San Juan Unified School District

Aug 16, 2018 thru Aug 31, 2018

BRIDGES SUPER SNACK

Base Menu Spreadsheet Portion Values - Detailed

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	Portion	Cals	Sodm	Protn	Carb	T-Fat	S-Fat
Thu - 08/16/2018	Size	(kcal)	(mg)	(g)	(g)	(g)	(g)
BRIDGES SUPER SNACK	Total						
MILK, PLAIN 1%(PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	755	24.50	88.75	28.62	8.38
% of Calories				14.2%	51.3%	37.2%	10.9%
Fri - 08/17/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
Weighted Daily Average		567	694	30.42	84.91	11.65	5.22
% of Calories				21.5%	59.9%	18.5%	8.3%
Mon - 08/20/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		489	678	29.66	64.95	12.17	6.13
% of Calories				24.3%	53.2%	22.4%	11.3%
Tue - 08/21/2018							
BRIDGES SUPER SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	495	25.50	100.75	37.63	3.37
% of Calories				12.6%	49.6%	41.7%	3.7%

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Aug 16, 2018 thru Aug 31, 2018

Base Menu Spreadsheet Portion Values - Detailed Page 2 **BRIDGES SUPER SNACK**

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat	S-Fat (g)
Wed - 08/22/2018	0.20	(1104.)	(9)	(9)	(9)	(9)	(3)
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
ORANGES, FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
Weighted Daily Average		567	694	30.42	84.91	11.65	5.22
% of Calories				21.5%	59.9%	18.5%	8.3%
Thu - 08/23/2018							
BRIDGES SUPER SNACK	Total				,		
MILK, PLAIN 1%(PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	755	24.50	88.75	28.62	8.38
% of Calories				14.2%	51.3%	37.2%	10.9%
Fri - 08/24/2018							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CEREAL, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01
Weighted Daily Average		504	445	27.62	96.01	4.32	2.33
% of Calories				21.9%	76.2%	7.7%	4.2%
Mon - 08/27/2018							
BRIDGES SUPER SNACK	Total						
MILK, PLAIN 1%(PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average	= +	812	495	25.50	100.75	37.63	3.37
% of Calories				12.6%	49.6%	41.7%	3.7%
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Base Menu Spreadsheet Portion Values - Detailed Page 3 **BRIDGES SUPER SNACK**

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 08/28/2018 BRIDGES SUPER SNACK CHEESE, STRING (LAND O LAKES) MILK, PLAIN 1% (PRODUCERS) MILK, CHOC NONFAT (PRODUCERS) CORN STAR (DAVE'S BAKING) JUICE, PARADISE PUNCH (SUNCUP)	Total 2 EACH 1 CARTON 1 CARTON 1 EACH 1 EACH	120 130 120 148 40	420 160 140 91	16.0 11.0 9.0 2.8 0.0	2.0 16.0 21.0 23.0 9.0	5.0 2.5 0.0 5.0 0.0	4.00 1.50 0.00 0.90 0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	10	0.0	13.95	0.0	0.00
Weighted Daily Average % of Calories		483	667	28.56 23.7%	67.70 56.1%	10.80 20.1%	5.30 9.9%
Wed - 08/29/2018							
BRIDGES SUPER SNACK MILK, PLAIN 1%(PRODUCERS)	Total 1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS) ENERGIZER BOX Weighted Deity Average	1 CARTON 1 EACH	120 570 692	140 610 754	9.0 15.0 24.40	21.0 69.0 89.00	0.0 28.0 28.50	0.00 8.00 8.30
Weighted Daily Average % of Calories		092	754	14.1%	51.4%	37.1%	10.8%
Thu - 08/30/2018							
BRIDGES SUPER SNACK YOGURT, STRAWBERRY BANANA CHEESE, STRING (LAND O LAKES) MILK, PLAIN 1% (PRODUCERS) MILK, CHOC NONFAT (PRODUCERS) MUFFIN VARIETY (DAVE'S BAKING) CARROTS, PKG (R/OR) 1/2 CUP PEACHES,FRESH (ELEMENTARY)	Total 1 CARTON (4 O 1 EACH 1 CARTON 1 CARTON 1 EACH 1.3 oz PK 1/2 C 1 EACH	70 60 130 120 226 32 59	60 210 160 140 120 26 0	4.0 8.0 11.0 9.0 3.85 0.76 1.37	14.0 1.0 16.0 21.0 39.25 7.47 14.31	0.0 2.5 2.5 0.0 6.0 0.14 0.38	0.00 2.00 1.50 0.00 0.90 0.02 0.03
Weighted Daily Average % of Calories		568	560	27.37 19.3%	96.03 67.6%	9.52 15.1%	3.25 5.1%
Fri - 08/31/2018							
BRIDGES SUPER SNACK CHEESE, STRING (LAND O LAKES) MILK, PLAIN 1% (PRODUCERS) MILK, CHOC NONFAT (PRODUCERS) BREAKFAST BUN OAT (SKY BLUE) JUICE, PARADISE PUNCH (SUNCUP) APPLES, FRESH (ELEMENTARY)	Total 2 EACH 1 CARTON 1 CARTON 1 EACH 1 EACH 1 EACH	120 130 120 230 40 53	420 160 140 340 10	16.0 11.0 9.0 6.0 0.0 0.26	2.0 16.0 21.0 39.0 9.0 13.95	5.0 2.5 0.0 7.0 0.0 0.17	4.00 1.50 0.00 2.00 0.00 0.03
Weighted Daily Average % of Calories	. 2	565	916	31.76 22.5%	83.70 59.3%	12.80 20.4%	6.40 10.2%

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