

SWEETWATER SCH. DIST. NO.1

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 2, 2023 thru Jan 31, 2023**FARSON BREAKFAST**

Generated on: 12/22/2022 2:27:52 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/02/2023			
FARSON BREAKFAST	Total		
CEREAL PEEL BOWL VARIETY 2018	BOWL	114	22.07
STRING CHEESE 1oz 2019	1 EACH	90	0.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
PEARS Fruit Cup Orchard 4 oz	1 Cup (4 oz)	60	16.0
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 WHITE FF MEADOW GOLD 22	1 CUP	90	13.0
Weighted Daily Average		497	81.25
% of Calories			65.4%
Nutrient Guideline		450-500	

Tue - 01/03/2023			
FARSON BREAKFAST	Total		
BURRITO BREAKFAST 3.5oz 2018	1 EACH	220	25.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
APPLESAUCE CUP 4.5oz	ZIP CUP	90	22.0
JUICE ASSORTED 4oz 2018	1 EACH	115	27.38
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	6	1.1
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		429	58.14
% of Calories			54.2%
Nutrient Guideline		450-500	

Wed - 01/04/2023			
FARSON BREAKFAST	Total		
SAUSAGE/PANCAKE STICK JIMMY D	1 Stick	199	23.0
FRUDEL, APPLE WRAP	1 PACK	210	36.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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		375	63.50
% of Calories			67.8%
Nutrient Guideline		450-500	

Thu - 01/05/2023			
FARSON BREAKFAST	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
BAR BENEFIT BAN/CHOC 2.5oz2018	1 EACH	280	48.0
STRING CHEESE 1oz 2019	1 EACH	90	0.0
FRUIT,FRESH ASSORTED	1 EACH	64	16.47
YOGURT PARFAIT SEC 2019	PARFAIT	248	52.56
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

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.**

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		555	86.65 62.5%
Nutrient Guideline		450-500	

Mon - 01/09/2023			
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 % of Calories		479	71.66 59.8%
Nutrient Guideline		450-500	

Tue - 01/10/2023			
FARSON BREAKFAST	Total		
PANCAKE BOWL, STRAW 3.8oz IWWG	1 EACH	220	39.0
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
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 % of Calories		368	65.10 70.9%
Nutrient Guideline		450-500	

Wed - 01/11/2023			
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 % of Calories		449	66.42 59.1%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/12/2023			
FARSON BREAKFAST	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,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	58.06
% of Calories			54.9%
Nutrient Guideline		450-500	

Mon - 01/16/2023			
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	

Tue - 01/17/2023			
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	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/18/2023			
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 - 01/19/2023			
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	

Mon - 01/23/2023			
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		479	71.66
% of Calories			59.8%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/24/2023			
FARSON BREAKFAST	Total		
PANCAKE BOWL, STRAW 3.8oz IWWG	1 EACH	220	39.0
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
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		368	65.10
% of Calories			70.9%
Nutrient Guideline		450-500	

Wed - 01/25/2023			
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 - 01/26/2023			
FARSON BREAKFAST	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, 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	58.06
% of Calories			54.9%
Nutrient Guideline		450-500	

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FARSON BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/30/2023			
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
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		451	75.98
% of Calories			67.4%
Nutrient Guideline		450-500	

Tue - 01/31/2023			
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 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		479	78.11
% of Calories			65.2%
Nutrient Guideline		450-500	

Weighted Average		452	70.96
			62.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	452		450 - 500	100%				
Carbohydrate (g)	70.96	62.73%						

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