

San Juan Unified School District

Aug 13, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/13/2020							
CURBSIDE LUNCH	Total						
SUNBUTTER SANDWICH, STRAWBERRY	1 EACH	310	320	9.0	32.0	15.0	2.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	170	2.0	14.0	4.0	0.50
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	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		710	861	*29.94	89.78	*24.79	6.04
% of Calories				*16.9%	50.6%	*31.4%	7.6%
Nutrient Guideline		600-650	1230				<10.00

Fri - 08/14/2020							
CURBSIDE LUNCH	Total						
NACHO PRETZL PCKT	1 EACH	360	600	19.0	38.0	16.0	8.00
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	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		664	901	*37.20	90.28	*19.54	9.53
% of Calories				*22.4%	54.4%	*26.5%	12.9%
Nutrient Guideline		600-650	1230				<10.00

Mon - 08/17/2020							
CURBSIDE LUNCH	Total						
CS TERIYAKI BEEF NUGGT & ROLLS	4 EA & 2 ROLL	320	700	18.0	36.0	10.0	3.50
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
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		552	887	*30.70	77.25	*12.93	5.06
% of Calories				*22.3%	56.0%	*21.1%	8.2%
Nutrient Guideline		600-650	1230				<10.00

Tue - 08/18/2020							
CURBSIDE LUNCH	Total						
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
CHEESE DIP CUP	1 EACH	190	570	10.0	14.0	10.0	6.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
SALSA CUP	1 CUP	20	300	*N/A*	4.0	0.0	0.00
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	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		844	1481	*39.19	109.28	*28.54	11.53
% of Calories				*18.6%	51.8%	*30.4%	12.3%
Nutrient Guideline		600-650	1230				<10.00

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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 - 08/19/2020							
CURBSIDE LUNCH	Total						
CS CHICKEN PATTY MELT SANDWICH	1 EACH	440	1060	25.0	44.0	19.5	4.50
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	16	140	1.0	3.0	0.0	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		656	1361	*37.94	80.78	*22.29	6.03
% of Calories				*23.1%	49.2%	*30.6%	8.3%
Nutrient Guideline		600-650	1230				<10.00

Thu - 08/20/2020							
CURBSIDE LUNCH	Total						
CS CHICKEN DRUMSTICK (TYSON)	1 EACH	220	530	19.0	6.0	13.0	3.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CS APPLES, SLICED(ELEMENTARY)	1/2 CUP	34	0	*N/A*	8.0	*N/A*	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
CS ROLL,MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		474	830	*33.06	46.80	*16.62	4.52
% of Calories				*27.9%	39.5%	*31.6%	8.6%
Nutrient Guideline		600-650	1230				<10.00

Fri - 08/21/2020							
CURBSIDE LUNCH	Total						
WG GRILL CHEESE IW	1 EACH	280	581	18.55	30.96	9.91	5.56
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		532	757	31.88	75.79	13.41	7.06
% of Calories				24.0%	57.0%	22.7%	11.9%
Nutrient Guideline		600-650	1230				<10.00

Mon - 08/24/2020							
CURBSIDE LUNCH	Total						
CS CHICKEN PATTY MELT SANDWICH	1 EACH	440	1060	25.0	44.0	19.5	4.50
CS CELERY STIX (OTH)1/2 CUP	1/2 CUP	12	65	0.56	2.71	0.1	0.03
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		652	1286	*37.50	80.49	*22.39	6.06
% of Calories				*23.0%	49.4%	*30.9%	8.4%
Nutrient Guideline		600-650	1230				<10.00

Tue - 08/25/2020							
CURBSIDE LUNCH	Total						
CS TURKEY HAM&CHEESE SNDWICH	1 EACH	307	927	23.33	34.67	10.33	4.00
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
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

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Weighted Daily Average		538	1114	*36.04	75.92	*13.26	5.56
% of Calories				*26.8%	56.4%	*22.2%	9.3%
Nutrient Guideline		600-650	1230				<10.00

Wed - 08/26/2020							
CURBSIDE LUNCH	Total						
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
CHEESE DIP CUP	1 EACH	190	570	10.0	14.0	10.0	6.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
SALSA CUP	1 CUP	20	300	*N/A*	4.0	0.0	0.00
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	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		844	1481	*39.19	109.28	*28.54	11.53
% of Calories				*18.6%	51.8%	*30.4%	12.3%
Nutrient Guideline		600-650	1230				<10.00

Thu - 08/27/2020							
CURBSIDE LUNCH	Total						
CS CHICKEN NUGGETS & ROLL	SVG (7 NG&1RL)	444	690	24.4	37.4	22.0	3.50
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
CS APPLES, SLICED(ELEMENTARY)	1/2 CUP	34	0	*N/A*	8.0	*N/A*	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		673	865	*37.40	76.40	*25.50	5.00
% of Calories				*22.2%	45.4%	*34.1%	6.7%
Nutrient Guideline		600-650	1230				<10.00

Fri - 08/28/2020							
CURBSIDE LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
JUICE ,100% FRUIT SLUSH	1 each	60	15	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		580	675	29.06	77.80	17.62	7.52
% of Calories				20.0%	53.7%	27.3%	11.7%
Nutrient Guideline		600-650	1230				<10.00

Mon - 08/31/2020							
CURBSIDE LUNCH	Total						
CS PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	20.0	34.0	17.0	8.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
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		570	681	*33.00	69.57	*19.91	9.55
% of Calories				*23.2%	48.8%	*31.4%	15.1%
Nutrient Guideline		600-650	1230				<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		638	1014	*34.78 *21.8%	81.49 51.1%	*20.41 *28.8%	7.31 10.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	638		600 - 650	100%				
Sodium 1 (mg)	1014		1230					
Sodium 2 (mg)	1014		935				79	Correction Required - Sodium too High
Protein (g)	34.78	21.82%			Missing			
Carbohydrate (g)	81.49	51.12%						
Total Fat (g)	20.41	28.81%			Missing			
Saturated Fat (g)	7.31	10.31%	<10.00%					Correction Required - Sat. Fat too High

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