

San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 2, 2018 thru Apr 30, 2018

AFTER SCHOOL SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/02/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	200	2.0	16.0	1.5	0.00
Weighted Daily Average		215	375	11.50	34.00	2.75	0.75
% of Calories				21.4%	63.3%	11.5%	3.1%
Nutrient Guideline							

Tue - 04/03/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Wed - 04/04/2018							
AFTER SCHOOL SNACK	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
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	100	2.0	20.0	3.0	1.00
Weighted Daily Average		237	275	11.50	38.00	4.25	1.75
% of Calories				19.4%	64.1%	16.1%	6.6%
Nutrient Guideline							

Thu - 04/05/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES, FRESH (SNACK)	SVG (2 WEDGE)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Fri - 04/06/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 2, 2018 thru Apr 30, 2018

AFTER SCHOOL SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/09/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Tue - 04/10/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
Weighted Daily Average		225	345	11.50	32.00	5.25	1.25
% of Calories				20.4%	56.9%	21.0%	5.0%
Nutrient Guideline							

Wed - 04/11/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							

Thu - 04/12/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES, FRESH (SNACK)	SVG (2 WEDGE)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Fri - 04/13/2018							
AFTER SCHOOL SNACK	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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
Weighted Daily Average		273	266	12.30	41.00	6.25	1.65
% of Calories				18.0%	60.1%	20.6%	5.4%
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

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

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/16/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	200	2.0	16.0	1.5	0.00
Weighted Daily Average		215	375	11.50	34.00	2.75	0.75
% of Calories				21.4%	63.3%	11.5%	3.1%
Nutrient Guideline							

Tue - 04/17/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Wed - 04/18/2018							
AFTER SCHOOL SNACK	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
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	100	2.0	20.0	3.0	1.00
Weighted Daily Average		237	275	11.50	38.00	4.25	1.75
% of Calories				19.4%	64.1%	16.1%	6.6%
Nutrient Guideline							

Thu - 04/19/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES, FRESH (SNACK)	SVG (2 WEDGE)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Fri - 04/20/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
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

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

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/23/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Tue - 04/24/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
Weighted Daily Average		225	345	11.50	32.00	5.25	1.25
% of Calories				20.4%	56.9%	21.0%	5.0%
Nutrient Guideline							

Wed - 04/25/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							

Thu - 04/26/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES, FRESH (SNACK)	SVG (2 WEDGE)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Mon - 04/30/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	200	2.0	16.0	1.5	0.00
Weighted Daily Average		215	375	11.50	34.00	2.75	0.75
% of Calories				21.4%	63.3%	11.5%	3.1%
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

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.