

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

Base Menu Spreadsheet

FARSON BREAKFAST

Portion Values - Detailed

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Generated on: 3/6/2023 8:41:34 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/01/2023			
FARSON BREAKFAST	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
FRUDEL, APPLE WRAP	1 PACK	210	36.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
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		507	83.97
% of Calories			66.3%
Nutrient Guideline		450-500	

Thu - 03/02/2023			
FARSON BREAKFAST	Total		
BF BREAD BLUEBERRY BREAD 3.4oz	1 EACH	270	45.0
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		452	68.65
% of Calories			60.7%
Nutrient Guideline		450-500	

Mon - 03/06/2023			
FARSON BREAKFAST	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		450-500	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/07/2023			
FARSON BREAKFAST	Total		
BF BOWL COWBOY	1 Each	310	48.0
CEREAL BAR, COCOA PUFF 2023	1 EACH	160	30.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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		524	96.99
% of Calories			74.0%
Nutrient Guideline		450-500	

Wed - 03/08/2023			
FARSON BREAKFAST	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		491	75.10
% of Calories			61.2%
Nutrient Guideline		450-500	

Thu - 03/09/2023			
FARSON BREAKFAST	Total		
PIZZA BKFST TURK SAUS 3.312018	1 EACH	210	27.0
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
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		477	79.65
% of Calories			66.8%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/13/2023			
FARSON BREAKFAST	Total		
BF BREAD BANANA BREAD 3.4oz	1 EACH	260	45.0
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		455	75.62
% of Calories			66.4%
Nutrient Guideline		450-500	

Tue - 03/14/2023			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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		503	90.29
% of Calories			71.8%
Nutrient Guideline		450-500	

Wed - 03/15/2023			
FARSON BREAKFAST	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		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/16/2023			
FARSON BREAKFAST	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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	HALF PINTS	140	20.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		509	78.04
% of Calories			61.4%
Nutrient Guideline		450-500	

Mon - 03/27/2023			
FARSON BREAKFAST	Total		
DONUTS HOLES 6per 2019	6 PER SERVING	283	33.66
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		452	71.20
% of Calories			63.0%
Nutrient Guideline		450-500	

Tue - 03/28/2023			
FARSON BREAKFAST	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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		479	78.11
% of Calories			65.2%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/29/2023			
FARSON BREAKFAST	Total		
EGG CHS HAM ENG MUFFIN 2017	MUFFIN	401	26.51
FRUDEL, APPLE WRAP	1 PACK	210	36.0
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
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		527	82.97
% of Calories			63.0%
Nutrient Guideline		450-500	

Thu - 03/30/2023			
FARSON BREAKFAST	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
BF BLUEBERRY CRUMBLE	1 Each	300	46.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
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		484	87.74
% of Calories			72.5%
Nutrient Guideline		450-500	

Weighted Average		489	80.54
			65.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	489		450 - 500	100%				
Carbohydrate (g)	80.54	65.87%						

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