

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

Base Menu Spreadsheet

BLACK BUTTE HS BKFST

Portion Values - Detailed

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Generated on: 3/6/2023 8:40:35 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2023			
BLACK BUTTE HS BKFST	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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 MG 2022-23	HALF PINTS	110	13.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
Weighted Daily Average		559	117.03
% of Calories			83.7%
Nutrient Guideline		450-600	

Thu - 03/02/2023			
BLACK BUTTE HS BKFST	Total		
BAR BENEFIT CHOC CHIP 2.5oz 2022	1 EACH	290	47.0
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 MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		535	91.43
% of Calories			68.4%
Nutrient Guideline		450-600	

Mon - 03/06/2023			
BLACK BUTTE HS BKFST	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
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		558	80.89
% of Calories			58.0%
Nutrient Guideline		450-600	

Tue - 03/07/2023			
BLACK BUTTE HS BKFST	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		495	80.20 64.9%
Nutrient Guideline		450-600	

Wed - 03/08/2023			
BLACK BUTTE HS BKFST	Total		
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
FRUIT JUICE,ASSORTED	4 fl.oz.	64	15.62
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		423	72.77 68.8%
Nutrient Guideline		450-600	

Thu - 03/09/2023			
BLACK BUTTE HS BKFST	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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 % of Calories		449	70.22 62.5%
Nutrient Guideline		450-600	

Mon - 03/13/2023			
BLACK BUTTE HS BKFST	Total		
CEREAL BAR, CINN TST 2018	1 EACH	160	30.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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 % of Calories		486	92.13 75.9%
Nutrient Guideline		450-600	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/14/2023			
BLACK BUTTE HS BKFST	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		481	85.88
% of Calories			71.4%
Nutrient Guideline		450-600	

Wed - 03/15/2023			
BLACK BUTTE HS BKFST	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		364	66.74
% of Calories			73.4%
Nutrient Guideline		450-600	

Thu - 03/16/2023			
BLACK BUTTE HS BKFST	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
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	1 CUP	140	20.0
MILK WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		567	80.91
% of Calories			57.1%
Nutrient Guideline		450-600	

Mon - 03/27/2023			
BLACK BUTTE HS BKFST	Total		
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
YOGURT GO GURT 2oz 2023	1 each	45	8.0
Raisels Sours Variety	1 BOX	160	37.0
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 - STRAWBRY FF 2018	HALF PINTS	110	19.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		479	96.41 80.5%
Nutrient Guideline		450-600	

Tue - 03/28/2023			
BLACK BUTTE HS BKFST	Total		
DONUT, HONEY	1 EACH	230	31.0
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 MG 2022-23	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average % of Calories		518	74.13 57.3%
Nutrient Guideline		450-600	

Wed - 03/29/2023			
BLACK BUTTE HS BKFST	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
FRUIT JUICE, ASSORTED	4 fl.oz.	64	15.62
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		525	80.10 61.0%
Nutrient Guideline		450-600	

Thu - 03/30/2023			
BLACK BUTTE HS BKFST	Total		
BAR BENEFIT CHOC CHIP 2.5oz 2022	1 EACH	290	47.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
FRUIT JUICE, ASSORTED	4 fl.oz.	64	15.62
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		537	96.68 72.1%
Nutrient Guideline		450-600	

Weighted Average		498	84.68 68.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	498		450 - 600	100%				
Carbohydrate (g)	84.68	67.99%						

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