

San Juan Unified School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BRIDGES SUPER SNACK

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							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		483	666	28.46	67.95	10.67	5.23
% of Calories				23.6%	56.3%	19.9%	9.8%

Tue - 04/02/2019							
BRIDGES SUPER SNACK	Total						
KIT,CHEESE PIZZA (TASTY BRAND)	1 EACH	360	750	13.0	34.0	17.0	9.00
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		566	921	23.42	75.42	17.81	9.35
% of Calories				16.5%	53.3%	28.3%	14.9%

Wed - 04/03/2019							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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 (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		600	561	27.11	104.79	9.47	3.34
% of Calories				18.1%	69.9%	14.2%	5.0%

Thu - 04/04/2019							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		562	580	31.50	100.07	6.83	4.41
% of Calories				22.4%	71.2%	10.9%	7.1%

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Portion Values - Detailed

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Fri - 04/05/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		461	1066	29.42	69.42	8.81	3.85
% of Calories				25.5%	60.2%	17.2%	7.5%

Mon - 04/08/2019							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		483	666	28.46	67.95	10.67	5.23
% of Calories				23.6%	56.3%	19.9%	9.8%

Tue - 04/09/2019							
BRIDGES SUPER SNACK	Total						
KIT,CHEESE PIZZA (TASTY BRAND)	1 EACH	360	750	13.0	34.0	17.0	9.00
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		567	922	23.52	75.17	17.94	9.43
% of Calories				16.6%	53.1%	28.5%	15.0%

Wed - 04/10/2019							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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 (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		598	695	30.35	93.32	11.83	5.31
% of Calories				20.3%	62.4%	17.8%	8.0%

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/11/2019							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		564	446	28.26	111.54	4.47	2.44
% of Calories				20.1%	79.2%	7.1%	3.9%

Fri - 04/12/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		461	1066	29.42	69.42	8.81	3.85
% of Calories				25.5%	60.2%	17.2%	7.5%

Mon - 04/22/2019							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		483	666	28.46	67.95	10.67	5.23
% of Calories				23.6%	56.3%	19.9%	9.8%

Tue - 04/23/2019							
BRIDGES SUPER SNACK	Total						
KIT,CHEESE PIZZA (TASTY BRAND)	1 EACH	360	750	13.0	34.0	17.0	9.00
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		567	922	23.52	75.17	17.94	9.43
% of Calories				16.6%	53.1%	28.5%	15.0%

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Wed - 04/24/2019							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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 (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
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Weighted Daily Average		598	695	30.35	93.32	11.83	5.31
% of Calories				20.3%	62.4%	17.8%	8.0%

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/25/2019							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/26/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
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
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Weighted Daily Average		461	1066	29.42	69.42	8.81	3.85
% of Calories				25.5%	60.2%	17.2%	7.5%

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/29/2019							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
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APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		483	666	28.46	67.95	10.67	5.23
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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/30/2019							
BRIDGES SUPER SNACK							
	Total						
	KIT,CHEESE PIZZA (TASTY BRAND)	360	750	13.0	34.0	17.0	9.00
	MILK, PLAIN 1% (PRODUCERS)	130	160	11.0	16.0	2.5	1.50
	MILK, CHOC NONFAT (PRODUCERS)	120	140	9.0	21.0	0.0	0.00
	CARROTS, PKG (R/OR) 1/2 CUP	32	26	0.76	7.47	0.14	0.02
	APPLES, FRESH (ELEMENTARY)	53	1	0.26	13.95	0.17	0.03
	Weighted Daily Average	566	921	23.42	75.42	17.81	9.35
	% of Calories			16.5%	53.3%	28.3%	14.9%

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