

San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

Page 1

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|---------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 04/02/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| BREAKFAST BUN OAT (SKY BLUE) | 1 EACH | 230 | 340 | 6.0 | 39.0 | 7.0 | 2.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT CKTAIL,CND,EXTRA LT SYRP | 1/2 CUP | 60 | 5 | 0.0 | 15.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 465 | 490 | 15.46 | 92.72 | 5.19 | 1.34 |
| % of Calories | | | | 13.3% | 79.7% | 10.0% | 2.6% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|-----|-------|-------|------|------|
| Tue - 04/03/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| YOGURT PARFAIT | 1 EACH | 190 | 75 | 5.0 | 37.0 | 2.0 | 0.50 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEARS,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 16.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 445 | 358 | 14.96 | 92.72 | 2.69 | 0.59 |
| % of Calories | | | | 13.4% | 83.3% | 5.4% | 1.2% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|-----|-------|-------|------|------|
| Wed - 04/04/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CRUMB SQUARE (DAVE'S BAKING) | 1 EACH | 176 | 134 | 2.1 | 29.0 | 5.6 | 0.75 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| APPLESAUCE,CND,UNSWTND | 1/2 CUP | 51 | 2 | 0.0 | 14.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 426 | 383 | 12.58 | 85.20 | 4.22 | 0.67 |
| % of Calories | | | | 11.8% | 80.0% | 8.9% | 1.4% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|-----------------|-----|-----|------|-------|------|------|
| Thu - 04/05/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG(2 PANCAKES) | 220 | 260 | 4.0 | 35.0 | 7.0 | 1.50 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEACHES,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 14.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 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.

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San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

Page 2

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 468 | 402 | 13.29 | 93.22 | 4.73 | 1.09 |
| % of Calories | | | | 11.4% | 79.7% | 9.1% | 2.1% |
| Nutrient Guideline | | | | | | | |

| Fri - 04/06/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| K-8 BREAKFAST | Total | | | | | | |
| FRENCH TOAST STICKS (RICH'S) | SVG (3 STICKS) | 195 | 225 | 4.5 | 28.5 | 7.5 | 1.50 |
| TURKEY BACON (JENNIE O) | SVG (2 SLICE) | 40 | 190 | 4.0 | 0.0 | 2.0 | 0.00 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT CKTAIL,CND,EXTRA LT SYRP | 1/2 CUP | 60 | 5 | 0.0 | 15.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 548 | 638 | 18.71 | 102.47 | 7.44 | 1.09 |
| % of Calories | | | | 13.7% | 74.8% | 12.2% | 1.8% |
| Nutrient Guideline | | | | | | | |

| Mon - 04/09/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| K-8 BREAKFAST | Total | | | | | | |
| WAFFLES, MINI MAPLE (EGGO) | 1 PACKAGE | 200 | 220 | 4.0 | 35.0 | 5.0 | 1.50 |
| BEEF SAUSAGE PATTY (ADVANCE P) | 1 EACH | 70 | 240 | 6.0 | 1.0 | 4.5 | 1.50 |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEARS,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 16.0 | 0.0 | 0.00 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 542 | 564 | 16.53 | 105.70 | 6.17 | 1.80 |
| % of Calories | | | | 12.2% | 78.0% | 10.2% | 3.0% |
| Nutrient Guideline | | | | | | | |

| Tue - 04/10/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|-------|------|------|
| K-8 BREAKFAST | Total | | | | | | |
| CORN STAR & YOGURT | (1 STR & 1 YGT) | 248 | 141 | 5.8 | 43.0 | 5.5 | 1.40 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT CKTAIL,CND,EXTRA LT SYRP | 1/2 CUP | 60 | 5 | 0.0 | 15.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 474 | 391 | 15.36 | 94.72 | 4.44 | 1.04 |
| % of Calories | | | | 13.0% | 79.9% | 8.4% | 2.0% |
| Nutrient Guideline | | | | | | | |

