

SWEETWATER SCH. DIST. NO.1**Sep 1, 2022 thru Sep 30, 2022**

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 1

Generated on: 9/2/2022 9:38:12 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/01/2022			
BKFST 7-8 JR HIGH	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		400-550	

Tue - 09/06/2022			
BKFST 7-8 JR HIGH	Total		
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
POPART SINGLE 1.76oz 2019	1 EACH	177	37.5
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	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		519	87.84
% of Calories			67.6%
Nutrient Guideline		400-550	

Wed - 09/07/2022			
BKFST 7-8 JR HIGH	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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		390	65.64
% of Calories			67.4%
Nutrient Guideline		400-550	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SWEETWATER SCH. DIST. NO.1**Sep 1, 2022 thru Sep 30, 2022**

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 2

Generated on: 9/2/2022 9:38:12 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/08/2022			
BKFST 7-8 JR HIGH	Total		
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
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
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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		556	91.73
% of Calories			66.0%
Nutrient Guideline		400-550	

Mon - 09/12/2022			
BKFST 7-8 JR HIGH	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
Raisels Grape or Tropical	1 BOX	131	29.21
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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		525	84.27
% of Calories			64.2%
Nutrient Guideline		400-550	

Tue - 09/13/2022			
BKFST 7-8 JR HIGH	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
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	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		531	81.96
% of Calories			61.7%
Nutrient Guideline		400-550	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SWEETWATER SCH. DIST. NO.1**Sep 1, 2022 thru Sep 30, 2022**

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 3

Generated on: 9/2/2022 9:38:12 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/14/2022			
BKFST 7-8 JR HIGH	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 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		534	87.38
% of Calories			65.5%
Nutrient Guideline		400-550	

Thu - 09/15/2022			
BKFST 7-8 JR HIGH	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
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	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		500	77.18
% of Calories			61.7%
Nutrient Guideline		400-550	

Mon - 09/19/2022			
BKFST 7-8 JR HIGH	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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 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		218	33.27
% of Calories			61.0%
Nutrient Guideline		400-550	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SWEETWATER SCH. DIST. NO.1**Sep 1, 2022 thru Sep 30, 2022**

Base Menu Spreadsheet

BKFAST 7-8 JR HIGH

Portion Values - Detailed

Page 4

Generated on: 9/2/2022 9:38:12 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/20/2022			
BKFAST 7-8 JR HIGH	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
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		232	36.50
% of Calories			62.9%
Nutrient Guideline		400-550	

Wed - 09/21/2022			
BKFAST 7-8 JR HIGH	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
STRING CHEESE 1oz 2019	1 EACH	90	0.0
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	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		275	45.72
% of Calories			66.4%
Nutrient Guideline		400-550	

Thu - 09/22/2022			
BKFAST 7-8 JR HIGH	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 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		1631	217.60
% of Calories			53.4%
Nutrient Guideline		400-550	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SWEETWATER SCH. DIST. NO.1

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 5

Generated on: 9/2/2022 9:38:12 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/26/2022			
BKFST 7-8 JR HIGH	Total		
FRUDEL, CHERRY WRAP	1 PACK	210	36.0
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 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		527	91.60
% of Calories			69.6%
Nutrient Guideline		400-550	

Tue - 09/27/2022			
BKFST 7-8 JR HIGH	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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 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		247	38.11
% of Calories			61.7%
Nutrient Guideline		400-550	

Wed - 09/28/2022			
BKFST 7-8 JR HIGH	Total		
EGG CHS SAUS BAGEL 2021	BAGEL	431	29.51
CHURRO APPLE FILL 5" J&J 2018	1 EACH	150	27.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
FRUIT FRESH ASSORTED 1CUP	1 CUP	76	19.48
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		175	32.38
% of Calories			73.8%
Nutrient Guideline		400-550	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SWEETWATER SCH. DIST. NO.1

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 6

Generated on: 9/2/2022 9:38:12 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/29/2022			
BKFST 7-8 JR HIGH	Total		
WAFFLES BLUEBERRY BELGIAN IW	1 each	240	34.0
SAUSAGE PATTY HRMEL 1.5OZ 2020	1 EACH	180	0.0
GRANOLA BAR, MAPLE 2016	1 EACH	140	28.0
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	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		182	26.49
% of Calories			58.2%
Nutrient Guideline		400-550	

Weighted Average		457	71.86 62.9%
------------------	--	-----	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	457		400 - 550	100%				
Carbohydrate (g)	71.86	62.94%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.