

**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 1

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 10/03/2016</b>																
Elementary Breakfast	Total	120														
MUFFIN MINI CHOC CH1.9 oz	1 EACH	72	118	18	74	1.70	0.70	3.7	30	0.5	4	2.4	19.8	3.2	0.60	0.00
DAVE																
STRING CHEESE 1oz 2016	1 EACH	72	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			408	27	357	4.55	0.72	467.7	691	11.74	46	15.53	71.61	6.52	2.90	0.00
% of Calories											45.3%	15.2%	70.2%	14.4%	6.4%	0.0%
Nutrient Guideline			400-500		540											<10.00

<b>Tue - 10/04/2016</b>																
Elementary Breakfast	Total	120														
FLAPJACK MAPLE FOSTER 2016	1 EACH	102	240	25	360	2.00	1.44	20.0	20	0.0	4	7.0	18.0	15.0	4.50	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	8	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	102	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			489	27	520	4.89	1.98	338.0	559	11.93	46	14.42	76.66	13.50	4.11	0.00
% of Calories											38.0%	11.8%	62.7%	24.8%	7.6%	0.0%
Nutrient Guideline			400-500		540											<10.00

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 2

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/05/2016																
Elementary Breakfast	Total	120														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	102	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
CREAM CHEESE PLAIN 1 OZ 2016	1 PACKET	102	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	5	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			441	32	416	6.70	1.83	371.5	923	11.43	45 40.5%	15.33 13.9%	76.67 69.5%	9.16 18.7%	5.38 11.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 10/06/2016																
Elementary Breakfast	Total	120														
PIZZA BKFST TURK SAUS 3.31 2016	1 EACH	92	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	18	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	8	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			415	18	573	4.72	2.13	405.5	695	11.93	47 45.7%	15.62 15.0%	72.70 70.0%	6.16 13.3%	1.86 4.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 3

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 10/07/2016</b>																
Elementary Breakfast	Total	120														
SLIDER BKFST MINI SAS EGG 2016	SERVING	100	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	1.50	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	2	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			377	31	439	4.95	1.50	387.2	667	11.43	45	15.15	69.18	4.36	1.53	0.00
% of Calories											48.1%	16.1%	73.4%	10.4%	3.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Mon - 10/10/2016</b>																
Elementary Breakfast	Total	120														
BURRITO BREAKFAST FERN 2 016	1 EACH	60	226	40	405	4.11	1.87	106.1	543	16.54	*2	10.23	26.22	9.01	4.00	*0.00
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	40	10	0	155	1.03	0.37	20.6	103	2.48	0	1.03	2.06	0.0	0.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	22	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			416	27	495	6.23	1.72	415.4	989	20.53	*46	15.49	75.59	5.89	2.41	*0.00
% of Calories											*44.2%	14.9%	72.7%	12.8%	5.2%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 4

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 10/11/2016</b>																
Elementary Breakfast	Total	120														
FRENCH TOAST CINN GLAZED*	slice	60	255	110	300	2.02	1.48	82.4	200	0.0	24	8.0	38.69	8.02	2.00	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	22	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	60	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	60	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	60	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			433	62	397	3.53	2.39	402.4	692	20.16	55	13.79	82.39	5.48	1.41	0.00
% of Calories											51.1%	12.7%	76.1%	11.4%	2.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

<b>Wed - 10/12/2016</b>																
Elementary Breakfast	Total	120														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	102	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
CREAM CHEESE PLAIN 1 OZ 2 016	1 PACKET	102	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	5	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 5

Generated on: 9/28/2016 1:43:11 PM

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Weighted Daily Average % of Calories			441	32	416	6.70	1.83	371.5	923	11.43	45 40.5%	15.33 13.9%	76.67 69.5%	9.16 18.7%	5.38 11.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 10/13/2016																
	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Elementary Breakfast	Total	120														
FLAPJACK BLUEBERRY FOSTER 2016	1 EACH	102	240	25	360	2.00	1.44	20.0	0	0.0	4	7.0	18.0	15.0	4.50	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	8	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	102	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			489	27	520	4.89	1.98	338.0	542	11.93	46 38.0%	14.42 11.8%	76.66 62.7%	13.50 24.8%	4.11 7.6%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 6

