

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

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 12/2/2022 2:20:14 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
Elementary Breakfast	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
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		499	70.22
% of Calories			56.2%
Nutrient Guideline		400-500	

Mon - 12/05/2022			
Elementary Breakfast	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		468	80.89
% of Calories			69.1%
Nutrient Guideline		400-500	

Tue - 12/06/2022			
Elementary Breakfast	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		471	76.13
% of Calories			64.7%
Nutrient Guideline		400-500	

Wed - 12/07/2022			
Elementary Breakfast	Total		
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		468	64.99
% of Calories			55.6%
Nutrient Guideline		400-500	

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

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Thu - 12/08/2022			
Elementary Breakfast	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		404	62.22
% of Calories			61.5%
Nutrient Guideline		400-500	

Mon - 12/12/2022			
Elementary Breakfast	Total		
CEREAL BAR, CINN TST 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		521	84.13
% of Calories			64.6%
Nutrient Guideline		400-500	

Tue - 12/13/2022			
Elementary Breakfast	Total		
BAGEL PLN SLC 2oz LENDER 2018	BAGEL	140	28.0
CHEESE, CREAM	1 TBSP	51	0.8
APPLESAUCE, STRAWBRY MOT 4.5oz	1 EACH	60	14.95
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		481	85.88
% of Calories			71.4%
Nutrient Guideline		400-500	

Wed - 12/14/2022			
Elementary Breakfast	Total		
FRENCH TOAST STICKS 2 PER ELEM	2 STICKS	240	37.96
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		509	69.18
% of Calories			54.3%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/15/2022			
Elementary Breakfast	Total		
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
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		509	67.22
% of Calories			52.8%
Nutrient Guideline		400-500	

Mon - 12/19/2022			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		419	58.22
% of Calories			55.5%
Nutrient Guideline		400-500	

Tue - 12/20/2022			
Elementary Breakfast	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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		558	95.63
% of Calories			68.6%
Nutrient Guideline		400-500	

Weighted Average		483	74.06
			61.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	483		400 - 500	100%				
Carbohydrate (g)	74.06	61.39%						

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