

SWEETWATER SCH. DIST. NO.1

Planned Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 3, 2016 thru Nov 4, 2016

BLACK BUTTE HS BKFST

016 - BLACK BUTTE HIGH SCHOOL

Generated on: 9/28/2016 1:46:22 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																
BLACK BUTTE HS BKFST	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	463	6.02	0.72	560.0	1250	63.85	70 48.9%	18.27 12.7%	96.80 67.5%	12.11 19.0%	5.85 9.2%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/04/2016																
BLACK BUTTE HS BKFST	Total	15														
CEREAL PEEL BOWL VARIETY 2016	BOWL	15	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
GRANOLA BAR, MAPLE 2016	1 EACH	15	140	0	120	1.00	0.72	100.0	45	0.0	9	2.0	28.0	2.5	1.00	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			637	21	633	6.35	9.71	719.9	1694	69.84	73 45.7%	18.93 11.9%	117.11 73.6%	10.61 15.0%	4.85 6.9%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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SWEETWATER SCH. DIST. NO.1

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2016 thru Nov 4, 2016

BLACK BUTTE HS BKFST

016 - BLACK BUTTE HIGH SCHOOL

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	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 - 10/05/2016																
BLACK BUTTE HS BKFST	Total	15														
CEREAL BAR, CINN TST 8-2016	1 EACH	15	150	0	115	3.00	1.80	200.0	0	0.0	8	3.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			533	21	448	7.02	1.80	720.0	1150	63.85	61 45.8%	18.27 13.7%	95.80 71.8%	9.11 15.4%	4.35 7.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/06/2016																
BLACK BUTTE HS BKFST	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	473	6.02	0.72	560.0	1250	63.85	71 49.6%	18.27 12.7%	97.80 68.2%	12.11 19.0%	5.85 9.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<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

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

BLACK BUTTE HS BKFST

Portion Values - Detailed

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	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)
Fri - 10/07/2016																
BLACK BUTTE HS BKFST	Total	15														
CEREAL BAR, TRIX 8-2016	1 EACH	15	150	0	100	3.00	1.80	250.0	100	1.2	9	2.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	15	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	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			535	20	443	7.02	1.80	770.0	1250	64.81	63	17.27	97.20	8.61	4.05	0.00
% of Calories											47.3%	12.9%	72.6%	14.5%	6.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/10/2016																
BLACK BUTTE HS BKFST	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	463	6.02	0.72	560.0	1250	63.85	70	18.27	96.80	12.11	5.85	0.00
% of Calories											48.9%	12.7%	67.5%	19.0%	9.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2016 thru Nov 4, 2016

BLACK BUTTE HS BKfst

016 - BLACK BUTTE HIGH SCHOOL

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	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																
BLACK BUTTE HS BKfst	Total	15														
CEREAL PEEL BOWL VARIETY 2016	BOWL	15	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
GRANOLA BAR, MAPLE 2016	1 EACH	15	140	0	120	1.00	0.72	100.0	45	0.0	9	2.0	28.0	2.5	1.00	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			637	21	633	6.35	9.71	719.9	1694	69.84	73	18.93	117.11	10.61	4.85	0.00
% of Calories											45.7%	11.9%	73.6%	15.0%	6.9%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/12/2016																
BLACK BUTTE HS BKfst	Total	15														
CEREAL BAR, CINN TST 8-2016	1 EACH	15	150	0	115	3.00	1.80	200.0	0	0.0	8	3.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			533	21	448	7.02	1.80	720.0	1150	63.85	61	18.27	95.80	9.11	4.35	0.00
% of Calories											45.8%	13.7%	71.8%	15.4%	7.3%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Portion Values - Detailed

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BLACK BUTTE HS BKfst

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	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 - 10/13/2016																
BLACK BUTTE HS BKfst	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	473	6.02	0.72	560.0	1250	63.85	71	18.27	97.80	12.11	5.85	0.00
% of Calories											49.6%	12.7%	68.2%	19.0%	9.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/17/2016																
BLACK BUTTE HS BKfst	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	463	6.02	0.72	560.0	1250	63.85	70	18.27	96.80	12.11	5.85	0.00
% of Calories											48.9%	12.7%	67.5%	19.0%	9.2%	0.0%
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	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 - 10/18/2016																
BLACK BUTTE HS BKfst	Total	15														
CEREAL PEEL BOWL VARIETY 2016	BOWL	15	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
GRANOLA BAR, MAPLE 2016	1 EACH	15	140	0	120	1.00	0.72	100.0	45	0.0	9	2.0	28.0	2.5	1.00	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			637	21	633	6.35	9.71	719.9	1694	69.84	73 45.7%	18.93 11.9%	117.11 73.6%	10.61 15.0%	4.85 6.9%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/19/2016																
BLACK BUTTE HS BKfst	Total	15														
CEREAL BAR, CINN TST 8-2016	1 EACH	15	150	0	115	3.00	1.80	200.0	0	0.0	8	3.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			533	21	448	7.02	1.80	720.0	1150	63.85	61 45.8%	18.27 13.7%	95.80 71.8%	9.11 15.4%	4.35 7.3%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

BLACK BUTTE HS BKfst

Portion Values - Detailed

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	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																
BLACK BUTTE HS BKfst	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	473	6.02	0.72	560.0	1250	63.85	71	18.27	97.80	12.11	5.85	0.00
% of Calories											49.6%	12.7%	68.2%	19.0%	9.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/24/2016																
BLACK BUTTE HS BKfst	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	463	6.02	0.72	560.0	1250	63.85	70	18.27	96.80	12.11	5.85	0.00
% of Calories											48.9%	12.7%	67.5%	19.0%	9.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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SWEETWATER SCH. DIST. NO.1

