

San Juan Unified School District

Aug 3, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/03/2020							
ECE COLD BREAKFAST	Total						
MUFFIN VARIETY K-8	1 EACH	118	74	2.4	19.5	3.25	0.45
PEACHES,CND,EXTRA LIGHT 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		307	239	13.40	49.50	5.75	1.95
% of Calories				17.4%	64.4%	16.8%	5.7%
Nutrient Guideline		350-500	540				<10.00

Tue - 08/04/2020							
ECE COLD BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0	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		260	261	*12.94	47.78	*3.79	1.53
% of Calories				*19.9%	73.5%	*13.1%	5.3%
Nutrient Guideline		350-500	540				<10.00

Wed - 08/05/2020							
ECE COLD BREAKFAST	Total						
CORN STAR & STRING CHEESE	STAR & ST CHS	208	301	10.8	24.0	7.5	2.90
FRUIT CKTAIL,CND,EXTRA LT SYRP	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		398	466	21.80	55.00	10.00	4.40
% of Calories				21.9%	55.3%	22.6%	9.9%
Nutrient Guideline		350-500	540				<10.00

Thu - 08/06/2020							
ECE COLD BREAKFAST	Total						
PANCAKES, CONFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0	1.00
APPLESAUCE IW CUP (USDA)	1 EACH	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		401	462	15.00	66.00	9.50	2.50
% of Calories				15.0%	65.8%	21.3%	5.6%
Nutrient Guideline		350-500	540				<10.00

Fri - 08/07/2020							
ECE COLD BREAKFAST	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0	1.50
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		350-500	540				<10.00

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Base Menu Spreadsheet

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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)
Mon - 08/10/2020							
ECE COLD BREAKFAST	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0	4.00
BAGEL, PLAIN (BURRY) ECE	1/2 EACH	90	100	3.5	17.5	0.5	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	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		341	377	15.50	48.50	10.00	5.50
% of Calories				18.2%	56.9%	26.4%	14.5%
Nutrient Guideline		350-500	540				<10.00

Tue - 08/11/2020							
ECE COLD BREAKFAST	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0	1.50
FRUIT CKTAIL,CND,EXTRA LT SYRP	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		390	385	15.00	66.00	7.50	3.00
% of Calories				15.4%	67.7%	17.3%	6.9%
Nutrient Guideline		350-500	540				<10.00

Wed - 08/12/2020							
ECE COLD BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0	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		260	261	*12.94	47.78	*3.79	1.53
% of Calories				*19.9%	73.5%	*13.1%	5.3%
Nutrient Guideline		350-500	540				<10.00

Thu - 08/13/2020							
ECE COLD BREAKFAST	Total						
PANCAKES, CONFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0	1.00
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		350-500	540				<10.00

Fri - 08/14/2020							
ECE COLD BREAKFAST	Total						
MUFFIN VARIETY K-8	1 EACH	118	74	2.4	19.5	3.25	0.45
PEACHES,CND,EXTRA LIGHT 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		307	239	13.40	49.50	5.75	1.95
% of Calories				17.4%	64.4%	16.8%	5.7%
Nutrient Guideline		350-500	540				<10.00

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San Juan Unified School District

Aug 3, 2020 thru Aug 31, 2020

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/17/2020							
ECE COLD BREAKFAST	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0	4.00
BAGEL, PLAIN (BURRY) ECE	1/2 EACH	90	100	3.5	17.5	0.5	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	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		350	380	15.50	49.50	10.00	5.50
% of Calories				17.7%	56.6%	25.7%	14.1%
Nutrient Guideline		350-500	540				<10.00

Tue - 08/18/2020							
ECE COLD BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0	0.00
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		250	265	12.00	46.00	3.50	1.50
% of Calories				19.2%	73.6%	12.6%	5.4%
Nutrient Guideline		350-500	540				<10.00

Wed - 08/19/2020							
ECE COLD BREAKFAST	Total						
CORN STAR & STRING CHEESE	STAR & ST CHS	208	301	10.8	24.0	7.5	2.90
PEACHES,CND,EXTRA LIGHT 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		398	466	21.80	54.00	10.00	4.40
% of Calories				21.9%	54.3%	22.6%	9.9%
Nutrient Guideline		350-500	540				<10.00

Thu - 08/20/2020							
ECE COLD BREAKFAST	Total						
MUFFIN VARIETY K-8	1 EACH	118	74	2.4	19.5	3.25	0.45
APPLESAUCE IW CUP (USDA)	1 EACH	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		298	236	13.40	49.50	5.75	1.95
% of Calories				18.0%	66.3%	17.3%	5.9%
Nutrient Guideline		350-500	540				<10.00

Fri - 08/21/2020							
ECE COLD BREAKFAST	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0	1.50
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		400	381	*15.94	68.78	*7.79	3.03
% of Calories				*15.9%	68.8%	*17.5%	6.8%
Nutrient Guideline		350-500	540				<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/24/2020							
ECE COLD BREAKFAST	Total						
MUFFIN VARIETY K-8	1 EACH	118	74	2.4	19.5	3.25	0.45
PEACHES,CND,EXTRA LIGHT 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		307	239	13.40	49.50	5.75	1.95
% of Calories				17.4%	64.4%	16.8%	5.7%
Nutrient Guideline		350-500	540				<10.00

Tue - 08/25/2020							
ECE COLD BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	1.0	14.0	1.0	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		260	261	*12.94	47.78	*3.79	1.53
% of Calories				*19.9%	73.5%	*13.1%	5.3%
Nutrient Guideline		350-500	540				<10.00

Wed - 08/26/2020							
ECE COLD BREAKFAST	Total						
CORN STAR & STRING CHEESE	STAR & ST CHS	208	301	10.8	24.0	7.5	2.90
FRUIT CKTAIL,CND,EXTRA LT SYRP	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		398	466	21.80	55.00	10.00	4.40
% of Calories				21.9%	55.3%	22.6%	9.9%
Nutrient Guideline		350-500	540				<10.00

Thu - 08/27/2020							
ECE COLD BREAKFAST	Total						
PANCAKES, CONFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0	1.00
APPLESAUCE IW CUP (USDA)	1 EACH	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		401	462	15.00	66.00	9.50	2.50
% of Calories				15.0%	65.8%	21.3%	5.6%
Nutrient Guideline		350-500	540				<10.00

Fri - 08/28/2020							
ECE COLD BREAKFAST	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0	1.50
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		350-500	540				<10.00

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/31/2020							
ECE COLD BREAKFAST	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0	4.00
BAGEL, PLAIN (BURRY) ECE	1/2 EACH	90	100	3.5	17.5	0.5	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	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		341	377	15.50	48.50	10.00	5.50
% of Calories				18.2%	56.9%	26.4%	14.5%
Nutrient Guideline		350-500	540				<10.00

Weighted Average		346	355	*15.35 *17.8%	55.55 64.3%	*7.46 *19.4%	3.01 7.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	346		350 - 500	99%		4		Correction Required - Calories are Low
Sodium 1 (mg)	355		540					
Sodium 2 (mg)	355		485					
Protein (g)	15.35	17.76%			Missing			
Carbohydrate (g)	55.55	64.28%						
Total Fat (g)	7.46	19.42%			Missing			
Saturated Fat (g)	3.01	7.83%	<10.00%					

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