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/17/2016																
Elementary Breakfast	Total	120														
MUFFIN MINI CHOC CH1.9 oz	1 EACH	72	118	18	74	1.70	0.70	3.7	30	0.5	4	2.4	19.8	3.2	0.60	0.00
DAVE																
STRING CHEESE 1oz 2016	1 EACH	72	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			408	27	357	4.55	0.72	467.7	691	11.74	46	15.53	71.61	6.52	2.90	0.00
% of Calories											45.3%	15.2%	70.2%	14.4%	6.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Tue - 10/18/2016																
Elementary Breakfast	Total	120														
WAFFLE PLAIN TOASTED 1each	1 EACH	102	158	5	261	0.81	2.32	103.7	439	0.0	15	2.37	29.95	3.19	0.54	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	102	212	40	371	0.00	0.48	0.0	0	0.0	*N/A*	7.95	0.0	21.21	7.95	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	8	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	8	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	102	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 7

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			608	44	763	4.08	3.37	415.8	982	11.93	*57 *37.3%	17.45 11.5%	88.61 58.3%	21.59 32.0%	7.50 11.1%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 10/19/2016																
Elementary Breakfast	Total	120														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	102	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
CREAM CHEESE PLAIN 1 OZ 2 016	1 PACKET	102	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	5	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			440	32	416	6.57	2.28	371.5	882	11.93	44 40.5%	15.22 13.8%	76.28 69.4%	9.20 18.8%	5.38 11.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 8

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/20/2016																
Elementary Breakfast	Total	120														
BURRITO BREAKFAST FERN 2016	1 EACH	60	226	40	405	4.11	1.87	106.1	543	16.54	*2	10.23	26.22	9.01	4.00	*0.00
SALSA: COMMERCIAL PICANTE 2016	2 TBLS	40	10	0	155	1.03	0.37	20.6	103	2.48	0	1.03	2.06	0.0	0.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	22	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			416	27	495	6.23	1.72	415.4	989	20.53	*46	15.49	75.59	5.89	2.41	*0.00
% of Calories											*44.2%	14.9%	72.7%	12.8%	5.2%	*0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 10/24/2016																
Elementary Breakfast	Total	120														
SLIDER BKFST MINI SAS EGG 2016	SERVING	100	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	1.50	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	2	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			377	31	439	4.95	1.50	387.2	667	11.43	45	15.15	69.18	4.36	1.53	0.00
% of Calories											48.1%	16.1%	73.4%	10.4%	3.7%	0.0%
Nutrient Guideline			400-500		540											<10.00

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 9

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 10/25/2016</b>																
Elementary Breakfast	Total	120														
PIZZA BKFST TURK SAUS 3.31 2016	1 EACH	60	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	22	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			401	15	481	4.52	2.55	405.5	692	12.53	49	14.29	73.93	4.97	1.41	0.00
% of Calories											48.8%	14.2%	73.7%	11.2%	3.2%	0.0%
Nutrient Guideline			400-500		540										<10.00	
<b>Wed - 10/26/2016</b>																
Elementary Breakfast	Total	120														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	102	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
CREAM CHEESE PLAIN 1 OZ 2 016	1 PACKET	102	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	5	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			441	32	416	6.70	1.83	371.5	923	11.43	45	15.33	76.67	9.16	5.38	0.00
% of Calories											40.5%	13.9%	69.5%	18.7%	11.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 10

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 10/27/2016</b>																
Elementary Breakfast	Total	120														
PANCAKES WHOLE GRAIN 2ea	2 EACH	60	195	7	240	2.02	1.48	2.4	20	0.0	17	4.0	41.69	4.02	0.00	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	60	212	40	371	0.00	0.48	0.0	0	0.0	*N/A*	7.95	0.0	21.21	7.95	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	22	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	60	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	60	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	60	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			509	30	552	3.53	2.63	362.4	602	20.16	*52 *40.7%	15.76 12.4%	83.89 65.9%	14.09 24.9%	4.39 7.8%	0.00 0.0%
Nutrient Guideline			400-500		540										<10.00	