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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Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|---------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 04/11/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| BREAKFAST PIZZA (TONY'S) | 1 EACH | 210 | 350 | 9.0 | 27.0 | 7.0 | 2.00 |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 455 | 493 | 16.96 | 86.22 | 5.19 | 1.34 |
| % of Calories | | | | 14.9% | 75.8% | 10.3% | 2.6% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|------|------|
| Thu - 04/12/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG(2 PANCAKES) | 220 | 260 | 4.0 | 35.0 | 7.0 | 1.50 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| APPLESAUCE,CND,UNSWTND | 1/2 CUP | 51 | 2 | 0.0 | 14.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 571 | 477 | 14.46 | 119.72 | 5.19 | 1.09 |
| % of Calories | | | | 10.1% | 83.8% | 8.2% | 1.7% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|-----|-------|-------|-------|------|
| Fri - 04/13/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| BREAKFAST BUN OAT (SKY BLUE) | 1 EACH | 230 | 340 | 6.0 | 39.0 | 7.0 | 2.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEACHES,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 14.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 465 | 490 | 15.46 | 91.72 | 5.19 | 1.34 |
| % of Calories | | | | 13.3% | 78.9% | 10.0% | 2.6% |
| Nutrient Guideline | | | | | | | |

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|--|--|--|--|--|--|--|--|
| | | | | | | | |
| | | | | | | | |

**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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Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--|--------------|-------------|-----------|-----------|----------|-----------|-----------|
| | | | | | | | |

| Mon - 04/16/2018 | | | | | | | |
|---------------------------------|---------------|-----|-----|-------|-------|------|------|
| K-8 BREAKFAST | Total | | | | | | |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| MUFFIN VARIETY (DAVE'S BAKING) | 1 EACH | 118 | 74 | 2.4 | 19.5 | 3.25 | 0.45 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 409 | 355 | 13.66 | 82.47 | 3.31 | 0.56 |
| % of Calories | | | | 13.4% | 80.7% | 7.3% | 1.2% |
| Nutrient Guideline | | | | | | | |

| Tue - 04/17/2018 | | | | | | | |
|---------------------------------|-----------------|-----|-----|-------|-------|-------|------|
| K-8 BREAKFAST | Total | | | | | | |
| PANCAKE ROLL UP TKY (F FARMS) | 1 EACH | 200 | 310 | 7.0 | 17.0 | 10.0 | 2.50 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| APPLESAUCE,CND,UNSWTND | 1/2 CUP | 51 | 2 | 0.0 | 14.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 501 | 487 | 15.96 | 95.72 | 6.69 | 1.59 |
| % of Calories | | | | 12.7% | 76.4% | 12.0% | 2.9% |
| Nutrient Guideline | | | | | | | |

| Wed - 04/18/2018 | | | | | | | |
|---------------------------------|---------------|-----|-----|-------|-------|------|------|
| K-8 BREAKFAST | Total | | | | | | |
| YOGURT PARFAIT | 1 EACH | 190 | 75 | 5.0 | 37.0 | 2.0 | 0.50 |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT CKTAIL,CND,EXTRA LT SYRP | 1/2 CUP | 60 | 5 | 0.0 | 15.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 442 | 356 | 14.03 | 90.20 | 2.42 | 0.55 |
| % of Calories | | | | 12.7% | 81.6% | 4.9% | 1.1% |
| Nutrient Guideline | | | | | | | |

