/2023			
Elementary Breakfast	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		521	84.13
% of Calories			64.6%
Nutrient Guideline		400-500	

Tue - 01/17/2023			
Elementary Breakfast	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		481	85.88
% of Calories			71.4%
Nutrient Guideline		400-500	

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## Base Menu Spreadsheet

## Elementary Breakfast

## Portion Values - Detailed

Page 3

Generated on: 12/22/2022 2:22:38 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 01/18/2023</b>			
Elementary Breakfast	Total		
FRENCH TOAST STICKS 2 PER ELEM	2 STICKS	240	37.96
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	69.18
% of Calories			54.3%
Nutrient Guideline		400-500	

<b>Thu - 01/19/2023</b>			
Elementary Breakfast	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		400-500	

<b>Mon - 01/23/2023</b>			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
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		419	58.22
% of Calories			55.5%
Nutrient Guideline		400-500	

<b>Tue - 01/24/2023</b>			
Elementary Breakfast	Total		
DONUT, HONEY	1 EACH	230	31.0
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		526	66.52
% of Calories			50.6%
Nutrient Guideline		400-500	

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Elementary Breakfast

Portion Values - Detailed

Page 4

Generated on: 12/22/2022 2:22:39 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 01/25/2023</b>			
Elementary Breakfast	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		400-500	

<b>Thu - 01/26/2023</b>			
Elementary Breakfast	Total		
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		562	85.38
% of Calories			60.8%
Nutrient Guideline		400-500	

<b>Mon - 01/30/2023</b>			
Elementary Breakfast	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
Raisels Sours Variety	1 BOX	160	37.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		449	69.68
% of Calories			62.1%
Nutrient Guideline		400-500	

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Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 5

Generated on: 12/22/2022 2:22:39 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/31/2023			
Elementary Breakfast	Total		
DONUT, HONEY	1 EACH	230	31.0
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		526	66.52
% of Calories			50.6%
Nutrient Guideline		400-500	

Weighted Average		496	77.02 62.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	496		400 - 500	100%				
Carbohydrate (g)	77.02	62.12%						

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