

SWEETWATER SCH. DIST. NO.1**Mar 1, 2023 thru Mar 31, 2023**

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

Page 1

Generated on: 3/6/2023 8:39:33 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2023			
HIGH SCHOOL BREAKFAS	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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		443	72.63
% of Calories			65.6%
Nutrient Guideline		450-600	

Thu - 03/02/2023			
HIGH SCHOOL BREAKFAS	Total		
BF BREAD BANANA BREAD 3.4oz	1 EACH	260	45.0
YOGURT 4 OZ UPSTATE 2017	1 EACH	90	19.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		390	72.72
% of Calories			74.6%
Nutrient Guideline		450-600	

Mon - 03/06/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		476	73.08
% of Calories			61.4%
Nutrient Guideline		450-600	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/07/2023			
HIGH SCHOOL BREAKFAS	Total		
BF BLUEBERRY CRUMBLE	1 Each	300	46.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
SMOOTHIE-STRAWBERRY PATCH	8 OZ	189	39.12
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
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 CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		383	66.18
% of Calories			69.2%
Nutrient Guideline		450-600	

Wed - 03/08/2023			
HIGH SCHOOL BREAKFAS	Total		
RIPPER HAM/CHEESE 4oz 2022	1 EACH	260	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		499	77.05
% of Calories			61.8%
Nutrient Guideline		450-600	

Thu - 03/09/2023			
HIGH SCHOOL BREAKFAS	Total		
BF EMPANADA - POTATO, EGG, CHS	1 Each	230	30.04
YOGURT 4 OZ YOPLAIT 2018	1 EACH	80	15.0
SMOOTHIE - MIXED BERRY	8 fl oz	210	43.25
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		380	64.23
% of Calories			67.6%
Nutrient Guideline		450-600	

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HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/13/2023			
HIGH SCHOOL BREAKFAS	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL BAR, CINN TST 2018	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		435	71.87
% of Calories			66.1%
Nutrient Guideline		450-600	

Tue - 03/14/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
SMOOTHIE-STRAWBERRY PATCH	8 OZ	189	39.12
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
BAGEL PLN SLC 2oz LENDER	BAGEL	140	28.0
CHEESE, CREAM	1 TBSP	51	0.8
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		456	79.91
% of Calories			70.0%
Nutrient Guideline		450-600	

Wed - 03/15/2023			
HIGH SCHOOL BREAKFAS	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
CEREAL BAR, COCOA PUFF 2023	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
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		511	86.16
% of Calories			67.4%
Nutrient Guideline		450-600	

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Mar 1, 2023 thru Mar 31, 2023

HIGH SCHOOL BREAKFAST BAR

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/16/2023			
HIGH SCHOOL BREAKFAS	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
SMOOTHIE - MIXED BERRY	8 fl oz	210	43.25
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
YOGURT 4 OZ YOPLAIT 2018	1 EACH	80	15.0
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
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		541	85.83
% of Calories			63.4%
Nutrient Guideline		450-600	

Mon - 03/20/2023			
HIGH SCHOOL BREAKFAS	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		450-600	

Tue - 03/21/2023			
HIGH SCHOOL BREAKFAS	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		450-600	

Wed - 03/22/2023			
HIGH SCHOOL BREAKFAS	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		450-600	

Thu - 03/23/2023			
HIGH SCHOOL BREAKFAS	Total		
NO SCHOOL	1 EACH	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		450-600	

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HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

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Generated on: 3/6/2023 8:39:34 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/27/2023			
HIGH SCHOOL BREAKFAS	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		451	75.98
% of Calories			67.4%
Nutrient Guideline		450-600	

Tue - 03/28/2023			
HIGH SCHOOL BREAKFAS	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
DONUT, HONEY	1 EACH	230	31.0
YOGURT 4 OZ YOPLAIT 2018	1 EACH	80	15.0
SMOOTHIE-BERRY BANANA	8 fl oz	263	57.3
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
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 CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		521	92.02
% of Calories			70.7%
Nutrient Guideline		450-600	

Wed - 03/29/2023			
HIGH SCHOOL BREAKFAS	Total		
BF EMPANADA - POTATO, EGG, CHS	1 Each	230	30.04
FRUDEL, APPLE WRAP	1 PACK	210	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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		457	75.78
% of Calories			66.3%
Nutrient Guideline		450-600	

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HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/30/2023			
HIGH SCHOOL BREAKFAS	Total		
MUFFIN, CHOC CHIP 3.1 oz BakeC	1 EACH	270	45.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
SMOOTHIE - MIXED BERRY	8 fl oz	210	43.25
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
FRUIT, FRESH ASSORTED	1 EACH	64	16.47
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK 1% HP CHOC TMOO 2022-23	HALF PINTS	140	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		417	76.35
% of Calories			73.3%
Nutrient Guideline		450-600	

Weighted Average		454	76.41 67.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		450 - 600	100%				
Carbohydrate (g)	76.41	67.28%						

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