

# San Juan Unified School District

Aug 16, 2018 thru Aug 31, 2018

## Base Menu Spreadsheet

BRIDGES SUPER SNACK

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/16/2018							
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 - 08/17/2018							
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%

\*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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/22/2018							
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%

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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 08/28/2018							
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		483	667	28.56	67.70	10.80	5.30
% of Calories				23.7%	56.1%	20.1%	9.9%

Wed - 08/29/2018							
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	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

Thu - 08/30/2018							
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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
CARROTS, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
PEACHES, FRESH (ELEMENTARY)	1 EACH	59	0	1.37	14.31	0.38	0.03
Weighted Daily Average		568	560	27.37	96.03	9.52	3.25
% of Calories				19.3%	67.6%	15.1%	5.1%

Fri - 08/31/2018							
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
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
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		565	916	31.76	83.70	12.80	6.40
% of Calories				22.5%	59.3%	20.4%	10.2%

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