

SWEETWATER SCH. DIST. NO.1**Sep 1, 2022 thru Sep 30, 2022**

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 1

Generated on: 9/2/2022 9:39:48 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|------------------------------|-----------------|----------------|-------------|
| Thu - 09/01/2022 | | | |
| 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 | 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 | | 552 | 93.08 |
| % of Calories | | | 67.5% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|-------------------------------|------------|---------|-------|
| Tue - 09/06/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 519 | 87.84 |
| % of Calories | | | 67.6% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|-------------------------------|------------|---------|-------|
| Wed - 09/07/2022 | | | |
| 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 | |

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

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HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 2

Generated on: 9/2/2022 9:39:48 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|-------------------------|-----------------|----------------|-------------|
| Thu - 09/08/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| DONUT CHOC GLZ WW 2020 | 1 EACH | 230 | 31.0 |
| 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 | 57 | 13.69 |
| 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 | | 556 | 91.73 |
| % of Calories | | | 66.0% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|--------------------------------|------------|---------|-------|
| Mon - 09/12/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 506 | 80.10 |
| % of Calories | | | 63.3% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|--------------------------------|------------|---------|-------|
| Tue - 09/13/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| SANDWICH, PANCAKE SAUSAGE W/CH | 1 EACH | 180 | 18.0 |
| FRENCH TOAST STICKS 3 PER SECO | 3 STICKS | 360 | 56.94 |
| 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 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 | | 531 | 81.96 |
| % of Calories | | | 61.7% |
| Nutrient Guideline | | 450-600 | |

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Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 3

Generated on: 9/2/2022 9:39:48 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|------------------------------|-----------------|----------------|-------------|
| Wed - 09/14/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 534 | 87.38 |
| % of Calories | | | 65.5% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|-------------------------------|------------|---------|-------|
| Thu - 09/15/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| SAUSAGE/PANCAKE STICK JIMMY D | 1 Stick | 199 | 23.0 |
| DONUT CHOC GLZ WW 2020 | 1 EACH | 230 | 31.0 |
| 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 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 | | 500 | 77.18 |
| % of Calories | | | 61.7% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|---------------------------|------------|---------|-------|
| Mon - 09/19/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| FRUDEL, APPLE WRAP | 1 PACK | 210 | 36.0 |
| YOGURT PARFAIT SEC 2019 | PARFAIT | 248 | 52.56 |
| CEREAL BAR, CINN TST 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 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 | | 220 | 35.07 |
| % of Calories | | | 63.9% |
| Nutrient Guideline | | 450-600 | |

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

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HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 4

Generated on: 9/2/2022 9:39:48 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|-----------------|----------------|-------------|
| Tue - 09/20/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 232 | 36.50 |
| % of Calories | | | 62.9% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|--------------------------------|------------|---------|-------|
| Wed - 09/21/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| FRENCH TOAST STICKS 3 PER SECO | 3 STICKS | 360 | 56.94 |
| 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 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 | | 275 | 45.72 |
| % of Calories | | | 66.4% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|------------------------------|------------|---------|--------|
| Thu - 09/22/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 1631 | 217.60 |
| % of Calories | | | 53.4% |
| Nutrient Guideline | | 450-600 | |

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Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 5

Generated on: 9/2/2022 9:39:49 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|------------------------------|-----------------|----------------|-------------|
| Mon - 09/26/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| FRUDEL, CHERRY WRAP | 1 PACK | 210 | 36.0 |
| 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 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 | | 527 | 91.60 |
| % of Calories | | | 69.6% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|--------------------------------|------------|---------|-------|
| Tue - 09/27/2022 | | | |
| HIGH SCHOOL BREAKFAS | Total | | |
| SANDWICH, PANCAKE SAUSAGE W/CH | 1 EACH | 180 | 18.0 |
| FRUIT FRESH ASSORTED 1CUP | 1 CUP | 76 | 19.48 |
| YOGURT PARFAIT SEC 2019 | PARFAIT | 248 | 52.56 |
| DONUT, HONEY | 1 EACH | 230 | 31.0 |
| FRUIT 8 oz 2019 | 1 CUP | 170 | 43.08 |
| JUICE ASSORTED 4oz 2018 | 1 EACH | 57 | 13.69 |
| 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 | | 247 | 38.11 |
| % of Calories | | | 61.7% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|-------------------------------|------------|---------|-------|
| Wed - 09/28/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 175 | 32.38 |
| % of Calories | | | 73.8% |
| Nutrient Guideline | | 450-600 | |

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SWEETWATER SCH. DIST. NO.1

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 6

Generated on: 9/2/2022 9:39:49 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|-----------------|----------------|-------------|
| Thu - 09/29/2022 | | | |
| 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 | 57 | 13.69 |
| 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 | | 182 | 26.49 |
| % of Calories | | | 58.2% |
| Nutrient Guideline | | 450-600 | |

| | | | |
|------------------|--|-----|----------------|
| Weighted Average | | 474 | 74.27 62.7% |
|------------------|--|-----|----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 474 | | 450 - 600 | 100% | | | | |
| Carbohydrate (g) | 74.27 | 62.73% | | | | | | |

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