

# San Juan Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 8, 2019 thru Jan 31, 2019

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/08/2019							
BRIDGES SUPER SNACK	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
POWER UP BOX	1 EACH	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	494	25.40	101.00	37.50	3.30
% of Calories				12.5%	49.8%	41.6%	3.7%

Wed - 01/09/2019							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

Thu - 01/10/2019							
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
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		611	562	26.65	108.83	9.39	3.26
% of Calories				17.4%	71.2%	13.8%	4.8%

Fri - 01/11/2019							
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%

\*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

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 8, 2019 thru Jan 31, 2019

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/14/2019							
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 - 01/15/2019							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	495	25.50	100.75	37.63	3.37
% of Calories				12.6%	49.6%	41.7%	3.7%

Wed - 01/16/2019							
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%

Thu - 01/17/2019							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 8, 2019 thru Jan 31, 2019

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/18/2019							
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
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		575	447	27.80	115.58	4.39	2.36
% of Calories				19.3%	80.4%	6.9%	3.7%

Tue - 01/22/2019							
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%

Wed - 01/23/2019							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

Thu - 01/24/2019							
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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		562	561	26.27	95.67	9.31	3.25
% of Calories				18.7%	68.1%	14.9%	5.2%

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Portion Values - Detailed

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Jan 8, 2019 thru Jan 31, 2019

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/25/2019							
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%

Mon - 01/28/2019							
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 - 01/29/2019							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	495	25.50	100.75	37.63	3.37
% of Calories				12.6%	49.6%	41.7%	3.7%

Wed - 01/30/2019							
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%

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Portion Values - Detailed

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Jan 8, 2019 thru Jan 31, 2019

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/31/2019							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

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