<b>Fri - 10/28/2016</b>																
Elementary Breakfast	Total	120														
WAFFLE PLAIN TOASTED 1each	1 EACH	102	158	5	261	0.81	2.32	103.7	439	0.0	15	2.37	29.95	3.19	0.54	0.00
STRING CHEESE 1oz 2016	1 EACH	102	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	8	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 11

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			454	23	548	4.02	2.27	578.6	1084	11.43	53 46.4%	16.78 14.8%	77.86 68.7%	8.19 16.2%	3.76 7.5%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 10/31/2016																
Elementary Breakfast	Total	120														
MUFFIN MINI CHOC CH1.9 oz DAVE	1 EACH	72	118	18	74	1.70	0.70	3.7	30	0.5	4	2.4	19.8	3.2	0.60	0.00
STRING CHEESE 1oz 2016	1 EACH	72	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			408	27	357	4.55	0.72	467.7	691	11.74	46 45.3%	15.53 15.2%	71.61 70.2%	6.52 14.4%	2.90 6.4%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Tue - 11/01/2016																
Elementary Breakfast	Total	120														
PIZZA BKFST TURK SAUS 3.31 2016	1 EACH	102	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	8	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 12

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			424	19	608	4.89	2.28	405.5	712	11.93	47 44.4%	16.12 15.2%	73.20 69.0%	6.70 14.2%	1.98 4.2%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 11/02/2016																
Elementary Breakfast	Total	120														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	102	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00
CREAM CHEESE PLAIN 1 OZ 2 016	1 PACKET	102	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	10	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	5	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PIN TS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			441	32	416	6.70	1.83	371.5	923	11.43	45 40.5%	15.33 13.9%	76.67 69.5%	9.16 18.7%	5.38 11.0%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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**SWEETWATER SCH. DIST. NO.1**

**Oct 3, 2016 thru Nov 4, 2016**

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 13

Generated on: 9/28/2016 1:43:11 PM

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 11/03/2016																
Elementary Breakfast	Total	120														
FLAPJACK BLUEBERRY FOSTER 2016	1 EACH	100	240	25	360	2.00	1.44	20.0	0	0.0	4	7.0	18.0	15.0	4.50	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	10	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	8	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	2	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	90	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	30	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			442	27	498	4.81	1.95	337.1	542	11.93	43 38.5%	14.20 12.8%	65.45 59.2%	13.15 26.8%	4.03 8.2%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

Fri - 11/04/2016																
Elementary Breakfast	Total	120														
FRENCH TOAST CINN GLAZED*	slice	60	255	110	300	2.02	1.48	82.4	200	0.0	24	8.0	38.69	8.02	2.00	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	22	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 4 OZ YOPLAIT 2016	1 EACH	38	100	4	50	0.00	0.00	100.0	0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRANOLA PACKET .6oz 2016	PACK	32	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	60	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
JUICE ORANGE 4oz 2016	1 EACH	60	66	0	0	0.00	0.00	21.9	0	32.91	10	0.0	16.46	0.0	0.00	0.00
SYRUP,PANCAKE	1 TBSP	60	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PINTS	100	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK* HP - WHITE 1% 2016	HALF PINTS	20	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			433	62	397	3.53	2.39	402.4	692	20.16	55 51.1%	13.79 12.7%	82.39 76.1%	5.48 11.4%	1.41 2.9%	0.00 0.0%
Nutrient Guideline			400-500		540											<10.00

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Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

Elementary Breakfast

Portion Values - Detailed

002 - DESERTVIEW ELEMENTARY SCHOOL

Page 14

Generated on: 9/28/2016 1:43:11 PM

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Weighted Average			440	31	473	5.08	1.92	402.5	772	13.60	*48 *97.5%	15.26 13.9%	75.70 68.9%	8.64 17.7%	3.45 7.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	440		400 - 500	100%				
Cholesterol (mg)	31							
Sodium (mg)	473		540					
Fiber (g)	5.08							
Iron (mg)	1.92							
Calcium (mg)	402.5							
Vitamin A (IU)	772							
Sugars (g)	48	43.32%			Missing			
Vitamin C (mg)	13.60							
Protein (g)	15.26	13.89%						
Carbohydrate (g)	75.70	68.87%						
Total Fat (g)	8.64	17.69%						
Saturated Fat (g)	3.45	7.07%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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