Planned Menu Spreadsheet

Portion Values - Detailed

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Oct 3, 2016 thru Nov 4, 2016

BLACK BUTTE HS BKFS

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	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 - 10/25/2016																
BLACK BUTTE HS BKFS	Total	15														
CEREAL PEEL BOWL VARIETY 2016	BOWL	15	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
GRANOLA BAR, MAPLE 2016	1 EACH	15	140	0	120	1.00	0.72	100.0	45	0.0	9	2.0	28.0	2.5	1.00	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			637	21	633	6.35	9.71	719.9	1694	69.84	73 45.7%	18.93 11.9%	117.11 73.6%	10.61 15.0%	4.85 6.9%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/26/2016																
BLACK BUTTE HS BKFS	Total	15														
CEREAL BAR, CINN TST 8-2016	1 EACH	15	150	0	115	3.00	1.80	200.0	0	0.0	8	3.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			533	21	448	7.02	1.80	720.0	1150	63.85	61 45.8%	18.27 13.7%	95.80 71.8%	9.11 15.4%	4.35 7.3%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

BLACK BUTTE HS BKFS

Portion Values - Detailed

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	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 - 10/27/2016																
BLACK BUTTE HS BKFS	Total	15														
MUFFIN OTIS SPUNKMEYER 2016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	473	6.02	0.72	560.0	1250	63.85	71 49.6%	18.27 12.7%	97.80 68.2%	12.11 19.0%	5.85 9.2%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 10/28/2016																
BLACK BUTTE HS BKFS	Total	15														
CEREAL BAR, TRIX 8-2016	1 EACH	15	150	0	100	3.00	1.80	250.0	100	1.2	9	2.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	15	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	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			535	20	443	7.02	1.80	770.0	1250	64.81	63 47.3%	17.27 12.9%	97.20 72.6%	8.61 14.5%	4.05 6.8%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

BLACK BUTTE HS BKFST

Portion Values - Detailed

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	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																
BLACK BUTTE HS BKFST	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	463	6.02	0.72	560.0	1250	63.85	70 48.9%	18.27 12.7%	96.80 67.5%	12.11 19.0%	5.85 9.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 11/01/2016																
BLACK BUTTE HS BKFST	Total	15														
CEREAL PEEL BOWL VARIETY 2016	BOWL	15	113	0	170	1.33	8.99	99.9	499	5.99	10	1.66	22.31	2.0	0.00	0.00
GRANOLA BAR, MAPLE 2016	1 EACH	15	140	0	120	1.00	0.72	100.0	45	0.0	9	2.0	28.0	2.5	1.00	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			637	21	633	6.35	9.71	719.9	1694	69.84	73 45.7%	18.93 11.9%	117.11 73.6%	10.61 15.0%	4.85 6.9%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

BLACK BUTTE HS BKFST

Portion Values - Detailed

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	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																
BLACK BUTTE HS BKFST	Total	15														
CEREAL BAR, CINN TST 8-2016	1 EACH	15	150	0	115	3.00	1.80	200.0	0	0.0	8	3.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			533	21	448	7.02	1.80	720.0	1150	63.85	61 45.8%	18.27 13.7%	95.80 71.8%	9.11 15.4%	4.35 7.3%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 11/03/2016																
BLACK BUTTE HS BKFST	Total	15														
MUFFIN OTIS SPUNKMEYER 2 016	1 EACH	15	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	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, TANG 4.23oz A/E 2016	BOX	15	60	0	15	0.00	0.00	20.0	500	60.0	13	0.0	15.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	12	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	3	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			573	61	473	6.02	0.72	560.0	1250	63.85	71 49.6%	18.27 12.7%	97.80 68.2%	12.11 19.0%	5.85 9.2%	0.00 0.0%
Nutrient Guideline			450-600		640										<10.00	

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SWEETWATER SCH. DIST. NO.1

Oct 3, 2016 thru Nov 4, 2016

Planned Menu Spreadsheet

BLACK BUTTE HS BKFS

Portion Values - Detailed

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	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)
Fri - 11/04/2016																
BLACK BUTTE HS BKFS	Total	15														
CEREAL BAR, TRIX 8-2016	1 EACH	15	150	0	100	3.00	1.80	250.0	100	1.2	9	2.0	30.0	3.0	0.50	0.00
STRING CHEESE 1oz 2016	1 EACH	15	85	15	148	0.00	0.00	200.0	150	0.0	0	7.27	1.07	5.61	3.55	0.00
JUICE, APPLE 4.23oz A/E 2016	BOX	15	60	0	5	0.00	0.00	20.0	500	60.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT CUP 8 OZ 2016	1 CUP	15	120	0	10	4.02	0.00	0.0	0	2.41	24	0.0	32.13	0.0	0.00	0.00
MILK* HP - CHOC SKIM MG 2016	HALF PIN TS	15	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	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			535	20	443	7.02	1.80	770.0	1250	64.81	63	17.27	97.20	8.61	4.05	0.00
% of Calories											47.3%	12.9%	72.6%	14.5%	6.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			574	38	496	6.44	3.05	656.9	1325	65.28	68	18.28	101.27	10.67	5.07	0.00
											106.7%	12.8%	70.6%	16.7%	8.0%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	574		450 - 600	100%				
Cholesterol (mg)	38							
Sodium (mg)	496		640					
Fiber (g)	6.44							
Iron (mg)	3.05							
Calcium (mg)	656.9							
Vitamin A (IU)	1325							
Sugars (g)	68	47.43%						
Vitamin C (mg)	65.28							
Protein (g)	18.28	12.75%						
Carbohydrate (g)	101.27	70.62%						
Total Fat (g)	10.67	16.75%						
Saturated Fat (g)	5.07	7.95%	<10.00%					
Trans Fat ¹ (g)	0.00	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.