

SWEETWATER SCH. DIST. NO.1**May 1, 2023 thru May 25, 2023**

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 4/28/2023 10:13:31 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2023			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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		361	56.64
% of Calories			62.8%
Nutrient Guideline		400-500	

Tue - 05/02/2023			
Elementary Breakfast	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		555	68.37
% of Calories			49.3%
Nutrient Guideline		400-500	

Wed - 05/03/2023			
Elementary Breakfast	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
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
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
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		510	65.68
% of Calories			51.5%
Nutrient Guideline		400-500	

Thu - 05/04/2023			
Elementary Breakfast	Total		
BF EMPANADA - POTATO, EGG, CHS	1 Each	230	30.04
YOGURT GO GURT 2oz 2023	1 each	45	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
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

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Page 2

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		489	77.48 63.4%
Nutrient Guideline		400-500	

Mon - 05/08/2023			
Elementary Breakfast	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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 % of Calories		462	62.44 54.0%
Nutrient Guideline		400-500	

Tue - 05/09/2023			
Elementary Breakfast	Total		
BAGEL PLN SLC 2oz LENDER	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 % of Calories		481	85.88 71.4%
Nutrient Guideline		400-500	

Wed - 05/10/2023			
Elementary Breakfast	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
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
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 % of Calories		664	106.60 64.2%
Nutrient Guideline		400-500	

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Page 3

Generated on: 4/28/2023 10:13:31 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/11/2023			
Elementary Breakfast	Total		
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		468	77.11
% of Calories			65.9%
Nutrient Guideline		400-500	

Mon - 05/15/2023			
Elementary Breakfast	Total		
CEREAL BAR, COCOA PUFF 2023	1 EACH	160	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
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		433	70.89
% of Calories			65.5%
Nutrient Guideline		400-500	

Tue - 05/16/2023			
Elementary Breakfast	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		555	68.37
% of Calories			49.3%
Nutrient Guideline		400-500	

Wed - 05/17/2023			
Elementary Breakfast	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
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
SALSA: PICANTE PKT .5 OZ KATY	2 PKTS	10	2.0
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

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Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		510	65.68 51.5%
Nutrient Guideline		400-500	

Thu - 05/18/2023			
Elementary Breakfast	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
YOGURT GO GURT 2oz 2023	1 each	45	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average % of Calories		417	84.30 80.8%
Nutrient Guideline		400-500	

Mon - 05/22/2023			
Elementary Breakfast	Total		
BF BREAD BANANA BREAD 3.4oz	1 EACH	260	45.0
BF BREAD BLUEBERRY BREAD 3.4oz	1 EACH	270	45.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
RAISINS VARIETY AMAZIN'	1 Pkg	110	24.9
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	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 % of Calories		477	69.26 58.0%
Nutrient Guideline		400-500	

Tue - 05/23/2023			
Elementary Breakfast	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
APPLESAUCE, STRAWBRY MOT 4.5oz	1 EACH	60	14.95
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	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 % of Calories		441	67.97 61.6%
Nutrient Guideline		400-500	

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Page 5

Generated on: 4/28/2023 10:13:32 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/24/2023			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	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		439	64.73
% of Calories			58.9%
Nutrient Guideline		400-500	

Thu - 05/25/2023			
Elementary Breakfast	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		487	79.49
% of Calories			65.2%
Nutrient Guideline		400-500	

Weighted Average		484	73.18
			60.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	484		400 - 500	100%				
Carbohydrate (g)	73.18	60.42%						

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