

# SWEETWATER SCH. DIST. NO.1

Oct 3, 2022 thru Oct 31, 2022

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 9/29/2022 8:12:22 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
Elementary Breakfast	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		400-500	

Tue - 10/04/2022			
Elementary Breakfast	Total		
POPTART 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 - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		495	80.68
% of Calories			65.2%
Nutrient Guideline		400-500	

Wed - 10/05/2022			
Elementary Breakfast	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		400-500	

Thu - 10/06/2022			
Elementary Breakfast	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		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/10/2022			
Elementary Breakfast	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		400-500	

Tue - 10/11/2022			
Elementary Breakfast	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
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		362	62.72
% of Calories			69.4%
Nutrient Guideline		400-500	

Wed - 10/12/2022			
Elementary Breakfast	Total		
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 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		400-500	

Thu - 10/13/2022			
Elementary Breakfast	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		400-500	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/17/2022			
Elementary Breakfast	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		400-500	

Tue - 10/18/2022			
Elementary Breakfast	Total		
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	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		400-500	

Wed - 10/19/2022			
Elementary Breakfast	Total		
FRENCH TOAST STICKS 2 PER ELEM	2 STICKS	240	37.96
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 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		441	82.08
% of Calories			74.4%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/20/2022			
Elementary Breakfast	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		400-500	

Mon - 10/24/2022			
Elementary Breakfast	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		400-500	

Tue - 10/25/2022			
Elementary Breakfast	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		400-500	

Wed - 10/26/2022			
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 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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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		400-500	

Thu - 10/27/2022			
Elementary Breakfast	Total		
WAFFLES BLUEBERRY BELGIAN IW	1 each	240	34.0
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		446	80.23 71.9%
Nutrient Guideline		400-500	

Mon - 10/31/2022			
Elementary Breakfast	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		400-500	

Weighted Average		400	70.38 70.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	400		400 - 500	100%				
Carbohydrate (g)	70.38	70.36%						

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