

SWEETWATER SCH. DIST. NO.1**Base Menu Spreadsheet****Portion Values - Detailed**

Page 1

May 1, 2023 thru May 25, 2023**HIGH SCHOOL BREAKFAST BAR**

Generated on: 4/28/2023 10:16:32 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2023			
HIGH SCHOOL BREAKFAS	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
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
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		449	69.24
% of Calories			61.7%
Nutrient Guideline		450-600	

Tue - 05/02/2023			
HIGH SCHOOL BREAKFAS	Total		
BF BLUEBERRY CRUMBLE	1 Each	300	46.0
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
YOGURT GO GURT 2oz 2023	1 each	45	8.0
SMOOTHIE-STRAWBERRY PATCH	8 OZ	189	39.12
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		387	66.11
% of Calories			68.4%
Nutrient Guideline		450-600	

Wed - 05/03/2023			
HIGH SCHOOL BREAKFAS	Total		
RIPPER HAM/CHEESE 4oz 2022	1 EACH	260	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
OATMEAL OVERNITE OATS BERRY	1 EACH	307	59.44
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		466	70.61
% of Calories			60.6%
Nutrient Guideline		450-600	

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

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HIGH SCHOOL BREAKFAST BAR

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/04/2023			
HIGH SCHOOL BREAKFAS	Total		
BF EMPANADA - POTATO, EGG, CHS	1 Each	230	30.04
DONUTS HOLES 6per 2019	6 PER SERVING	283	33.66
YOGURT GO GURT 2oz 2023	each	45	8.0
SMOOTHIE - MIXED BERRY	8 fl oz	210	43.25
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
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
KETCHUP: PACKET KATY'S 2022-23	2 Pkt 9 g	20	4.0
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		376	62.01
% of Calories			65.9%
Nutrient Guideline		450-600	

Mon - 05/08/2023			
HIGH SCHOOL BREAKFAS	Total		
FRUDEL, APPLE WRAP	1 PACK	210	36.0
POPART SINGLE 1.76oz 2019	EACH	177	37.5
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		451	77.42
% of Calories			68.6%
Nutrient Guideline		450-600	

Tue - 05/09/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
SMOOTHIE-STRAWBERRY PATCH	8 OZ	189	39.12
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
BAGEL PLN SLC 2oz LENDER	BAGEL	140	28.0
CHEESE, CREAM	1 TBSP	51	0.8
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		471	82.91
% of Calories			70.3%
Nutrient Guideline		450-600	

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May 1, 2023 thru May 25, 2023**HIGH SCHOOL BREAKFAST BAR**

Generated on: 4/28/2023 10:16:32 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2023			
HIGH SCHOOL BREAKFAS	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
WAFFLES VANILLA BELGIAN IW	1 each	240	34.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
OATMEAL OVERNITE OATS BERRY	1 EACH	307	59.44
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		391	67.48
% of Calories			69.0%
Nutrient Guideline		450-600	

Thu - 05/11/2023			
HIGH SCHOOL BREAKFAS	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
SMOOTHIE - MIXED BERRY	8 fl oz	210	43.25
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
BERRY & CREAMS 2.8oz IW 2018	1 PACK	240	36.0
YOGURT GO GURT 2oz 2023	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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		536	84.66
% of Calories			63.2%
Nutrient Guideline		450-600	

Mon - 05/15/2023			
HIGH SCHOOL BREAKFAS	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
CINN MINI BUNS 2.29oz 2019	1 PACK	240	40.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
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		101	15.60
% of Calories			61.7%
Nutrient Guideline		450-600	

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Portion Values - Detailed

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May 1, 2023 thru May 25, 2023

HIGH SCHOOL BREAKFAST BAR

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/16/2023			
HIGH SCHOOL BREAKFAS	Total		
BF BOWL COWBOY	Each	310	48.0
POPART SINGLE 1.76oz 2019	EACH	177	37.5
YOGURT GO GURT 2oz 2023	each	45	8.0
SMOOTHIE-BERRY BANANA	8 fl oz	263	57.3
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
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		235	41.76
% of Calories			71.2%
Nutrient Guideline		450-600	

Wed - 05/17/2023			
HIGH SCHOOL BREAKFAS	Total		
PIZZA BKFST TURK SAUS 3.312018	1 EACH	210	27.0
WAFFLES VANILLA BELGIAN IW	1 each	240	34.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
YOGURT 6 OZ YOPLAIT BRAND 2022	1 EACH	140	27.51
OATMEAL OVERNITE OATS BERRY	1 EACH	307	59.44
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		476	81.46
% of Calories			68.4%
Nutrient Guideline		450-600	

Thu - 05/18/2023			
HIGH SCHOOL BREAKFAS	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
YOGURT GO GURT 2oz 2023	each	45	8.0
SMOOTHIE - MIXED BERRY	8 fl oz	210	43.25
CRACKERS, GRAHAM 2/PK 2019	2 PACKS	120	22.0
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		542	81.74
% of Calories			60.4%
Nutrient Guideline		450-600	

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Portion Values - Detailed

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May 1, 2023 thru May 25, 2023

HIGH SCHOOL BREAKFAST BAR

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2023			
HIGH SCHOOL BREAKFAS	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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* HP - WHITE FF MG	HALF PINTS	90	13.0
Weighted Daily Average		441	75.33
% of Calories			68.3%
Nutrient Guideline		450-600	

Tue - 05/23/2023			
HIGH SCHOOL BREAKFAS	Total		
GRAVY, BF SAUSAGE, HS	1/2 CUP	86	8.44
BISCUIT WG 2.1oz 2018	1 EACH	170	22.0
POPTART SINGLE 1.76oz 2019	1 EACH	177	37.5
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 - 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		632	111.80
% of Calories			70.8%
Nutrient Guideline		450-600	

Wed - 05/24/2023			
HIGH SCHOOL BREAKFAS	Total		
PIZZA BKFST TURK SAUS 3.312018	EACH	210	27.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
OATMEAL OVERNITE OATS BERRY	1 EACH	307	59.44
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		447	73.47
% of Calories			65.7%
Nutrient Guideline		450-600	

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2023 thru May 25, 2023**HIGH SCHOOL BREAKFAST BAR**

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/25/2023			
HIGH SCHOOL BREAKFAS	Total		
BAGEL PLN SLC 2oz LENDER	BAGEL	140	28.0
CREAM CHEESE PLAIN 1 OZ 2022	1 PORTION	70	2.0
MUFFIN, CHOC CHIP 3.1 oz BakeC	1 EACH	270	45.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
YOGURT GO GURT 2oz 2023	each	45	8.0
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		325	58.00
% of Calories			71.4%
Nutrient Guideline		450-600	

Weighted Average		420	69.97 66.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	420		450 - 600	93%		30		
Carbohydrate (g)	69.97	66.58%						Correction Required - Calories are Low

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