

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 3, 2023 thru Apr 27, 2023

Elementary Breakfast

Generated on: 4/11/2023 9:34:24 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2023					
Elementary Breakfast	Total	1200			
BF BREAD BLUEBERRY BREAD 3.4oz	1 EACH	1200	0	24	45.0
STRING CHEESE 1oz 2019	1 EACH	600	20	0	0.0
RAISINS VARIETY AMAZIN'	1 Pkg	600	0	22	24.9
JUICE ASSORTED 4oz 2018	1 EACH	600	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	300	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	100	4	12	13.0
Weighted Daily Average			21	61	85.89
% of Calories				45.1%	63.3%
Nutrient Guideline					

Tue - 04/04/2023					
Elementary Breakfast	Total	300			
EGG CHS SAUS BAGEL	BAGEL	300	162	4	29.51
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	200	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	50	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	50	4	12	13.0
Weighted Daily Average			172	39	68.37
% of Calories				28.3%	49.3%
Nutrient Guideline					

Wed - 04/05/2023					
Elementary Breakfast	Total	1200			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	1200	55	1	28.0
STRING CHEESE 1oz 2019	1 EACH	1200	20	0	0.0
FRUIT,FRESH ASSORTED	1 EACH	600	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	600	0	26	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	600	0	2	2.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	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
Weighted Daily Average			86	34	65.68
% of Calories				26.8%	51.5%
Nutrient Guideline					

Thu - 04/06/2023					
Elementary Breakfast	Total	1200			
DONUT, HONEY	1 EACH	1200	25	15	31.0
YOGURT GO GURT 2oz 2023	1 each	1200	4	5	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	600	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	600	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	10	12	13.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	300	5	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	100	4	12	13.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Apr 3, 2023 thru Apr 27, 2023**Elementary Breakfast**

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			37	56 45.7%	78.44 64.3%
Nutrient Guideline					

Mon - 04/10/2023					
Elementary Breakfast	Total	1			
NO SCHOOL	1 EACH	1	0	0	0.0
Weighted Daily Average % of Calories			0	0 0.0%	0.00 0.0%
Nutrient Guideline					

Tue - 04/11/2023					
Elementary Breakfast	Total	1200			
BAGEL PLN SLC 2oz LENDER	BAGEL	1200	0	4	28.0
CHEESE, CREAM	1 TBSP	1200	15	1	0.8
APPLESAUCE, STRAWBRY MOT 4.5oz	1 EACH	1200	0	13	14.95
JUICE ASSORTED 4oz 2018	1 EACH	1200	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	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
Weighted Daily Average % of Calories			25	57 47.0%	85.88 71.4%
Nutrient Guideline					

Wed - 04/12/2023					
Elementary Breakfast	Total	1200			
BAR BENEFIT BAN/CHOC 2.5oz 2018	1 EACH	1200	15	23	48.0
STRING CHEESE 1oz 2019	1 EACH	1200	20	0	0.0
FRUIT, FRESH ASSORTED	1 EACH	1200	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	1200	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	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
Weighted Daily Average % of Calories			46	74 44.5%	106.60 64.2%
Nutrient Guideline					

Thu - 04/13/2023					
Elementary Breakfast	Total	1200			
BERRY & CREAMS 2.8oz IW 2018	1 PACK	1200	10	7	36.0
YOGURT GO GURT 2oz 2023	1 each	250	4	5	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	600	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	600	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	300	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	100	4	12	13.0

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Apr 3, 2023 thru Apr 27, 2023**Elementary Breakfast**

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			22	44 37.5%	77.11 65.9%
Nutrient Guideline					

Mon - 04/17/2023					
Elementary Breakfast	Total	1200			
BF BREAD BLUEBERRY BREAD 3.4oz	1 EACH	1200	0	24	45.0
STRING CHEESE 1oz 2019	1 EACH	600	20	0	0.0
JUICE ASSORTED 4oz 2018	1 EACH	600	0	26	27.38
RAISINS VARIETY AMAZIN'	1 Pkg	600	0	22	24.9
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	300	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	100	4	12	13.0
Weighted Daily Average % of Calories			21	61 45.1%	85.89 63.3%
Nutrient Guideline					

Tue - 04/18/2023					
Elementary Breakfast	Total	300			
EGG CHS SAUS BAGEL	BAGEL	300	162	4	29.51
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	200	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	50	15	18	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	50	4	12	13.0
Weighted Daily Average % of Calories			172	39 28.3%	68.37 49.3%
Nutrient Guideline					

Wed - 04/19/2023					
Elementary Breakfast	Total	1200			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	1200	55	1	28.0
STRING CHEESE 1oz 2019	1 EACH	1200	20	0	0.0
FRUIT,FRESH ASSORTED	1 EACH	600	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	600	0	26	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	600	0	2	2.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	800	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
Weighted Daily Average % of Calories			86	34 26.8%	65.68 51.5%
Nutrient Guideline					

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Elementary Breakfast

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/20/2023					
Elementary Breakfast	Total	735			
POPTART SINGLE 1.76oz 2019	1 EACH	639	0	15	37.5
YOGURT GO GURT 2oz 2023	1 each	639	4	5	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	202	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	533	0	26	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	613	5	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	40	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	82	4	12	13.0
Weighted Daily Average			9	58	84.30
% of Calories				55.9%	80.8%
Nutrient Guideline					

Mon - 04/24/2023					
Elementary Breakfast	Total	600			
BF BREAD BANANA BREAD 3.4oz	1 EACH	500	0	24	45.0
STRING CHEESE 1oz 2019	1 EACH	500	20	0	0.0
JUICE ASSORTED 4oz 2018	1 EACH	100	0	26	27.38
RAISINS VARIETY AMAZIN'	1 Pkg	300	0	22	24.9
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	150	5	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	300	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	150	4	12	13.0
Weighted Daily Average			24	49	69.26
% of Calories				41.2%	58.6%
Nutrient Guideline					

Tue - 04/25/2023					
Elementary Breakfast	Total	50			
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	50	15	9	23.0
YOGURT GO GURT 2oz 2023	1 each	50	4	5	8.0
APPLESAUCE, STRAWBRY MOT 4.5oz	1 EACH	25	0	13	14.95
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	20	5	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average			26	48	67.97
% of Calories				43.2%	61.6%
Nutrient Guideline					

Wed - 04/26/2023					
Elementary Breakfast	Total	50			
CHURRO APPLE FILL 5" J&J 2018	1 EACH	50	0	9	27.0
STRING CHEESE 1oz 2019	1 EACH	50	20	0	0.0
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
FRUIT,FRESH ASSORTED	1 EACH	25	0	12	16.47
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	20	5	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			27	42 38.3%	64.73 58.9%
Nutrient Guideline					

Thu - 04/27/2023					
Elementary Breakfast	Total	50			
DONUT CHOC GLZ WW 2020	1 EACH	50	25	15	31.0
YOGURT GO GURT 2oz 2023	1 each	50	4	5	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	25	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	20	5	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	20	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	10	4	12	13.0
Weighted Daily Average % of Calories			36	57 46.5%	79.49 65.2%
Nutrient Guideline					

Weighted Average			54	50 89.4%	76.91 60.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Cholesterol (mg)	54							
Sugars (g)	50	39.75%						
Carbohydrate (g)	76.91	60.90%						

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