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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Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|-----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 04/19/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG(2 PANCAKES) | 220 | 260 | 4.0 | 35.0 | 7.0 | 1.50 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEARS,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 16.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 520 | 465 | 14.46 | 106.72 | 5.19 | 1.09 |
| % of Calories | | | | 11.1% | 82.1% | 9.0% | 1.9% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|---------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| Fri - 04/20/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| FRENCH TOAST STICKS (RICH'S) | SVG (3 STICKS) | 195 | 225 | 4.5 | 28.5 | 7.5 | 1.50 |
| TURKEY BACON (JENNIE O) | SVG (2 SLICE) | 40 | 190 | 4.0 | 0.0 | 2.0 | 0.00 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEACHES,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 14.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 548 | 638 | 18.71 | 101.47 | 7.44 | 1.09 |
| % of Calories | | | | 13.7% | 74.1% | 12.2% | 1.8% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|---------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| Mon - 04/23/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| WAFFLES, MINI MAPLE (EGGO) | 1 PACKAGE | 200 | 220 | 4.0 | 35.0 | 5.0 | 1.50 |
| BEEF SAUSAGE PATTY (ADVANCE P) | 1 EACH | 70 | 240 | 6.0 | 1.0 | 4.5 | 1.50 |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| APPLESAUCE,CND,UNSWTND | 1/2 CUP | 51 | 2 | 0.0 | 14.0 | 0.0 | 0.00 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 533 | 561 | 16.53 | 103.70 | 6.17 | 1.80 |
| % of Calories | | | | 12.4% | 77.8% | 10.4% | 3.0% |
| Nutrient Guideline | | | | | | | |

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San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|---------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 04/24/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CRUMB SQUARE (DAVE'S BAKING) | 1 EACH | 176 | 134 | 2.1 | 29.0 | 5.6 | 0.75 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| PEACHES,CND,EXTRA LIGHT SYRUP | 1/2 CUP | 60 | 5 | 0.0 | 14.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 438 | 387 | 13.51 | 86.72 | 4.49 | 0.71 |
| % of Calories | | | | 12.3% | 79.2% | 9.2% | 1.5% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|-----|-------|-------|-------|------|
| Wed - 04/25/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| BREAKFAST PIZZA (TONY'S) | 1 EACH | 210 | 350 | 9.0 | 27.0 | 7.0 | 2.00 |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 455 | 493 | 16.96 | 86.22 | 5.19 | 1.34 |
| % of Calories | | | | 14.9% | 75.8% | 10.3% | 2.6% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|------|------|
| Thu - 04/26/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG(2 PANCAKES) | 220 | 260 | 4.0 | 35.0 | 7.0 | 1.50 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT CKTAIL,CND,EXTRA LT SYRP | 1/2 CUP | 60 | 5 | 0.0 | 15.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 520 | 465 | 14.46 | 105.72 | 5.19 | 1.09 |
| % of Calories | | | | 11.1% | 81.3% | 9.0% | 1.9% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|-----|------|-------|------|------|
| Mon - 04/30/2018 | | | | | | | |
| K-8 BREAKFAST | Total | | | | | | |
| FRUIT JUICE VARIETY (SUNCUP) | 1 CARTON | 60 | 2 | 0.0 | 14.5 | 0.0 | 0.00 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| MUFFIN VARIETY (DAVE'S BAKING) | 1 EACH | 118 | 74 | 2.4 | 19.5 | 3.25 | 0.45 |
| CEREAL VARIETY-PICK 2 | 1 BOWL (2 OZ) | 210 | 255 | 4.67 | 46.0 | 1.83 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |

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

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San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

Page 7

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 409 | 355 | 13.66 | 82.47 | 3.31 | 0.56 |
| % of Calories | | | | 13.4% | 80.7% | 7.3% | 1.2% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|------------------|--|-----|-----|----------------|----------------|--------------|--------------|
| Weighted Average | | 481 | 464 | 15.29 12.7% | 95.12 79.1% | 5.00 9.4% | 1.10 2.1% |
|------------------|--|-----|-----|----------------|----------------|--------------|--------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 481 | | 400 - 500 | 100% | | | | |
| Sodium 1 (mg) | 464 | | 540 | | | | | |
| Sodium 2 (mg) | 464 | | 485 | | | | | |
| Protein (g) | 15.29 | 12.72% | | | | | | |
| Carbohydrate (g) | 95.12 | 79.11% | | | | | | |
| Total Fat (g) | 5.00 | 9.36% | | | | | | |
| Saturated Fat (g) | 1.10 | 2.06% | <10.00% | | | | | |

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