

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 1

| | Portion Size | Cals (kcal) | Sodm (mg) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|----------------|-------------|-----------|------------|----------|-----------|-----------|
| Thu - 02/01/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| CHICKEN PATTY SANDWICH (TYSON) | 1 EACH | 370 | 910 | 22.0 | 44.0 | 13.0 | 2.00 |
| PEAS, GREEN (ST) 1/4 CUP | 1/4 CUP | 31 | 29 | 2.0 | 5.5 | 0.0 | 0.00 |
| LETTUCE SHRED (OTH) 1/2 CUP | 1/2 CUP | 3 | 5 | 0.24 | 0.52 | 0.03 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| CARROTS, 1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| PEACHES, CND. EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 7.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 50 | 0.0 | 4.0 | 0.0 | 0.00 |
| MUSTARD PACKETS (PORTION PAC) | 2 PACKETS | 0 | 130 | 0.0 | 0.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 648 | 1327 | 34.25 | 92.50 | 16.79 | 2.84 |
| % of Calories | | | | 21.1% | 57.1% | 23.3% | 3.9% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|---------------------------------|---------------|-----|------|-------|-------|-------|-------|
| Fri - 02/02/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| PEPPERONI PIZZA* (ARDELLA'S) | 1 EACH | 315 | 761 | 19.28 | 33.28 | 11.34 | 5.75 |
| CHEESE PIZZA (ARDELLA'S) | 1 EACH | 323 | 606 | 18.79 | 31.87 | 13.77 | 6.22 |
| MANAGER CAN/FROZEN VEG VARIETY | 1/4 CUP | 24 | 40 | 0.85 | 4.53 | 0.1 | 0.00 |
| GREEN BEANS, CND (OTH) 1/4 CUP | 1/4 CUP | 8 | 70 | 0.5 | 1.5 | 0.0 | 0.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| MANAGER'S CHOICE VEG VARIETY | 1/4 CUP | 9 | 17 | 0.4 | 2.0 | 0.06 | 0.01 |
| MANAGER CANNED FRUIT, VARIETY | 1/4 CUP | 29 | 2 | 0.0 | 7.37 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 610 | 1102 | 31.17 | 85.40 | 16.45 | 6.83 |
| % of Calories | | | | 20.4% | 56.0% | 24.3% | 10.1% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|-----------------------------------|----------------|-----|-----|------|-------|------|------|
| Mon - 02/05/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| CHEESY BREADSTICKS (THE MAX) | 2 EACH | 320 | 780 | 14.0 | 32.0 | 14.0 | 4.00 |
| MARINARA SC CND (R/OR) 1/4 CUP | 1/4 CUP | 40 | 63 | 0.5 | 5.0 | 2.0 | 0.50 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 0.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK, 1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| CARROTS, 1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| FRUIT COCKTAIL, CND, LT SYRUP, SO | 1/4 CUP | 30 | 2 | 0.0 | 7.5 | 0.0 | 0.00 |
| APPLES, FRESH (ELEMENTARY) | 1 EACH | 53 | 1 | 0.26 | 13.95 | 0.17 | 0.03 |

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.

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 2

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 654 | 1157 | 26.13 | 91.99 | 20.26 | 5.34 |
| % of Calories | | | | 16.0% | 56.2% | 27.9% | 7.3% |
| Nutrient Guideline | | | | | | | |

| Tue - 02/06/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| K-6 LUNCH | Total | | | | | | |
| WAFFLES, MINI MAPLE (EGGO) | 1 PACKAGE | 200 | 220 | 4.0 | 35.0 | 5.0 | 1.50 |
| CHICKEN NUGGETS (TYSON) | 3 NUGGETS | 156 | 240 | 9.6 | 9.6 | 9.0 | 1.50 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| MIXED VEGGIES (ST) 1/4 CUP | 1/4 CUP | 26 | 23 | 0.75 | 4.12 | 0.0 | 0.00 |
| GREEN BEANS,CND (OTH) 1/4 CUP | 1/4 CUP | 8 | 70 | 0.5 | 1.5 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| PEARS,CND,EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 8.0 | 0.0 | 0.00 |
| ORANGES,FRESH (ELEMENTARY) | 1 EACH | 59 | 0 | 1.17 | 14.66 | 0.15 | 0.02 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 50 | 0.0 | 4.0 | 0.0 | 0.00 |
| BBQ SAUCE PACKTS (PORTION PAC) | 2 PACKETS | 30 | 170 | 0.0 | 8.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 677 | 915 | 25.01 | 107.44 | 16.42 | 3.45 |
| % of Calories | | | | 14.8% | 63.4% | 21.8% | 4.6% |
| Nutrient Guideline | | | | | | | |

| Wed - 02/07/2018 | | | | | | | |
|--------------------------------|---------------|-----|-----|-------|-------|-------|-------|
| K-6 LUNCH | Total | | | | | | |
| BEAN BURRITO (FERNANDOS) | 1 EACH | 340 | 530 | 15.0 | 42.0 | 13.0 | 7.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| SALSA,POUCH,COMMODITY (R/OR) | 1/4 CUP | 20 | 70 | 0.0 | 4.0 | 0.0 | 0.00 |
| CHEESE, SHREDDED CHEDDAR | 1/8 CUP | 80 | 128 | 4.96 | 0.0 | 6.38 | 4.25 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| PEACHES,CND,EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 7.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 645 | 903 | 27.36 | 91.63 | 19.43 | 9.54 |
| % of Calories | | | | 17.0% | 56.8% | 27.1% | 13.3% |
| Nutrient Guideline | | | | | | | |

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.

