

San Juan Unified School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/01/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN NUGGETS & ROLL	SVG (7 NG&1RL)	444	690	24.4	37.4	22.0	3.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		787	1126	37.18	104.39	25.72	4.33
% of Calories				18.9%	53.0%	29.4%	5.0%

Tue - 04/02/2019							
9-12 LAUREL RUFF LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	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		874	1259	32.14	134.25	25.30	6.35
% of Calories				14.7%	61.4%	26.1%	6.5%

Wed - 04/03/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHEESY BREADSTICKS (3)	SVG (3 STICKS)	480	1170	21.0	48.0	21.0	6.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		897	1525	34.81	125.86	27.35	7.41
% of Calories				15.5%	56.1%	27.4%	7.4%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/04/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	410	910	22.0	44.0	17.0	3.00
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		783	1329	34.08	119.18	20.70	3.83
% of Calories				17.4%	60.9%	23.8%	4.4%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/05/2019							
9-12 LAUREL RUFF LUNCH	Total						
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	560	19.0	35.0	15.0	6.00
CHEESY BREADSTICK (1)	1 EACH	160	390	7.0	16.0	7.0	2.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		800	1110	35.85	113.56	23.89	8.09
% of Calories				17.9%	56.8%	26.9%	9.1%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/08/2019							
9-12 LAUREL RUFF LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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)
Weighted Daily Average		797	1172	29.41	118.77	19.80	5.84
% of Calories				14.8%	59.6%	22.3%	6.6%

Tue - 04/09/2019							
9-12 LAUREL RUFF LUNCH	Total						
POPCORN CHICKEN & ROLL	SVG(15 PC &1R	360	950	17.0	30.0	18.0	3.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		835	1585	35.62	109.12	28.29	7.40
% of Calories				17.1%	52.3%	30.5%	8.0%

Wed - 04/10/2019							
9-12 LAUREL RUFF LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
STRAWBERRIES,FRESH (ELEMENTRY)	1/2 CUP	23	1	0.48	5.53	0.22	0.01
TORTILLA CHIPS (LA TAPATIA)	1 EACH	280	110	4.0	38.0	12.0	2.00
Weighted Daily Average		847	938	30.84	122.08	25.93	8.02
% of Calories				14.6%	57.6%	27.5%	8.5%

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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)
Thu - 04/11/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	435	20.0	32.0	18.5	7.50
POTATO WEDGES (MCCAIN)	SERVING	120	140	2.0	20.0	4.0	0.50
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		866	985	35.90	123.39	26.48	8.93
% of Calories				16.6%	57.0%	27.5%	9.3%

Fri - 04/12/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHEESE PIZZA (BIG DADDY)	1 SLICE	340	500	18.0	35.0	14.0	6.00
CHEESY BREADSTICK (1)	1 EACH	160	390	7.0	16.0	7.0	2.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		873	1282	37.98	120.30	26.96	9.35
% of Calories				17.4%	55.1%	27.8%	9.6%

Mon - 04/22/2019							
9-12 LAUREL RUFF LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
GREEN BEANS, CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00

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Weighted Daily Average		893	1246	30.96	143.21	20.00	5.79
% of Calories				13.9%	64.1%	20.1%	5.8%

Tue - 04/23/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 5 NUG	460	620	20.0	51.0	20.0	4.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
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
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
Weighted Daily Average		897	1070	34.38	138.28	24.16	4.83
% of Calories				15.3%	61.7%	24.2%	4.8%

Wed - 04/24/2019							
9-12 LAUREL RUFF LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
KIWI, FRESH (ELEMENTARY)	SVG (2 EACH)	84	4	1.57	20.23	0.72	0.04
TORTILLA CHIPS (LA TAPATIA)	1 EACH	280	110	4.0	38.0	12.0	2.00
Weighted Daily Average		859	974	31.36	124.81	26.02	8.01
% of Calories				14.6%	58.1%	27.3%	8.4%

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San Juan Unified School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/25/2019							
9-12 LAUREL RUFF LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	32.0	13.0	3.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
STRAWBERRIES,FRESH (ELEMENTRY)	1/2 CUP	23	1	0.48	5.53	0.22	0.01
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
HAPPY BIRTHDAY COOKIE (KIDS)	1 EACH	111	76	1.85	16.19	4.31	0.83
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		805	1556	29.83	117.71	24.74	5.68
% of Calories				14.8%	58.5%	27.6%	6.3%

Fri - 04/26/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHEESE PIZZA (BIG DADDY)	1 SLICE	340	500	18.0	35.0	14.0	6.00
CHEESY BREADSTICK (1)	1 EACH	160	390	7.0	16.0	7.0	2.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		873	1282	37.98	120.30	26.96	9.35
% of Calories				17.4%	55.1%	27.8%	9.6%

Mon - 04/29/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN DRUMSTICK & ROLLS	SVG (1 DM&2 R	350	710	20.0	35.0	13.0	2.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
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
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00

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San Juan Unified School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

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		785	1217	38.15	105.21	23.51	7.57
% of Calories				19.4%	53.6%	27.0%	8.7%

Tue - 04/30/2019							
9-12 LAUREL RUFF LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	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		836	1214	32.01	123.56	25.24	6.33
% of Calories				15.3%	59.1%	27.2%	6.8%

Weighted Average		842	1228	34.03 16.2%	121.41 57.7%	24.77 26.5%	6.89 7.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	842		750 - 850	100%				
Sodium 1 (mg)	1228		1420					
Protein (g)	34.03	16.17%						
Carbohydrate (g)	121.41	57.70%						
Total Fat (g)	24.77	26.48%						
Saturated Fat (g)	6.89	7.37%	<10.00%					

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