

SWEETWATER SCH. DIST. NO.1**Oct 3, 2022 thru Oct 31, 2022**

Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 1

Generated on: 9/29/2022 8:13:42 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/03/2022			
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	115	27.38
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		297	59.96
% of Calories			80.8%
Nutrient Guideline		400-550	

Tue - 10/04/2022			
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	115	27.38
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		536	91.75
% of Calories			68.5%
Nutrient Guideline		400-550	

Wed - 10/05/2022			
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	

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BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 2

Generated on: 9/29/2022 8:13:42 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/06/2022			
BKFST 7-8 JR HIGH	Total		
MUFFIN, CHERRY WG/IW3oz BUENAV	1 each	230	39.0
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	115	27.38
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		581	101.03
% of Calories			69.6%
Nutrient Guideline		400-550	

Mon - 10/10/2022			
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	115	27.38
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		533	86.23
% of Calories			64.7%
Nutrient Guideline		400-550	

Tue - 10/11/2022			
BKFST 7-8 JR HIGH	Total		
SANDWICH, PANCAKE SAUSAGE W/CH	1 EACH	180	18.0
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	115	27.38
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		398	67.71
% of Calories			68.1%
Nutrient Guideline		400-550	

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Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 3

Generated on: 9/29/2022 8:13:42 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/12/2022			
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	115	27.38
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		542	89.34
% of Calories			65.9%
Nutrient Guideline		400-550	

Thu - 10/13/2022			
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	115	27.38
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		517	81.09
% of Calories			62.8%
Nutrient Guideline		400-550	

Mon - 10/17/2022			
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	115	27.38
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		239	38.17
% of Calories			64.0%
Nutrient Guideline		400-550	

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Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 10/18/2022			
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
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	115	27.38
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		249	40.52
% of Calories			65.1%
Nutrient Guideline		400-550	

Wed - 10/19/2022			
BKFST 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	115	27.38
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		293	49.87
% of Calories			68.1%
Nutrient Guideline		400-550	

Thu - 10/20/2022			
BKFST 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	115	27.38
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		1719	238.44
% of Calories			55.5%
Nutrient Guideline		400-550	

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BKFAST 7-8 JR HIGH

Portion Values - Detailed

Page 5

Generated on: 9/29/2022 8:13:42 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 10/24/2022			
BKFST 7-8 JR HIGH	Total		
BAR BENEFIT BAN/CHOC 2.5oz2018	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
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	115	27.38
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		571	102.17
% of Calories			71.5%
Nutrient Guideline		400-550	

Tue - 10/25/2022			
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	115	27.38
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		270	43.52
% of Calories			64.5%
Nutrient Guideline		400-550	

Wed - 10/26/2022			
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	115	27.38
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		195	36.96
% of Calories			75.9%
Nutrient Guideline		400-550	

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Base Menu Spreadsheet

BKFST 7-8 JR HIGH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/27/2022			
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	115	27.38
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		200	30.78
% of Calories			61.6%
Nutrient Guideline		400-550	

Mon - 10/31/2022			
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	115	27.38
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		297	59.96
% of Calories			80.8%
Nutrient Guideline		400-550	

Weighted Average		460	75.48
			65.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	460		400 - 550	100%				
Carbohydrate (g)	75.48	65.60%						

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