

# San Juan Unified School District

Dec 3, 2018 thru Dec 21, 2018

## Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

### Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 12/03/2018							
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 - 12/04/2018							
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%

Wed - 12/05/2018							
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
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		525	366	14.37	108.61	5.52	1.84
% of Calories				10.9%	82.7%	9.4%	3.1%

Thu - 12/06/2018							
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%

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Page 2

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 12/07/2018							
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
MANDARIN ORANGE, FRESH (ELEM)	2 EACH	81	3	1.23	20.28	0.47	0.06
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		565	597	19.21	107.53	7.64	1.11
% of Calories				13.6%	76.1%	12.2%	1.8%

Mon - 12/10/2018							
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 - 12/11/2018							
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 - 12/12/2018							
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
KIWI, FRESH (ELEMENTARY)	SVG (2 EACH)	84	4	1.57	20.23	0.72	0.04

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## K-8 ELEMENTARY BREAKFAST

### Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		476	451	17.81	90.73	5.63	1.34
% of Calories				15.0%	76.2%	10.6%	2.5%

Thu - 12/13/2018							
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
MANDARIN ORANGE, FRESH (ELEM)	2 EACH	81	3	1.23	20.28	0.47	0.06
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		589	457	14.96	125.28	5.39	0.86
% of Calories				10.2%	85.1%	8.2%	1.3%

Fri - 12/14/2018							
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
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		503	448	15.37	103.61	5.17	1.34
% of Calories				12.2%	82.3%	9.2%	2.4%

Mon - 12/17/2018							
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
KIWI, FRESH (ELEMENTARY)	SVG (2 EACH)	84	4	1.57	20.23	0.72	0.04
Weighted Daily Average		430	313	14.51	86.98	3.76	0.56
% of Calories				13.5%	80.9%	7.9%	1.2%

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### Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 12/18/2018							
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
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		490	445	15.78	94.16	6.54	1.59
% of Calories				12.9%	76.9%	12.0%	2.9%

Wed - 12/19/2018							
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 - 12/20/2018							
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
MANDARIN ORANGE, FRESH (ELEM)	2 EACH	81	3	1.23	20.28	0.47	0.06
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		538	445	14.96	112.28	5.39	0.86
% of Calories				11.1%	83.5%	9.0%	1.4%

Fri - 12/21/2018							
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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	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

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**San Juan Unified School District**

**Dec 3, 2018 thru Dec 21, 2018**

Base Menu Spreadsheet

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Portion Values - Detailed

Page 5

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		597	598	18.98 12.7%	116.25 77.8%	7.17 10.8%	1.05 1.6%

Weighted Average		494	421	15.59 12.6%	99.28 80.5%	5.07 9.2%	1.02 1.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	494		400 - 500	100%				
Sodium 1 (mg)	421		540					
Sodium 2 (mg)	421		485					
Protein (g)	15.59	12.63%						
Carbohydrate (g)	99.28	80.45%						
Total Fat (g)	5.07	9.25%						
Saturated Fat (g)	1.02	1.87%	<10.00%					

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