

San Juan Unified School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/01/2020						
ECE HOT BREAKFAST	Total					
MUFFIN VARIETY (SM)	1 EACH	118	74	2.4	19.5	3.25
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		298	236	13.40	49.50	5.75
% of Calories				18.0%	66.3%	17.3%
Nutrient Guideline		350-500	540			

Fri - 10/02/2020						
ECE HOT BREAKFAST	Total					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		360	337	*15.14	61.78	*6.79
% of Calories				*16.8%	68.6%	*17.0%
Nutrient Guideline		350-500	540			

Mon - 10/05/2020						
ECE HOT BREAKFAST	Total					
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	1 EACH	180	200	7.0	35.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		450	476	*19.94	69.78	*10.79
% of Calories				*17.7%	62.0%	*21.6%
Nutrient Guideline		350-500	540			

Tue - 10/06/2020						
ECE HOT BREAKFAST	Total					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		260	261	*12.94	47.78	*3.79
% of Calories				*19.9%	73.5%	*13.1%
Nutrient Guideline		350-500	540			

Wed - 10/07/2020						
ECE HOT BREAKFAST	Total					
CS FR TOAST STICKS	SVG 3STICKS	197	227	4.54	28.76	7.57
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		387	392	15.54	59.76	10.07
% of Calories				16.1%	61.8%	23.4%
Nutrient Guideline		350-500	540			

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

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/08/2020						
ECE HOT BREAKFAST	Total					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		401	462	15.00	66.00	9.50
% of Calories				15.0%	65.8%	21.3%
Nutrient Guideline		350-500	540			

Fri - 10/09/2020						
ECE HOT BREAKFAST	Total					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		390	385	15.00	67.00	7.50
% of Calories				15.4%	68.7%	17.3%
Nutrient Guideline		350-500	540			

Mon - 10/12/2020						
ECE HOT BREAKFAST	Total					
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	1 EACH	180	200	7.0	35.0	1.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		431	477	19.00	66.00	10.50
% of Calories				17.6%	61.3%	21.9%
Nutrient Guideline		350-500	540			

Tue - 10/13/2020						
ECE HOT BREAKFAST	Total					
CS BREAKFAST PIZZA	1 EACH	210	350	9.0	27.0	7.0
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		400	515	20.00	58.00	9.50
% of Calories				20.0%	58.0%	21.4%
Nutrient Guideline		350-500	540			

Wed - 10/14/2020						
ECE HOT BREAKFAST	Total					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		260	261	*12.94	47.78	*3.79
% of Calories				*19.9%	73.5%	*13.1%
Nutrient Guideline		350-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/15/2020						
ECE HOT BREAKFAST	Total					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		410	465	15.00	68.00	9.50
% of Calories				14.6%	66.3%	20.9%
Nutrient Guideline		350-500	540			

Fri - 10/16/2020						
ECE HOT BREAKFAST	Total					
CS PNCAKE ROLL UP TKY (F FRM)	1 EACH	200	310	7.0	17.0	10.0
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		390	475	18.00	47.00	12.50
% of Calories				18.5%	48.2%	28.8%
Nutrient Guideline		350-500	540			

Mon - 10/19/2020						
ECE HOT BREAKFAST	Total					
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	1 EACH	180	200	7.0	35.0	1.0
CS FRUIT CKTL,CND,XTRA LT SYRUP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		440	480	19.00	67.00	10.50
% of Calories				17.3%	60.9%	21.5%
Nutrient Guideline		350-500	540			

Tue - 10/20/2020						
ECE HOT BREAKFAST	Total					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		390	385	15.00	67.00	7.50
% of Calories				15.4%	68.7%	17.3%
Nutrient Guideline		350-500	540			

Wed - 10/21/2020						
ECE HOT BREAKFAST	Total					
CS FR TOAST STICKS	SVG 3STICKS	197	227	4.54	28.76	7.57
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		387	392	15.54	58.76	10.07
% of Calories				16.1%	60.8%	23.4%
Nutrient Guideline		350-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/22/2020						
ECE HOT BREAKFAST	Total					
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		407	282	14.85	69.25	8.50
% of Calories				14.6%	68.1%	18.8%
Nutrient Guideline		350-500	540			

Fri - 10/23/2020						
ECE HOT BREAKFAST	Total					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		248	241	*12.74	44.98	*3.59
% of Calories				*20.6%	72.5%	*13.0%
Nutrient Guideline		350-500	540			

Mon - 10/26/2020						
ECE HOT BREAKFAST	Total					
MUFFIN VARIETY (SM)	1 EACH	118	74	2.4	19.5	3.25
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		307	239	13.40	49.50	5.75
% of Calories				17.4%	64.4%	16.8%
Nutrient Guideline		350-500	540			

Tue - 10/27/2020						
ECE HOT BREAKFAST	Total					
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		260	261	*12.94	47.78	*3.79
% of Calories				*19.9%	73.5%	*13.1%
Nutrient Guideline		350-500	540			

Wed - 10/28/2020						
ECE HOT BREAKFAST	Total					
CS FR TOAST STICKS	SVG 3STICKS	197	227	4.54	28.76	7.57
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		387	392	15.54	59.76	10.07
% of Calories				16.1%	61.8%	23.4%
Nutrient Guideline		350-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/29/2020						
ECE HOT BREAKFAST	Total					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		401	462	15.00	66.00	9.50
% of Calories				15.0%	65.8%	21.3%
Nutrient Guideline		350-500	540			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/30/2020						
ECE HOT BREAKFAST	Total					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		390	385	15.00	67.00	7.50
% of Calories				15.4%	68.7%	17.3%
Nutrient Guideline		350-500	540			

Weighted Average		366	376	*15.50 *16.9%	59.34 64.8%	*8.03 *19.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	366		350 - 500	100%				
Sodium 1 (mg)	376		540					
Sodium 2 (mg)	376		485					
Protein (g)	15.50	16.93%			Missing			
Carbohydrate (g)	59.34	64.83%						
Total Fat (g)	8.03	19.75%			Missing			

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