

# San Juan Unified School District

Apr 1, 2019 thru Apr 30, 2019

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)
Mon - 04/01/2019							
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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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		577	641	19.73	104.50	8.42	2.55
% of Calories				13.7%	72.4%	13.1%	4.0%

Tue - 04/02/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
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
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
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		500	448	15.50	95.45	6.59	1.58
% of Calories				12.4%	76.4%	11.9%	2.8%

Wed - 04/03/2019							
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 - 04/04/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00

\*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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### 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		538	440	14.83	113.07	5.25	0.91
% of Calories				11.0%	84.1%	8.8%	1.5%

Fri - 04/05/2019							
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
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0	0.00
Weighted Daily Average		515	450	15.73	108.50	4.92	1.30
% of Calories				12.2%	84.3%	8.6%	2.3%

Mon - 04/08/2019							
K-8 ELEMENTARY BREAKF	Total						
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
MUFFIN VARIETY K-8 (DAVE'S)	1 EACH	118	74	2.4	19.5	3.25	0.45
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		397	310	12.93	80.75	3.04	0.52
% of Calories				13.0%	81.4%	6.9%	1.2%

Tue - 04/09/2019							
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%

Wed - 04/10/2019							
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
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		483	365	14.91	96.16	5.42	1.82
% of Calories				12.4%	79.7%	10.1%	3.4%

Thu - 04/11/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
STRAWBERRIES,FRESH (ELEMENTRY)	1/2 CUP	23	1	0.48	5.53	0.22	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		428	378	13.05	84.03	4.67	0.81
% of Calories				12.2%	78.6%	9.8%	1.7%

Fri - 04/12/2019							
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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		574	595	19.08	110.32	7.50	1.16
% of Calories				13.3%	76.8%	11.8%	1.8%

Mon - 04/22/2019							
K-8 ELEMENTARY BREAKF	Total						
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
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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		455	443	15.00	90.45	5.09	1.33
% of Calories				13.2%	79.6%	10.1%	2.6%

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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 - 04/23/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
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
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	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		551	447	16.23	110.50	6.42	1.55
% of Calories				11.8%	80.2%	10.5%	2.5%

Wed - 04/24/2019							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	105	6.0	30.0	3.0	0.00
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
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		427	329	14.73	87.00	2.92	0.30
% of Calories				13.8%	81.5%	6.1%	0.6%

Thu - 04/25/2019							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
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
KIWI, FRESH (ELEMENTARY)	SVG (2 EACH)	84	4	1.57	20.23	0.72	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		541	446	15.31	112.23	5.63	0.84
% of Calories				11.3%	83.0%	9.4%	1.4%

Fri - 04/26/2019							
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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
STRAWBERRIES,FRESH (ELEMENTRY)	1/2 CUP	23	1	0.48	5.53	0.22	0.01
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		508	595	18.47	91.78	7.38	1.06
% of Calories				14.6%	72.3%	13.1%	1.9%

Mon - 04/29/2019							
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
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	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		533	518	16.73	104.00	6.17	1.80
% of Calories				12.6%	78.0%	10.4%	3.0%

Tue - 04/30/2019							
K-8 ELEMENTARY BREAKF	Total						
SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	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		477	371	14.00	95.45	5.44	1.83
% of Calories				11.7%	80.1%	10.3%	3.5%

Weighted Average		492	444	15.80	97.49	5.47	1.24
				12.8%	79.2%	10.0%	2.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	492		400 - 500	100%				
Sodium 1 (mg)	444		540					
Sodium 2 (mg)	444		485					
Protein (g)	15.80	12.83%						
Carbohydrate (g)	97.49	79.19%						
Total Fat (g)	5.47	10.00%						
Saturated Fat (g)	1.24	2.26%	<10.00%					

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