

SWEETWATER SCH. DIST. NO.1

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 3, 2016 thru Nov 4, 2016

HIGH SCHOOL BREAKFAST BAR

001 - HIGH SCHOOL KITCHEN

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Mon - 10/03/2016																
HIGH SCHOOL BREAKFAS	Total	50														
MUFFIN OTIS SPUNKMEYER 2016	1 EACH	40	190	40	130	2.00	0.72	40.0	100	0.0	17	3.0	31.0	6.0	2.00	0.00
STRING CHEESE 1oz 2016	1 EACH	40	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	2	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	10	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			439	52	423	2.70	0.78	547.3	781	29.42	44	17.90	66.82	10.56	4.92	*0.00
% of Calories											40.1%	16.3%	60.8%	21.6%	10.1%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 10/04/2016																
HIGH SCHOOL BREAKFAS	Total	50														
FLAPJACK MAPLE FOSTER 2016	1 EACH	40	240	25	360	2.00	1.44	20.0	20	0.0	4	7.0	18.0	15.0	4.50	0.00
POTATO PUFFS FRZ BKD1/2cup 2016	1/2 cup	40	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	2	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	40	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 2

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Weighted Daily Average % of Calories			500	28	626	3.44	1.57	371.8	577	31.10	37 29.4%	16.03 12.8%	71.42 57.2%	15.69 28.3%	4.48 8.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 10/05/2016																	
HIGH SCHOOL BREAKFAS BAGEL PLN SLC 2oz LENDER 2016	Total BAGEL	50															
CREAM CHEESE PLAIN 1 OZ 2016	1 PACKET	40	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00	
OATMEAL PKT INST ART FLV 2016	PACKET	2	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00	
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	8	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00	
GRANOLA PACKET .6oz 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00	
FRUIT FRESH ASSORTED 1CUP 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	
JUICE ORANGE 4oz 2016	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00	
MILK* HP - CHOC SKIM MG 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 - WHITE 1% 2016	HALF PIN TS	40	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
	HALF PIN TS	10	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			403	32	405	4.30	1.64	403.3	901	29.42	35 34.8%	16.08 15.9%	65.16 64.6%	9.27 20.7%	5.28 11.8%	*0.00 *0.0%	
Nutrient Guideline			450-600		640									<=30.0	<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
 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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 3, 2016 thru Nov 4, 2016

HIGH SCHOOL BREAKFAST BAR

001 - HIGH SCHOOL KITCHEN

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Thu - 10/06/2016																
HIGH SCHOOL BREAKFAS	Total	50														
PIZZA BKFST TURK SAUS 3.31 2016	1 EACH	40	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
STRING CHEESE 1oz 2016	1 EACH	40	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	2	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	10	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			455	32	703	2.64	1.86	595.3	841	29.66	38	22.64	62.63	11.38	4.92	*0.00
% of Calories											33.0%	19.9%	55.1%	22.5%	9.7%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Fri - 10/07/2016																
HIGH SCHOOL BREAKFAS	Total	50														
SLIDER BKFST MINI SAS EGG 2016	SERVING	40	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	1.50	0.00
POTATO PUFFS FRZ BKD1/2cu p2016	1/2 cup	40	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	2	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	30	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	40	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 4

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Weighted Daily Average % of Calories			397	32	557	3.92	1.38	418.0	681	28.39	36 36.0%	17.02 17.1%	64.63 65.1%	7.31 16.6%	2.09 4.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Mon - 10/10/2016																
HIGH SCHOOL BREAKFAS	Total	50														
BURRITO BREAKFAST FERN 2016	1 EACH	40	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
STRING CHEESE 1oz 2016	1 EACH	40	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	2	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	10	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			476	52	767	5.22	1.99	616.7	1218	44.63	*32 *26.9%	24.50 20.6%	64.64 54.3%	12.97 24.5%	6.52 12.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 5

