

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 3, 2023 thru Apr 27, 2023

FARSON BREAKFAST

Generated on: 4/11/2023 9:52:48 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Mon - 04/03/2023					
FARSON BREAKFAST	Total	350			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	150	55	1	28.0
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	50	0	2	2.0
CINN MINI BUNS 2.29oz 2019	1 PACK	150	0	14	40.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	200	0	22	24.9
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			45	44	73.08
% of Calories				37.1%	61.4%
Nutrient Guideline					

Tue - 04/04/2023					
FARSON BREAKFAST	Total	75			
BF BOWL COWBOY	1 Each	25	20	21	48.0
POPTART SINGLE 1.76oz 2019	EACH	25	0	15	37.5
YOGURT GO GURT 2oz 2023	each	50	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
APPLESAUCE CUP 4.5oz	ZIP CUP	50	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			20	62	90.48
% of Calories				51.1%	74.4%
Nutrient Guideline					

Wed - 04/05/2023					
FARSON BREAKFAST	Total	350			
WAFFLES VANILLA BELGIAN IW	1 each	150	15	12	34.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	150	10	13	42.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	250	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	100	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			32	48	77.67
% of Calories				39.5%	64.4%
Nutrient Guideline					

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Page 2

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Thu - 04/06/2023					
FARSON BREAKFAST	Total	350			
PIZZA BKFST TURK SAUS 3.312018	1 EACH	150	15	8	27.0
DONUT CHOC GLZ WW 2020	1 EACH	150	25	15	31.0
YOGURT 4 OZ UPSTATE 2017	1 EACH	150	0	14	19.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	200	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			30	55	79.65
% of Calories				46.0%	66.8%
Nutrient Guideline					

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

Tue - 04/11/2023					
FARSON BREAKFAST	Total	75			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	25	55	1	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	25	0	0	1.1
YOGURT GO GURT 2oz 2023	each	50	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
BAGEL PLN SLC 2oz LENDER	BAGEL	25	0	4	28.0
CHEESE, CREAM	1 TBSP	25	15	1	0.8
APPLESAUCE CUP 4.5oz	ZIP CUP	50	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			37	52	81.28
% of Calories				45.2%	70.7%
Nutrient Guideline					

Wed - 04/12/2023					
FARSON BREAKFAST	Total	575			
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	150	15	18	56.94
POPART SINGLE 1.76oz 2019	EACH	150	0	15	37.5
STRING CHEESE 1oz 2019	1 EACH	300	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	275	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	300	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	275	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	175	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

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Page 3

Apr 3, 2023 thru Apr 27, 2023

FARSON BREAKFAST

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	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories			28	59 45.6%	88.12 68.3%
Nutrient Guideline					

Thu - 04/13/2023					
FARSON BREAKFAST	Total	300			
EGG CHS SAUS BAGEL	BAGEL	125	162	4	29.51
YOGURT PARFAIT SEC 2023	PARFAIT	125	3	35	52.56
BERRY & CREAMS 2.8oz IW 2018	1 PACK	50	10	7	36.0
STRING CHEESE 1oz 2019	1 EACH	50	20	0	0.0
FRUIT,FRESH ASSORTED	1 EACH	150	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	125	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	125	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average % of Calories			85	50 39.7%	78.04 61.4%
Nutrient Guideline					

Mon - 04/17/2023					
FARSON BREAKFAST	Total	350			
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	150	55	1	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	50	0	0	1.1
CINN MINI BUNS 2.29oz 2019	1 PACK	150	0	14	40.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	200	0	22	24.9
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average % of Calories			45	44 36.9%	72.95 61.4%
Nutrient Guideline					

Tue - 04/18/2023					
FARSON BREAKFAST	Total	75			
BAGEL PLN SLC 2oz LENDER	BAGEL	25	0	4	28.0
CREAM CHEESE PLAIN 1 OZ 2022	1 PORTION	25	20	2	2.0
POPTART SINGLE 1.76oz 2019	EACH	25	0	15	37.5
YOGURT GO GURT 2oz 2023	each	50	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
APPLESAUCE CUP 4.5oz	ZIP CUP	50	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average % of Calories			20	66 53.4%	93.61 76.2%
Nutrient Guideline					

