

SWEETWATER SCH. DIST. NO.1

Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

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Generated on: 12/2/2022 2:24:02 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
HIGH SCHOOL BREAKFAS	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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		435	69.93
% of Calories			64.3%
Nutrient Guideline		450-600	

Mon - 12/05/2022			
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
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		479	71.66
% of Calories			59.8%
Nutrient Guideline		450-600	

Tue - 12/06/2022			
HIGH SCHOOL BREAKFAS	Total		
PANCAKE BOWL,STRAW 3.8ozIWWG	1 EACH	220	39.0
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
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		368	65.10
% of Calories			70.9%
Nutrient Guideline		450-600	

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SWEETWATER SCH. DIST. NO.1**Dec 1, 2022 thru Dec 20, 2022**

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/07/2022			
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,FRESH ASSORTED	1 EACH	64	16.47
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		449	66.42
% of Calories			59.1%
Nutrient Guideline		450-600	

Thu - 12/08/2022			
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,FRESH ASSORTED	1 EACH	64	16.47
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		423	61.49
% of Calories			58.2%
Nutrient Guideline		450-600	

Mon - 12/12/2022			
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
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		430	71.87
% of Calories			66.8%
Nutrient Guideline		450-600	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/13/2022			
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
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		435	75.09
% of Calories			69.0%
Nutrient Guideline		450-600	

Wed - 12/14/2022			
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, 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		509	86.16
% of Calories			67.7%
Nutrient Guideline		450-600	

Thu - 12/15/2022			
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, 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		546	78.04
% of Calories			57.2%
Nutrient Guideline		450-600	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/19/2022			
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,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		591	101.91
% of Calories			69.0%
Nutrient Guideline		450-600	

Tue - 12/20/2022			
HIGH SCHOOL BREAKFAS	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	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		457	72.56
% of Calories			63.5%
Nutrient Guideline		450-600	

Weighted Average		466	74.57
			64.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	466		450 - 600	100%				
Carbohydrate (g)	74.57	64.05%						

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