

# San Juan Unified School District

Aug 13, 2020 thru Aug 31, 2020

## Base Menu Spreadsheet

## CURBSIDE BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/13/2020							
CURBSIDE BREAKFAST	Total						
PANCAKES, CONFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0	1.00
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		410	465	15.00	68.00	9.50	2.50
% of Calories				14.6%	66.3%	20.9%	5.5%
Nutrient Guideline		450-500	540				<10.00

Fri - 08/14/2020							
CURBSIDE BREAKFAST	Total						
CS PNCAKE ROLL UP TKY (F FRM)	2 EACH	400	620	14.0	34.0	20.0	5.00
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		590	785	25.00	64.00	22.50	6.50
% of Calories				16.9%	43.4%	34.3%	9.9%
Nutrient Guideline		450-500	540				<10.00

Mon - 08/17/2020							
CURBSIDE BREAKFAST	Total						
CINNAMON CRUMBLE	4 OZ	341	351	6.02	53.19	13.05	1.50
CS FRUIT CKTL,CND,XTRA LT SYRUP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		531	516	17.02	84.19	15.54	3.00
% of Calories				12.8%	63.4%	26.3%	5.1%
Nutrient Guideline		450-500	540				<10.00

Tue - 08/18/2020							
CURBSIDE BREAKFAST	Total						
SCONE, BANANA/CHOC (FAT CAT)	1 EACH	274	199	4.0	49.1	7.7	3.00
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		464	364	15.00	81.10	10.20	4.50
% of Calories				12.9%	69.9%	19.8%	8.7%
Nutrient Guideline		450-500	540				<10.00

Wed - 08/19/2020							
CURBSIDE BREAKFAST	Total						
CS FRENCH TOAST STICKS(RICHS)	SVG (4 STICKS)	262	303	6.06	38.35	10.09	1.51
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		452	468	17.05	68.35	12.59	3.01
% of Calories				15.1%	60.4%	25.0%	6.0%
Nutrient Guideline		450-500	540				<10.00

\*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

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## CURBSIDE BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/20/2020							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		407	282	14.85	69.25	8.50	2.40
% of Calories				14.6%	68.1%	18.8%	5.3%
Nutrient Guideline		450-500	540				<10.00

Fri - 08/21/2020							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		407	420	*16.61	80.11	*4.62	1.53
% of Calories				*16.3%	78.8%	*10.2%	3.4%
Nutrient Guideline		450-500	540				<10.00

Mon - 08/24/2020							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		416	285	14.85	69.25	8.50	2.40
% of Calories				14.3%	66.6%	18.4%	5.2%
Nutrient Guideline		450-500	540				<10.00

Tue - 08/25/2020							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		407	420	*16.61	80.11	*4.62	1.53
% of Calories				*16.3%	78.8%	*10.2%	3.4%
Nutrient Guideline		450-500	540				<10.00

Wed - 08/26/2020							
CURBSIDE BREAKFAST	Total						
CS FRENCH TOAST STICKS(RICHS)	SVG (4 STICKS)	262	303	6.06	38.35	10.09	1.51
CS FRUIT CKTL,CND,XTRA LT SYRUP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		452	468	17.05	69.35	12.59	3.01
% of Calories				15.1%	61.3%	25.0%	6.0%
Nutrient Guideline		450-500	540				<10.00

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CURBSIDE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/27/2020							
CURBSIDE BREAKFAST	Total						
SCONE, BANANA/CHOC (FAT CAT)	1 EACH	274	199	4.0	49.1	7.7	3.00
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		455	361	15.00	79.10	10.20	4.50
% of Calories				13.2%	69.5%	20.2%	8.9%
Nutrient Guideline		450-500	540				<10.00

Fri - 08/28/2020							
CURBSIDE BREAKFAST	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0	1.50
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		390	385	15.00	67.00	7.50	3.00
% of Calories				15.4%	68.7%	17.3%	6.9%
Nutrient Guideline		450-500	540				<10.00

Mon - 08/31/2020							
CURBSIDE BREAKFAST	Total						
CINNAMON ROLL	1 EACH	230	340	6.0	39.0	7.0	2.00
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		411	502	17.00	69.00	9.50	3.50
% of Calories				16.5%	67.2%	20.8%	7.7%
Nutrient Guideline		450-500	540				<10.00

Weighted Average		446	440	*16.62 *14.9%	72.99 65.5%	*10.49 *21.2%	3.18 6.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	446		450 - 500	99%		4		Correction Required - Calories are Low
Sodium 1 (mg)	440		540					
Sodium 2 (mg)	440		485					
Protein (g)	16.62	14.92%			Missing			
Carbohydrate (g)	72.99	65.52%						
Total Fat (g)	10.49	21.19%			Missing			
Saturated Fat (g)	3.18	6.43%	<10.00%					

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