SWEETWATER SCH. DIST. NO.1 Dec 1, 2022 thru Dec 20, 2022

Base Menu Spreadsheet FARSON BREAKFAST

Portion Values - Detailed

 Generated on: 12/2/2022 2:25:30 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/01/2022			
FARSON BREAKFAST	Total		
WAFFLES BLUEBERRY BELGIAN IW	1 each	240	34.0
SAUSAGE PATTY HRMEL 1.5OZ 2020	1 EACH	180	0.0
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
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		73	10.84
% of Calories			59.7%
Nutrient Guideline		450-500	

Mon - 12/05/2022			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	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		433	60.99
% of Calories			56.4%
Nutrient Guideline		450-500	

Tue - 12/06/2022			
FARSON BREAKFAST	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
CEREAL BAR, COCOA PUFF 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT 8 oz 2019	1 CUP	170	43.08
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		398	67.71
% of Calories			68.1%
Nutrient Guideline		450-500	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/07/2022			
FARSON BREAKFAST	Total		
RIPPER HAM/CHEESE 4oz 2018	1 EACH	240	26.0
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		449	66.42
% of Calories			59.1%
Nutrient Guideline		450-500	

Thu - 12/08/2022			
FARSON BREAKFAST	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
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		423	61.49
% of Calories			58.2%
Nutrient Guideline		450-500	

Mon - 12/12/2022			
FARSON BREAKFAST	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL BAR, CINN TST 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	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		430	71.87
% of Calories			66.8%
Nutrient Guideline		450-500	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/13/2022			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
BAGEL PLN SLC 2oz LENDER 2018	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		435	75.09
% of Calories			69.0%
Nutrient Guideline		450-500	

Wed - 12/14/2022			
FARSON BREAKFAST	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
CEREAL BAR, COCOA PUFF 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	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		509	86.16
% of Calories			67.7%
Nutrient Guideline		450-500	

Thu - 12/15/2022			
FARSON BREAKFAST	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
YOGURT PARFAIT SEC 2019	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		546	78.04
% of Calories			57.2%
Nutrient Guideline		450-500	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/19/2022			
FARSON BREAKFAST	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 2018	1 PACK	230	42.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
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 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		591	101.91
% of Calories			69.0%
Nutrient Guideline		450-500	

Tue - 12/20/2022			
FARSON BREAKFAST	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
DONUT, HONEY	1 EACH	230	31.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2019	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		457	72.56
% of Calories			63.5%
Nutrient Guideline		450-500	

Weighted Average		431	68.46
			63.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	431		450 - 500	96%		19		Correction Required - Calories are Low
Carbohydrate (g)	68.46	63.51%						

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