

# SWEETWATER SCH. DIST. NO.1

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

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Generated on: 9/2/2022 9:34:22 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/01/2022			
Elementary Breakfast	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		264	52.09
% of Calories			79.0%
Nutrient Guideline		400-500	

Tue - 09/06/2022			
Elementary Breakfast	Total		
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		364	54.35
% of Calories			59.7%
Nutrient Guideline		400-500	

Wed - 09/07/2022			
Elementary Breakfast	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
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		474	72.44
% of Calories			61.1%
Nutrient Guideline		400-500	

Thu - 09/08/2022			
Elementary Breakfast	Total		
GRANOLA BAR, MAPLE 2016	1 EACH	140	28.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		207	41.31
% of Calories			79.8%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/12/2022			
Elementary Breakfast	Total		
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
Raisels Grape or Tropical	1 BOX	131	29.21
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		299	49.90
% of Calories			66.8%
Nutrient Guideline		400-500	

Tue - 09/13/2022			
Elementary Breakfast	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		321	53.07
% of Calories			66.1%
Nutrient Guideline		400-500	

Wed - 09/14/2022			
Elementary Breakfast	Total		
BAGEL MINI STRAW 2.43oz 2018	1 PACK	230	42.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		430	79.65
% of Calories			74.1%
Nutrient Guideline		400-500	

Thu - 09/15/2022			
Elementary Breakfast	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		400	71.78
% of Calories			71.8%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/19/2022			
Elementary Breakfast	Total		
CEREAL BAR, CINN TST 2018	1 EACH	150	30.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		268	53.08
% of Calories			79.2%
Nutrient Guideline		400-500	

Tue - 09/20/2022			
Elementary Breakfast	Total		
BAGEL PLN SLC 2oz LENDER 2018	BAGEL	140	28.0
CHEESE, CREAM	1 TBSP	51	0.8
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK 1% HP CHOC MG 2019	HALF PINTS	140	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		340	58.84
% of Calories			69.1%
Nutrient Guideline		400-500	

Wed - 09/21/2022			
Elementary Breakfast	Total		
FRENCH TOAST STICKS 2 PER ELEM	2 STICKS	240	37.96
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		418	76.53
% of Calories			73.2%
Nutrient Guideline		400-500	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/22/2022			
Elementary Breakfast	Total		
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		520	75.46
% of Calories			58.0%
Nutrient Guideline		400-500	

Mon - 09/26/2022			
Elementary Breakfast	Total		
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
STRING CHEESE 1oz 2019	1 EACH	90	0.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
Raisels Sours Variety	1 BOX	160	37.0
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		449	69.68
% of Calories			62.1%
Nutrient Guideline		400-500	

Tue - 09/27/2022			
Elementary Breakfast	Total		
DONUT, HONEY	1 EACH	230	31.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average		352	61.15
% of Calories			69.5%
Nutrient Guideline		400-500	

Wed - 09/28/2022			
Elementary Breakfast	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		404	61.23 60.7%
Nutrient Guideline		400-500	

Thu - 09/29/2022			
Elementary Breakfast	Total		
WAFFLES BLUEBERRY BELGIAN IW	1 each	240	34.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT 8 oz 2019	1 CUP	170	43.08
JUICE ASSORTED 4oz 2018	1 EACH	57	13.69
MILK* HP - CHOC SKIM MG 2018	HALF PINTS	120	20.0
MILK 1% HP - WHITE 2019	HALF PINTS	110	13.0
MILK* HP - STRAWBRY FF 2018	HALF PINTS	110	19.0
Weighted Daily Average % of Calories		423	74.76 70.7%
Nutrient Guideline		400-500	

Weighted Average		371	62.83 67.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	371		400 - 500	93%		29		
Carbohydrate (g)	62.83	67.77%						Correction Required - Calories are Low

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