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Tue - 10/11/2016																
HIGH SCHOOL BREAKFAS	Total	50														
FRENCH TOAST CINN GLAZED*	slice	40	255	110	300	2.02	1.48	82.4	200	0.0	24	8.0	38.69	8.02	2.00	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	40	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	2	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	40	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	10	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			629	127	751	2.65	1.98	421.7	721	29.66	*53 *33.8%	22.39 14.2%	81.57 51.9%	24.67 35.3%	8.44 12.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 10/12/2016																
HIGH SCHOOL BREAKFAS	Total	50														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	40	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	40	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	2	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 6

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Weighted Daily Average			403	32	405	4.30	1.64	403.3	901	29.42	35	16.08	65.16	9.27	5.28	*0.00
% of Calories											34.8%	15.9%	64.6%	20.7%	11.8%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 10/13/2016																
HIGH SCHOOL BREAKFAS	Total	50														
FLAPJACK MAPLE FOSTER 2016	1 EACH	40	240	25	360	2.00	1.44	20.0	20	0.0	4	7.0	18.0	15.0	4.50	0.00
POTATO PUFFS FRZ BKD1/2cu p2016	1/2 cup	40	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
CEREAL PEEL TOP CINN TST 2016	BOWL	2	120	0	190	1.00	3.60	80.0	400	4.8	0	1.0	22.0	3.0	0.50	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	40	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	10	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			500	28	627	3.42	1.36	371.0	573	31.05	36	16.00	71.41	15.73	4.50	*0.00
% of Calories											29.1%	12.8%	57.2%	28.3%	8.1%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 7

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Mon - 10/17/2016																
HIGH SCHOOL BREAKFAS	Total	50														
MUFFIN OTIS SPUNKMEYER 2016	1 EACH	40	190	40	130	2.00	0.72	40.0	100	0.0	17	3.0	31.0	6.0	2.00	0.00
STRING CHEESE 1oz 2016	1 EACH	40	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	2	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	10	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			439	52	423	2.70	0.78	547.3	781	29.42	44	17.90	66.82	10.56	4.92	*0.00
% of Calories											40.1%	16.3%	60.8%	21.6%	10.1%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 10/18/2016																
HIGH SCHOOL BREAKFAS	Total	60														
WAFFLE PLAIN TOASTED 2 each	1 EACH	20	315	10	523	1.62	4.64	207.3	878	0.0	30	4.75	59.9	6.38	1.08	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	20	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	20	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	20	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	20	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	20	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	50	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 8

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Weighted Daily Average % of Calories			478	26	582	2.69	4.80	486.9	1028	28.09	*48 *40.3%	15.93 13.3%	77.62 64.9%	11.73 22.1%	3.63 6.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Wed - 10/19/2016																	
HIGH SCHOOL BREAKFAS BAGEL PLN SLC 2oz LENDER 2016	Total BAGEL	60															
CREAM CHEESE PLAIN 1 OZ 2016	1 PACKET	30	140	0	160	4.00	1.80	40.0	0	0.0	4	6.0	28.0	1.0	0.00	0.00	
CEREAL PEEL BOWL VARIETY 2016	BOWL	30	90	30	95	0.00	0.00	20.0	400	0.0	2	2.0	2.0	9.0	6.00	0.00	
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	30	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00	
GRANOLA PACKET .6oz 2016	PACK	30	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00	
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00	
JUICE ORANGE 4oz 2016	1 EACH	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00	
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	50	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 - WHITE 1% 2016	HALF PIN TS	10	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
Weighted Daily Average % of Calories			458	26	459	4.54	5.49	497.5	1018	29.09	45 39.4%	17.30 15.1%	78.69 68.7%	8.53 16.8%	3.78 7.4%	*0.00 *0.0%	
Nutrient Guideline			450-600		640									<=30.0	<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
 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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

