

San Juan Unified School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ECE HOT BREAKFAST

Weighted Values - Detailed

Page 1

Generated on: 10/30/2020 2:19:57 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Mon - 11/02/2020							
ECE HOT BREAKFAST	Total	100					
CREAM CHEESE PACKET (KRAFT)	PACKET	100	70	115	1.0	1.0	0.00
BAGEL, PLAIN (BURRY)	1 EACH	100	180	200	7.0	35.0	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			431	477	19.00	66.00	0.00
% of Calories					17.6%	61.3%	0.0%
Nutrient Guideline			350-500	540			

Tue - 11/03/2020							
ECE HOT BREAKFAST	Total	100					
CS BREAKFAST PIZZA	1 EACH	100	210	350	9.0	27.0	0.00
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	100	60	5	0.0	15.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			400	515	20.00	58.00	0.00
% of Calories					20.0%	58.0%	0.0%
Nutrient Guideline			350-500	540			

Wed - 11/04/2020							
ECE HOT BREAKFAST	Total	100					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	100	60	100	1.0	14.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			249	261	*12.85	44.95	*0.00
% of Calories					*20.6%	72.1%	*0.0%
Nutrient Guideline			350-500	540			

Thu - 11/05/2020							
ECE HOT BREAKFAST	Total	100					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	100	220	300	4.0	36.0	0.00
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	100	60	5	0.0	16.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			410	465	15.00	68.00	0.00
% of Calories					14.6%	66.3%	0.0%
Nutrient Guideline			350-500	540			

Fri - 11/06/2020							
ECE HOT BREAKFAST	Total	100					
CS PNCAKE ROLL UP TKY (F FRM)	1 EACH	100	200	310	7.0	17.0	0.00
CS FRUIT ,CAN VARIETY	1/2 CUP	100	58	4	0.0	14.75	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			388	474	18.00	47.75	0.00
% of Calories					18.6%	49.3%	0.0%
Nutrient Guideline			350-500	540			

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.

San Juan Unified School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ECE HOT BREAKFAST

Weighted Values - Detailed

Page 2

Generated on: 10/30/2020 2:19:57 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Mon - 11/09/2020							
ECE HOT BREAKFAST	Total	100					
CREAM CHEESE PACKET (KRAFT)	PACKET	100	70	115	1.0	1.0	0.00
BAGEL, PLAIN (BURRY)	1 EACH	100	180	200	7.0	35.0	0.00
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	100	60	5	0.0	15.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			440	480	19.00	67.00	0.00
% of Calories					17.3%	60.9%	0.0%
Nutrient Guideline			350-500	540			

Tue - 11/10/2020							
ECE HOT BREAKFAST	Total	100					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	100	200	220	4.0	35.0	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			381	382	15.00	65.00	0.00
% of Calories					15.7%	68.2%	0.0%
Nutrient Guideline			350-500	540			

Thu - 11/12/2020							
ECE HOT BREAKFAST	Total	100					
CS FR TOAST STICKS	SVG 3STICKS	100	197	227	4.54	28.76	0.00
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	100	60	5	0.0	16.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			387	392	15.54	60.76	0.00
% of Calories					16.1%	62.8%	0.0%
Nutrient Guideline			350-500	540			

Fri - 11/13/2020							
ECE HOT BREAKFAST	Total	100					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	80	48	80	0.8	11.2	0.00
CS FRUIT ,CAN VARIETY	1/2 CUP	100	58	4	0.0	14.75	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			236	244	11.80	41.95	0.00
% of Calories					20.0%	71.2%	0.0%
Nutrient Guideline			350-500	540			

Mon - 11/16/2020							
ECE HOT BREAKFAST	Total	100					
CS BREAKFAST PIZZA	1 EACH	100	210	350	9.0	27.0	0.00
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	100	60	5	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			400	515	20.00	57.00	0.00
% of Calories					20.0%	57.0%	0.0%
Nutrient Guideline			350-500	540			

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.

San Juan Unified School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ECE HOT BREAKFAST

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Tue - 11/17/2020							
ECE HOT BREAKFAST	Total	100					
MUFFIN VARIETY (SM)	1 EACH	100	118	74	2.4	19.5	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			307	235	*14.25	50.45	*0.00
% of Calories					*18.6%	65.8%	*0.0%
Nutrient Guideline			350-500	540			

Wed - 11/18/2020							
ECE HOT BREAKFAST	Total	100					
CS FR TOAST STICKS	SVG 3STICKS	100	197	227	4.54	28.76	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			378	389	15.54	58.76	0.00
% of Calories					16.5%	62.2%	0.0%
Nutrient Guideline			350-500	540			

Thu - 11/19/2020							
ECE HOT BREAKFAST	Total	100					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	100	220	300	4.0	36.0	0.00
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	100	60	5	0.0	15.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			410	465	15.00	67.00	0.00
% of Calories					14.6%	65.4%	0.0%
Nutrient Guideline			350-500	540			

Fri - 11/20/2020							
ECE HOT BREAKFAST	Total	100					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	100	200	220	4.0	35.0	0.00
CS FRUIT ,CAN VARIETY	1/2 CUP	100	58	4	0.0	14.75	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			388	384	15.00	65.75	0.00
% of Calories					15.5%	67.8%	0.0%
Nutrient Guideline			350-500	540			

Mon - 11/23/2020							
ECE HOT BREAKFAST	Total	100					
CREAM CHEESE PACKET (KRAFT)	PACKET	100	70	115	1.0	1.0	0.00
BAGEL, PLAIN (BURY)	1 EACH	100	180	200	7.0	35.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			439	476	*19.85	66.95	*0.00
% of Calories					*18.1%	61.0%	*0.0%
Nutrient Guideline			350-500	540			

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.

San Juan Unified School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ECE HOT BREAKFAST

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Tue - 11/24/2020							
ECE HOT BREAKFAST	Total	100					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	100	60	100	1.0	14.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			249	261	*12.85	44.95	*0.00
% of Calories					*20.6%	72.1%	*0.0%
Nutrient Guideline			350-500	540			

Wed - 11/25/2020							
ECE HOT BREAKFAST	Total	100					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	100	220	300	4.0	36.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			409	461	*15.85	66.95	*0.00
% of Calories					*15.5%	65.4%	*0.0%
Nutrient Guideline			350-500	540			

Mon - 11/30/2020							
ECE HOT BREAKFAST	Total	100					
CREAM CHEESE PACKET (KRAFT)	PACKET	100	70	115	1.0	1.0	0.00
BAGEL, PLAIN (BURRY)	1 EACH	100	180	200	7.0	35.0	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			431	477	19.00	66.00	0.00
% of Calories					17.6%	61.3%	0.0%
Nutrient Guideline			350-500	540			

Weighted Average			374	409	*16.31	59.07	*0.00
					*17.4%	63.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	374		350 - 500	100%				
Sodium 1 (mg)	409		540					
Sodium 2 (mg)	409		485					
Protein (g)	16.31	17.44%			Missing			
Carbohydrate (g)	59.07	63.17%						
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.