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Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 3, 2023 thru Apr 27, 2023

FARSON BREAKFAST

Generated on: 4/11/2023 9:52:49 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Wed - 04/19/2023					
FARSON BREAKFAST	Total	350			
RIPPER HAM/CHEESE 4oz 2022	1 EACH	150	30	2	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	150	10	13	42.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	250	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	100	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			39	43	75.10
% of Calories				35.3%	61.2%
Nutrient Guideline					

Thu - 04/20/2023					
FARSON BREAKFAST	Total	350			
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	150	15	9	23.0
DONUT CHOC GLZ WW 2020	1 EACH	150	25	15	31.0
STRING CHEESE 1oz 2019	1 EACH	150	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	200	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	140	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	250	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	50	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			39	48	69.02
% of Calories				41.4%	58.9%
Nutrient Guideline					

Mon - 04/24/2023					
FARSON BREAKFAST	Total	75			
DONUTS HOLES 6per 2019	6 PER SERVING	25	10	11	33.66
STRING CHEESE 1oz 2019	1 EACH	25	20	0	0.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	25	10	13	42.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
APPLESAUCE CUP 4.5oz	ZIP CUP	25	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			24	49	74.53
% of Calories				41.8%	64.1%
Nutrient Guideline					

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Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 3, 2023 thru Apr 27, 2023

FARSON BREAKFAST

Generated on: 4/11/2023 9:52:49 AM

	Portion Size	Reimb Qty	Cholst (mg)	Sugars (g)	Carb (g)
Tue - 04/25/2023					
FARSON BREAKFAST	Total	75			
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	25	30	7	18.0
DONUT, HONEY	1 EACH	25	25	15	31.0
STRING CHEESE 1oz 2019	1 EACH	25	20	0	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
APPLESAUCE CUP 4.5oz	ZIP CUP	50	0	19	22.0
JUICE ASSORTED 4oz 2018	1 EACH	50	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			36	63	82.11
% of Calories				50.2%	65.8%
Nutrient Guideline					

Wed - 04/26/2023					
FARSON BREAKFAST	Total	75			
EGG CHS HAM ENG MUFFIN 2017	MUFFIN	25	149	1	26.51
FRUDEL, APPLE WRAP	1 PACK	25	0	10	36.0
YOGURT GO GURT 2oz 2023	each	25	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	25	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	50	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	25	0	26	27.38
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	25	10	12	13.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	25	15	18	20.0
MILK* HP - WHITE FF MG	HALF PINTS	25	4	12	13.0
Weighted Daily Average			62	47	76.47
% of Calories				38.3%	61.8%
Nutrient Guideline					

Thu - 04/27/2023					
FARSON BREAKFAST	Total	350			
CEREAL PEEL BOWL VARIETY 2018	BOWL	150	0	9	22.07
BF BLUEBERRY CRUMBLE	1 Each	150	30	22	46.0
YOGURT GO GURT 2oz 2023	1 each	300	4	5	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	50	3	35	52.56
FRUIT,FRESH ASSORTED	1 EACH	350	0	12	16.47
JUICE ASSORTED 4oz 2018	1 EACH	150	0	26	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	150	15	18	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	150	10	12	13.0
MILK* HP - WHITE FF MG	HALF PINTS	50	4	12	13.0
Weighted Daily Average			28	60	87.74
% of Calories				49.4%	72.5%
Nutrient Guideline					

Weighted Average			38	53	79.99
				97.7%	66.0%

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Apr 3, 2023 thru Apr 27, 2023

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FARSON BREAKFAST

Portion Values - Detailed

Page 6

Generated on: 4/11/2023 9:52:49 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Cholst (mg) Shortfall	Sugars (g) Overage	Carb (g) Overage	Error Messages (if any)
Cholesterol (mg)	38								
Sugars (g)	53	43.42%							
Carbohydrate (g)	79.99	65.96%							

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