

**SWEETWATER SCH. DIST. NO.1**

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

**Oct 3, 2022 thru Oct 31, 2022**

BLACK BUTTE HS BKFST

Generated on: 9/29/2022 8:15:43 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 10/03/2022</b>			
BLACK BUTTE HS BKFST	Total		
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 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		297	59.96
% of Calories			80.8%
Nutrient Guideline		450-600	

<b>Tue - 10/04/2022</b>			
BLACK BUTTE HS BKFST	Total		
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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		393	61.19
% of Calories			62.3%
Nutrient Guideline		450-600	

<b>Wed - 10/05/2022</b>			
BLACK BUTTE HS BKFST	Total		
FRUDEL, APPLE WRAP	1 PACK	210	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* 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		513	81.61
% of Calories			63.6%
Nutrient Guideline		450-600	

<b>Thu - 10/06/2022</b>			
BLACK BUTTE HS BKFST	Total		
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
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		249	51.24
% of Calories			82.4%
Nutrient Guideline		450-600	

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BLACK BUTTE HS BKFST

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/10/2022			
BLACK BUTTE HS BKFST	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
Raisels Grape or Tropical	1 BOX	131	29.21
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		299	49.90
% of Calories			66.8%
Nutrient Guideline		450-600	

Tue - 10/11/2022			
BLACK BUTTE HS BKFST	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	EACH	280	48.0
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 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		424	81.37
% of Calories			76.8%
Nutrient Guideline		450-600	

Wed - 10/12/2022			
BLACK BUTTE HS BKFST	Total		
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
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		453	85.12
% of Calories			75.2%
Nutrient Guideline		450-600	

Thu - 10/13/2022			
BLACK BUTTE HS BKFST	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
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 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		423	77.33
% of Calories			73.1%
Nutrient Guideline		450-600	

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**Oct 3, 2022 thru Oct 31, 2022****BLACK BUTTE HS BKFST**

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/17/2022			
BLACK BUTTE HS BKFST	Total		
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	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		301	60.95
% of Calories			80.9%
Nutrient Guideline		450-600	

Tue - 10/18/2022			
BLACK BUTTE HS BKFST	Total		
BAGEL PLN SLC 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		381	68.49
% of Calories			71.9%
Nutrient Guideline		450-600	

Wed - 10/19/2022			
BLACK BUTTE HS BKFST	Total		
FRUDEL, APPLE WRAP	1 PACK	210	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* 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		421	80.74
% of Calories			76.7%
Nutrient Guideline		450-600	

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**Oct 3, 2022 thru Oct 31, 2022**

BLACK BUTTE HS BKFST

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/20/2022			
BLACK BUTTE HS BKFST	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 2019	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		450-600	

Mon - 10/24/2022			
BLACK BUTTE HS BKFST	Total		
POPART 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 2019	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		450-600	

Tue - 10/25/2022			
BLACK BUTTE HS BKFST	Total		
DONUT, HONEY	1 EACH	230	31.0
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 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		393	70.80
% of Calories			72.1%
Nutrient Guideline		450-600	

Wed - 10/26/2022			
BLACK BUTTE HS BKFST	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
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* 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

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Oct 3, 2022 thru Oct 31, 2022

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BLACK BUTTE HS BKFST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		442	70.40 63.7%
Nutrient Guideline		450-600	

Thu - 10/27/2022			
BLACK BUTTE HS BKFST	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	EACH	280	48.0
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* 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 % of Calories		474	90.11 76.0%
Nutrient Guideline		450-600	

Mon - 10/31/2022			
BLACK BUTTE HS BKFST	Total		
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 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average % of Calories		297	59.96 80.8%
Nutrient Guideline		450-600	

Weighted Average		398	70.84 71.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	398		450 - 600	88%		52		
Carbohydrate (g)	70.84	71.15%						Correction Required - Calories are Low

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