

SWEETWATER SCH. DIST. NO.1

May 1, 2023 thru May 25, 2023

Base Menu Spreadsheet

FARSON BREAKFAST

Portion Values - Detailed

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Generated on: 4/28/2023 10:20:17 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/01/2023			
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
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		450-500	

Tue - 05/02/2023			
FARSON BREAKFAST	Total		
BF BOWL COWBOY	1 Each	310	48.0
POPTART SINGLE 1.76oz 2019	EACH	177	37.5
YOGURT GO GURT 2oz 2023	each	45	8.0
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 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		487	90.48
% of Calories			74.4%
Nutrient Guideline		450-500	

Wed - 05/03/2023			
FARSON BREAKFAST	Total		
OATMEAL OVERNITE OATS BERRY	1 EACH	307	59.44
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
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		486	84.30
% of Calories			69.4%
Nutrient Guideline		450-500	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/04/2023			
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	

Mon - 05/08/2023			
FARSON BREAKFAST	Total		
BF BREAD BANANA BREAD 3.4oz	1 EACH	260	45.0
CEREAL BAR, CINN TST 2018	1 EACH	160	30.0
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		468	79.30
% of Calories			67.8%
Nutrient Guideline		450-500	

Tue - 05/09/2023			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 22-23	1 EACH	210	28.0
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
YOGURT GO GURT 2oz 2023	each	45	8.0
YOGURT PARFAIT SEC 2023	PARFAIT	248	52.56
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		460	81.28
% of Calories			70.7%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 05/10/2023			
FARSON BREAKFAST	Total		
FRENCH TOAST STICKS 3 PER SECO	3 STICKS	360	56.94
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
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		536	89.39
% of Calories			66.7%
Nutrient Guideline		450-500	

Thu - 05/11/2023			
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 - 05/15/2023			
FARSON BREAKFAST	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		448	69.11
% of Calories			61.7%
Nutrient Guideline		450-500	

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Base Menu Spreadsheet

FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 05/16/2023			
FARSON BREAKFAST	Total		
BAGEL PLN SLC 2oz LENDER	BAGEL	140	28.0
CREAM CHEESE PLAIN 1 OZ 2022	1 PORTION	70	2.0
POPART SINGLE 1.76oz 2019	EACH	177	37.5
YOGURT GO GURT 2oz 2023	each	45	8.0
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 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		492	93.61
% of Calories			76.2%
Nutrient Guideline		450-500	

Wed - 05/17/2023			
FARSON BREAKFAST	Total		
RIPPER HAM/CHEESE 4oz 2022	1 EACH	260	28.0
BAGEL MINI STRAW 2.43oz 2023	1 PACK	230	42.0
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
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	70.83
% of Calories			60.8%
Nutrient Guideline		450-500	

Thu - 05/18/2023			
FARSON BREAKFAST	Total		
EGG CHS SAUS BAGEL	BAGEL	341	29.51
DONUT CHOC GLZ WW 2020	1 EACH	230	31.0
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		529	71.81
% of Calories			54.2%
Nutrient Guideline		450-500	

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Base Menu Spreadsheet

FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 05/22/2023			
FARSON BREAKFAST	Total		
DONUTS HOLES 6per 2019	6 PER SERVING	283	33.66
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
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
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		442	70.55
% of Calories			63.8%
Nutrient Guideline		450-500	

Tue - 05/23/2023			
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
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		499	82.11
% of Calories			65.8%
Nutrient Guideline		450-500	

Wed - 05/24/2023			
FARSON BREAKFAST	Total		
EGG CHS HAM ENG MUFFIN 2017	MUFFIN	401	26.51
FRUDEL, APPLE WRAP	1 PACK	210	36.0
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
YOGURT GO GURT 2oz 2023	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		476	73.68
% of Calories			61.9%
Nutrient Guideline		450-500	

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SWEETWATER SCH. DIST. NO.1**May 1, 2023 thru May 25, 2023**

Base Menu Spreadsheet

FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 05/25/2023			
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		482	79.44 66.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		450 - 500	100%				
Carbohydrate (g)	79.44	65.98%						

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