

San Juan Unified School District

2018 - 2019

Base Menu Spreadsheet

9 -12 HS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2018 - 2019							
9 -12 HS BREAKFAST	Total						
L PANCAKE ROLL UP TKY(F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
L MUFFIN, DOUBLE CHOC (DAVE'S)	1 EACH	229	125	3.8	40.0	6.0	0.90
L MUFFIN, BLUEBERRY (DAVE'S)	1 EACH	223	115	3.9	38.5	6.0	0.90
L FRENCH TOAST STICKS (RICH'S)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
L SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
L CEREAL, MARSHMALLOW MATEYS	1 BOWL (2 OZ)	220	370	4.0	47.0	2.0	0.00
AL BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
AL BAGEL, PLAIN (BURRY)	1 EACH	180	200	7.0	35.0	1.0	0.00
L BRKT BURRITO EGG/CHS/BACON	1 EACH	293	679	15.72	24.86	14.31	4.28
L BRK BURRITO EGG/CHS/SAUSAGE	1 EACH	323	729	17.72	25.86	16.81	5.78
L BRK BURRITO EGG/CHS/TKY HM	1 EACH	286	665	16.72	25.19	13.81	4.78
L BREAKFAST SANDWICH	1 EACH	390	960	20.0	30.0	20.5	9.00
L BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
L BREAKFAST BOWL	BOWL	445	743	24.56	27.73	27.03	11.09
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (SECONDARY)	1 EACH	95	2	0.47	25.13	0.31	0.05
BANANAS, FRESH (SECONDARY)	1 EACH	121	1	1.48	31.06	0.45	0.15
ORANGES, FRESH (SECONDARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
FRUIT FRESH VARIETY(SECONDARY)	SVG (1/2 CUP)	52	4	0.86	13.08	0.29	0.03
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	115	1.0	1.0	7.0	4.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
TACO MILD SAUCE (PORTION PAC)	1 PACKET	5	95	0.0	1.0	0.0	0.00
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		553	564	19.57	93.36	11.60	3.67
% of Calories				14.1%	67.5%	18.9%	6.0%
Nutrient Guideline		450-600	640				<10.00

Weighted Average		553	564	19.57 14.1%	93.36 67.5%	11.60 18.9%	3.67 6.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	553		450 - 600					
Sodium 1 (mg)	564		640					
Sodium 2 (mg)	564		570					
Protein (g)	19.57	14.14%						
Carbohydrate (g)	93.36	67.48%						
Total Fat (g)	11.60	18.87%						
Saturated Fat (g)	3.67	5.98%	<10.00%					

*Data comparisons are not available for one or two day selections

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.