	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 ¹ (g)
Thu - 10/20/2016																
HIGH SCHOOL BREAKFAS	Total	50														
BURRITO BREAKFAST FERN 2016	1 EACH	40	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
STRING CHEESE 1oz 2016	1 EACH	40	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	2	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	8	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	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 FRESH ASSORTED 1CUP	1 CUP	20	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*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	40	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	10	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			476	52	767	5.22	1.99	616.7	1218	44.63	*32 *26.9%	24.50 20.6%	64.64 54.3%	12.97 24.5%	6.52 12.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Mon - 10/24/2016																
HIGH SCHOOL BREAKFAS	Total	60														
SLIDER BKFST MINI SAS EGG 2016	SERVING	45	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	1.50	0.00
POTATO PUFFS FRZ BKD1/2cup 2016	1/2 cup	45	65	0	155	1.00	0.00	0.0	0	1.8	0	1.0	8.0	3.0	0.50	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	5	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAND 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	50	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 10

Generated on: 9/28/2016 1:45:37 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 ¹ (g)
Weighted Daily Average % of Calories			392	30	545	4.04	1.47	419.3	727	27.44	36 36.8%	16.80 17.1%	64.61 65.9%	6.95 15.9%	1.95 4.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 10/25/2016																
HIGH SCHOOL BREAKFAS	Total	60														
PIZZA BKFST TURK SAUS 3.31 2016	1 EACH	45	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	5	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	50	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	10	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			381	19	571	3.29	1.74	434.3	802	26.09	38 39.5%	16.80 17.6%	61.61 64.7%	6.58 15.5%	1.95 4.6%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<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

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

Planned Menu Spreadsheet

Portion Values - Detailed

Oct 3, 2016 thru Nov 4, 2016

HIGH SCHOOL BREAKFAST BAR

001 - HIGH SCHOOL KITCHEN

Generated on: 9/28/2016 1:45:38 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 ¹ (g)
Wed - 10/26/2016																
HIGH SCHOOL BREAKFAS	Total	60														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	45	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	45	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	5	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	50	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	10	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			396	30	402	4.79	1.74	404.3	952	26.09	35 35.7%	16.05 16.2%	64.61 65.2%	8.83 20.1%	4.95 11.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 10/27/2016																
HIGH SCHOOL BREAKFAS	Total	60														
PANCAKES WHOLE GRAIN 2ea	2 EACH	20	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	20	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	20	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	20	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	20	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	20	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	50	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 12

Generated on: 9/28/2016 1:45:38 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 ¹ (g)
Weighted Daily Average % of Calories			438	25	488	2.82	3.74	418.5	741	28.09	*44 *40.2%	15.68 14.3%	71.55 65.3%	10.94 22.5%	3.27 6.7%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Fri - 10/28/2016																
HIGH SCHOOL BREAKFAS	Total	60														
WAFFLE PLAIN TOASTED 2 each	2 EACH	45	315	10	523	1.62	4.64	207.3	878	0.0	30	4.75	59.9	6.38	1.08	0.00
STRING CHEESE 1oz 2016	1 EACH	45	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
CEREAL PEEL BOWL VARIETY 2016	BOWL	5	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	45	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	50	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	10	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			557	26	726	2.87	4.32	665.2	1381	26.59	57 40.7%	18.95 13.6%	96.50 69.3%	10.36 16.7%	3.92 6.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 13

Generated on: 9/28/2016 1:45:38 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 ¹ (g)
Mon - 10/31/2016																
HIGH SCHOOL BREAKFAS	Total	60														
MUFFIN OTIS SPUNKMEYER 2016	1 EACH	30	190	40	130	2.00	0.72	40.0	100	0.0	17	3.0	31.0	6.0	2.00	0.00
STRING CHEESE 1oz 2016	1 EACH	30	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	30	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	30	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	30	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	50	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	10	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	38	471	4.37	2.25	587.6	1193	26.09	52	19.11	82.07	9.09	3.55	*0.00
% of Calories											42.4%	15.6%	67.2%	16.7%	6.5%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Tue - 11/01/2016																
HIGH SCHOOL BREAKFAS	Total	60														
PIZZA BKFST TURK SAUS 3.31 2016	1 EACH	45	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
OATMEAL PKT INST ART FLV 2016	PACKET	5	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	50	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	10	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			381	19	571	3.29	1.74	434.3	802	26.09	38	16.80	61.61	6.58	1.95	*0.00
% of Calories											39.5%	17.6%	64.7%	15.5%	4.6%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<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

