

# San Juan Unified School District

Aug 16, 2018 thru Aug 31, 2018

Base Menu Spreadsheet

K-8 ELEMENTARY 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 - 08/16/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	1.50
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		516	421	14.91	104.16	5.07	1.07
% of Calories				11.6%	80.8%	8.8%	1.9%

Fri - 08/17/2018							
K-8 ELEMENTARY BREAKF	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
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		446	445	15.00	90.45	5.09	1.33
% of Calories				13.5%	81.2%	10.3%	2.7%

Mon - 08/20/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		499	443	15.78	94.16	6.54	1.59
% of Calories				12.6%	75.5%	11.8%	2.9%

Tue - 08/21/2018							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	105	6.0	30.0	3.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		420	330	15.00	87.95	3.09	0.33
% of Calories				14.3%	83.9%	6.6%	0.7%

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 08/22/2018							
K-8 ELEMENTARY BREAKF	Total						
SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
Weighted Daily Average		475	367	13.73	95.50	5.27	1.80
% of Calories				11.6%	80.4%	10.0%	3.4%

Thu - 08/23/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCA KES)	220	260	4.0	35.0	7.0	1.50
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		457	359	13.11	91.66	4.58	1.09
% of Calories				11.5%	80.3%	9.0%	2.1%

Fri - 08/24/2018							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	195	225	4.5	28.5	7.5	1.50
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	190	4.0	0.0	2.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		515	594	18.44	94.79	7.35	1.06
% of Calories				14.3%	73.6%	12.9%	1.9%

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/27/2018							
K-8 ELEMENTARY BREAKF	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		542	521	16.73	106.00	6.17	1.80
% of Calories				12.3%	78.2%	10.2%	3.0%

Tue - 08/28/2018							
K-8 ELEMENTARY BREAKF	Total						
CORN STAR & YOGURT	(1 STR & 1 YGT	218	151	6.8	37.0	5.0	0.90
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		449	353	15.39	90.45	4.09	0.78
% of Calories				13.7%	80.7%	8.2%	1.6%

Wed - 08/29/2018							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
Weighted Daily Average		451	446	17.41	85.16	5.07	1.32
% of Calories				15.4%	75.6%	10.1%	2.6%

Thu - 08/30/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCA KES)	220	260	4.0	35.0	7.0	1.50
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 VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
PEACHES,FRESH (ELEMENTARY)	1 EACH	59	0	1.37	14.31	0.38	0.03
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00

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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)
Weighted Daily Average % of Calories		566	433	15.10 10.7%	118.81 83.9%	5.29 8.4%	1.08 1.7%

Fri - 08/31/2018							
K-8 ELEMENTARY BREAKF	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
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
Weighted Daily Average % of Calories		454	448	15.28 13.5%	90.16 79.4%	5.04 10.0%	1.34 2.7%

Weighted Average		482	430	15.49 12.8%	95.77 79.4%	5.22 9.7%	1.22 2.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		400 - 500	100%				
Sodium 1 (mg)	430		540					
Sodium 2 (mg)	430		485					
Protein (g)	15.49	12.84%						
Carbohydrate (g)	95.77	79.42%						
Total Fat (g)	5.22	9.74%						
Saturated Fat (g)	1.22	2.27%	<10.00%					

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