

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 3, 2022 thru Oct 31, 2022

HIGH SCHOOL BREAKFAST BAR

Generated on: 9/29/2022 8:14:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
HIGH SCHOOL BREAKFAS	Total		
DONUTS HOLES 6per 2019	6 PER SERVING	283	33.66
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT 4 OZ YOPLAIT 2018	1 EACH	80	15.0
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		575	98.64
% of Calories			68.6%
Nutrient Guideline		450-600	

Tue - 10/04/2022			
HIGH SCHOOL BREAKFAS	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		536	91.75
% of Calories			68.5%
Nutrient Guideline		450-600	

Wed - 10/05/2022			
HIGH SCHOOL BREAKFAS	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		390	65.64
% of Calories			67.4%
Nutrient Guideline		450-600	

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Page 2

Oct 3, 2022 thru Oct 31, 2022**HIGH SCHOOL BREAKFAST BAR**

Generated on: 9/29/2022 8:14:46 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/06/2022			
HIGH SCHOOL BREAKFAS	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		581	101.03
% of Calories			69.6%
Nutrient Guideline		450-600	

Mon - 10/10/2022			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
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 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		514	82.05
% of Calories			63.8%
Nutrient Guideline		450-600	

Tue - 10/11/2022			
HIGH SCHOOL BREAKFAS	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		398	67.71
% of Calories			68.1%
Nutrient Guideline		450-600	

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Page 3

Oct 3, 2022 thru Oct 31, 2022**HIGH SCHOOL BREAKFAST BAR**

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/12/2022			
HIGH SCHOOL BREAKFAS	Total		
RIPPER HAM/CHEESE 4oz 2018	1 EACH	240	26.0
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		542	89.34
% of Calories			65.9%
Nutrient Guideline		450-600	

Thu - 10/13/2022			
HIGH SCHOOL BREAKFAS	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		517	84.52
% of Calories			65.4%
Nutrient Guideline		450-600	

Mon - 10/17/2022			
HIGH SCHOOL BREAKFAS	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL BAR, CINN TST 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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		240	39.97
% of Calories			66.5%
Nutrient Guideline		450-600	

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Page 4

Oct 3, 2022 thru Oct 31, 2022

HIGH SCHOOL BREAKFAST BAR

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 10/18/2022			
HIGH SCHOOL BREAKFAS	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
BAGEL PLN SLC 2oz LENDER 2018	BAGEL	140	28.0
CHEESE, CREAM	1 TBSP	51	0.8
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		249	40.52
% of Calories			65.1%
Nutrient Guideline		450-600	

Wed - 10/19/2022			
HIGH SCHOOL BREAKFAS	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		564	100.05
% of Calories			70.9%
Nutrient Guideline		450-600	

Thu - 10/20/2022			
HIGH SCHOOL BREAKFAS	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
YOGURT PARFAIT SEC 2019	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 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		1719	238.44
% of Calories			55.5%
Nutrient Guideline		450-600	

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Page 5

Oct 3, 2022 thru Oct 31, 2022**HIGH SCHOOL BREAKFAST BAR**

Generated on: 9/29/2022 8:14:47 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/24/2022			
HIGH SCHOOL BREAKFAS	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 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	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		632	112.02
% of Calories			70.9%
Nutrient Guideline		450-600	

Tue - 10/25/2022			
HIGH SCHOOL BREAKFAS	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 2019	PARFAIT	248	52.56
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		468	65.43
% of Calories			55.9%
Nutrient Guideline		450-600	

Wed - 10/26/2022			
HIGH SCHOOL BREAKFAS	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
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 FRESH ASSORTED 1CUP	1 CUP	76	19.48
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		195	36.96
% of Calories			75.9%
Nutrient Guideline		450-600	

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Page 6

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HIGH SCHOOL BREAKFAST BAR

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/27/2022			
HIGH SCHOOL BREAKFAS	Total		
WAFFLES BLUEBERRY BELGIAN IW	1 each	240	34.0
SAUSAGE PATTY HRMEL 1.5OZ 2020	1 EACH	180	0.0
GRANOLA BAR, MAPLE 2016	1 EACH	140	28.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		200	30.78
% of Calories			61.6%
Nutrient Guideline		450-600	

Mon - 10/31/2022			
HIGH SCHOOL BREAKFAS	Total		
DONUTS HOLES 6per 2019	6 PER SERVING	283	33.66
PANCAKE BOWL, STRAW 3.8ozIWWG	1 EACH	220	39.0
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	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK WHITE FF DARIGOLD 2019	1 CUP	90	13.0
Weighted Daily Average		594	94.55
% of Calories			63.7%
Nutrient Guideline		450-600	

Weighted Average		524	84.67
			64.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	524		450 - 600	100%				
Carbohydrate (g)	84.67	64.60%						

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