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

Planned Menu Spreadsheet

Portion Values - Detailed

Page 14

Oct 3, 2016 thru Nov 4, 2016

HIGH SCHOOL BREAKFAST BAR

001 - HIGH SCHOOL KITCHEN

Generated on: 9/28/2016 1:45:38 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 ¹ (g)
Wed - 11/02/2016																
HIGH SCHOOL BREAKFAS	Total	60														
BAGEL PLN SLC 2oz LENDER 2016	BAGEL	45	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	45	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	5	130	0	170	3.00	3.60	100.0	1000	0.0	12	3.0	27.0	1.5	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	50	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	10	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			396	30	402	4.79	1.74	404.3	952	26.09	35 35.7%	16.05 16.2%	64.61 65.2%	8.83 20.1%	4.95 11.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Thu - 11/03/2016																
HIGH SCHOOL BREAKFAS	Total	60														
FLAPJACK BLUEBERRY FOSTER 2016	1 EACH	45	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	5	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	45	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	50	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	10	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 15

Generated on: 9/28/2016 1:45:38 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 ¹ (g)
Weighted Daily Average			437	26	493	3.15	1.93	374.7	610	26.59	37	15.19	64.27	12.62	3.82	*0.00
% of Calories											33.8%	13.9%	58.9%	26.0%	7.9%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Fri - 11/04/2016																
HIGH SCHOOL BREAKFAS	Total	60														
FRENCH TOAST CINN GLAZED*	slice	45	255	110	300	2.02	1.48	82.4	200	0.0	24	8.0	38.69	8.02	2.00	0.00
SAUSAGE PATTY HORMEL 1.5 OZ.*	1 EACH	45	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	5	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
YOGURT 6 OZ YOPLAIT BRAN D 2016	1 EACH	10	150	10	95	0.00	0.00	200.0	0	0.0	18	6.0	25.0	2.0	1.00	0.00
GRANOLA PACKET .6oz 2016	PACK	10	70	0	55	1.00	0.00	0.0	0	0.0	4	2.0	13.0	2.0	0.00	0.00
FRUIT FRESH ASSORTED 1CUP	1 CUP	40	54	0	1	2.06	0.14	15.4	102	20.58	9	0.71	13.82	0.18	0.05	*0.00
JUICE ORANGE 4oz 2016	1 EACH	20	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	45	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	50	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	10	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			607	120	727	3.16	2.31	421.5	760	26.59	*52	21.91	79.79	23.29	7.92	*0.00
% of Calories											*34.4%	14.4%	52.6%	34.5%	11.7%	*0.0%
Nutrient Guideline			450-600		640									<=30.0	<10.00	

Weighted Average			458	40	561	3.67	2.18	472.2	876	29.55	*41	18.16	70.11	11.51	4.50	*0.00
											*80.2%	15.9%	61.3%	22.6%	8.8%	*0.0%

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.

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

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

HIGH SCHOOL BREAKFAST BAR

Portion Values - Detailed

001 - HIGH SCHOOL KITCHEN

Page 16

Generated on: 9/28/2016 1:45:38 PM

Nutrient	Menu AVG	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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	458		450 - 600	100%													
Cholesterol (mg)	40																
Sodium (mg)	561		640														
Fiber (g)	3.67																
Iron (mg)	2.18																
Calcium (mg)	472.2																
Vitamin A (IU)	876																
Sugars (g)	41	35.66%			Missing												
Vitamin C (mg)	29.55																
Protein (g)	18.16	15.87%															
Carbohydrate (g)	70.11	61.25%															
Total Fat (g)	11.51	22.63%	<=30.00%														
Saturated Fat (g)	4.50	8.84%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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.