

San Juan Unified School District

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

9-12 LAUREL RUFF 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 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 (DAVE'S BAKING) | 1 EACH | 226 | 120 | 3.85 | 39.25 | 6.0 | 0.90 |
| 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 | | 451 | 333 | 13.66 | 90.62 | 4.42 | 0.75 |
| % of Calories | | | | 12.1% | 80.4% | 8.8% | 1.5% |

| | | | | | | | |
|-------------------------------|---------------|-----|-----|-------|-------|------|------|
| Tue - 12/04/2018 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG (4 PANCAKE) | 440 | 520 | 8.0 | 70.0 | 14.0 | 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 |
| 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 | | 567 | 489 | 15.11 | 109.16 | 8.08 | 1.84 |
| % of Calories | | | | 10.7% | 77.1% | 12.8% | 2.9% |

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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San Juan Unified School District

Dec 3, 2018 thru Dec 21, 2018

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 2

| | Portion Size | Cals (kcal) | Sodm (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|-----------------|-------------|-----------|------------|----------|-----------|-----------|
| Fri - 12/07/2018 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | Total | | | | | | |
| FRENCH TOAST STICKS (RICHS) | SVG (4 STICKS) | 260 | 300 | 6.0 | 38.0 | 10.0 | 2.00 |
| 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 | | 598 | 635 | 19.96 | 112.28 | 8.89 | 1.36 |
| % of Calories | | | | 13.4% | 75.2% | 13.4% | 2.0% |

| | | | | | | | |
|---------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| Mon - 12/10/2018 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 |

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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Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

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 | | 476 | 451 | 17.81 | 90.73 | 5.63 | 1.34 |
| % of Calories | | | | 15.0% | 76.2% | 10.6% | 2.5% |

| Thu - 12/13/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| 9-12 LAUREL RUFF BREAK | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG (4 PANCAKE) | 440 | 520 | 8.0 | 70.0 | 14.0 | 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 |
| 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 | | 699 | 567 | 16.96 | 142.28 | 8.89 | 1.86 |
| % of Calories | | | | 9.7% | 81.5% | 11.5% | 2.4% |

| Fri - 12/14/2018 | | | | | | | |
|-------------------------------|---------------|-----|-----|-------|--------|------|------|
| 9-12 LAUREL RUFF BREAK | 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 | | | | | | | |
|---------------------------------|---------------|-----|-----|-------|-------|------|------|
| 9-12 LAUREL RUFF BREAK | 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 (DAVE'S BAKING) | 1 EACH | 226 | 120 | 3.85 | 39.25 | 6.0 | 0.90 |
| 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 | | 484 | 336 | 15.23 | 96.86 | 5.13 | 0.79 |
| % of Calories | | | | 12.6% | 80.0% | 9.5% | 1.5% |

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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Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|-----------------|-------------|-----------|------------|----------|-----------|-----------|
| Tue - 12/18/2018 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | Total | | | | | | |
| PANCAKE ROLL UP TKY (F FARMS) | 2 EACH | 400 | 620 | 14.0 | 34.0 | 20.0 | 5.00 |
| 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 |
| 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 | | 590 | 600 | 19.28 | 102.66 | 11.54 | 2.84 |
| % of Calories | | | | 13.1% | 69.6% | 17.6% | 4.3% |

| | | | | | | | |
|---------------------------------|---------------|-----|-----|-------|-------|------|------|
| Wed - 12/19/2018 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | 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 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | Total | | | | | | |
| PANCAKES, CINNAMON (THE MAX) | SVG (4 PANCA KE) | 440 | 520 | 8.0 | 70.0 | 14.0 | 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 |
| 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 | | 648 | 555 | 16.96 | 129.28 | 8.89 | 1.86 |
| % of Calories | | | | 10.5% | 79.9% | 12.4% | 2.6% |

| | | | | | | | |
|--------------------------------|-----------------|-----|-----|------|------|------|------|
| Fri - 12/21/2018 | | | | | | | |
| 9-12 LAUREL RUFF BREAK | Total | | | | | | |
| FRENCH TOAST STICKS (RICHS) | SVG (4 STICKS) | 260 | 300 | 6.0 | 38.0 | 10.0 | 2.00 |
| 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 |

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 % of Calories | | 630 | 635 | 19.73 12.5% | 121.00 76.8% | 8.42 12.0% | 1.30 1.9% |

| | | | | | | | |
|------------------|--|-----|-----|----------------|-----------------|---------------|--------------|
| Weighted Average | | 534 | 463 | 16.42 12.3% | 105.23 78.8% | 6.45 10.9% | 1.35 2.3% |
|------------------|--|-----|-----|----------------|-----------------|---------------|--------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 534 | | 450 - 600 | 100% | | | | |
| Sodium 1 (mg) | 463 | | 640 | | | | | |
| Sodium 2 (mg) | 463 | | 570 | | | | | |
| Protein (g) | 16.42 | 12.30% | | | | | | |
| Carbohydrate (g) | 105.23 | 78.85% | | | | | | |
| Total Fat (g) | 6.45 | 10.88% | | | | | | |
| Saturated Fat (g) | 1.35 | 2.28% | <10.00% | | | | | |

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

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