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 3

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 02/08/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| CHEESEBURGER (ADVANCE PIERRE) | 1 EACH | 370 | 435 | 20.0 | 32.0 | 18.5 | 7.50 |
| LETTUCE SHRED (OTH) 1/2 CUP | 1/2 CUP | 3 | 5 | 0.24 | 0.52 | 0.03 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CELERY STIX (OTH) 1/4 CUP | SVG (3 STICKS) | 6 | 32 | 0.28 | 1.36 | 0.05 | 0.01 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| CARROTS,1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| APPLESAUCE,CND,SWTND,WO/SALT | 1/4 CUP | 25 | 1 | 0.0 | 7.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 50 | 0.0 | 4.0 | 0.0 | 0.00 |
| MUSTARD PACKETS (PORTION PAC) | 2 PACKETS | 0 | 130 | 0.0 | 0.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 651 | 865 | 31.56 | 83.88 | 22.44 | 8.37 |
| % of Calories | | | | 19.4% | 51.5% | 31.0% | 11.6% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|------|-------|-------|-------|-------|
| Fri - 02/09/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| PEPPERONI PIZZA* (ARDELLA'S) | 1 EACH | 315 | 761 | 19.28 | 33.28 | 11.34 | 5.75 |
| CHEESE PIZZA (ARDELLA'S) | 1 EACH | 323 | 606 | 18.79 | 31.87 | 13.77 | 6.22 |
| MANAGER CAN/FROZEN VEG VARIETY | 1/4 CUP | 24 | 40 | 0.85 | 4.53 | 0.1 | 0.00 |
| MANAGER BEAN VARIETY | 1/2 CUP | 104 | 140 | 6.25 | 18.5 | 0.75 | 0.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| MANAGER'S CHOICE VEG VARIETY | 1/4 CUP | 9 | 17 | 0.4 | 2.0 | 0.06 | 0.01 |
| MANAGER CANNED FRUIT,VARIETY | 1/4 CUP | 29 | 2 | 0.0 | 7.37 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 607 | 1039 | 30.98 | 84.83 | 16.48 | 6.83 |
| % of Calories | | | | 20.4% | 55.9% | 24.4% | 10.1% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|----------------|-----|-----|------|-------|------|------|
| Mon - 02/12/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| CHICKEN NUGGETS (TYSON) | 5 NUGGETS | 260 | 400 | 16.0 | 16.0 | 15.0 | 2.50 |
| PEAS, GREEN (ST) 1/4 CUP | 1/4 CUP | 31 | 29 | 2.0 | 5.5 | 0.0 | 0.00 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 0.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CELERY STIX (OTH) 1/4 CUP | SVG (3 STICKS) | 6 | 32 | 0.28 | 1.36 | 0.05 | 0.01 |
| PEARS,CND,EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 8.0 | 0.0 | 0.00 |
| APPLES, FRESH (ELEMENTARY) | 1 EACH | 53 | 1 | 0.26 | 13.95 | 0.17 | 0.03 |
| GOLDFISH, CHEDDAR (CAMPBELL'S) | 1 PACKAGE | 100 | 170 | 2.0 | 14.0 | 4.0 | 0.50 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 50 | 0.0 | 4.0 | 0.0 | 0.00 |
| BBQ SAUCE PACKTS (PORTION PAC) | 2 PACKETS | 30 | 170 | 0.0 | 8.0 | 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

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.

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 4

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 695 | 1038 | 31.00 | 93.71 | 23.18 | 3.83 |
| % of Calories | | | | 17.8% | 53.9% | 30.0% | 5.0% |
| Nutrient Guideline | | | | | | | |

| Tue - 02/13/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|--------|-------|------|
| K-6 LUNCH | Total | | | | | | |
| FRENCH TOAST STICKS (RICH'S) | SVG (3 STICKS) | 195 | 225 | 4.5 | 28.5 | 7.5 | 1.50 |
| BEEF SAUSAGE PATTY (ADVANCE P) | SVG (2 EACH) | 140 | 480 | 12.0 | 2.0 | 9.0 | 3.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| GREEN BEANS,CND (OTH) 1/4 CUP | 1/4 CUP | 8 | 70 | 0.5 | 1.5 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CELERY STIX (OTH) 1/4 CUP | SVG (3 STICKS) | 6 | 32 | 0.28 | 1.36 | 0.05 | 0.01 |
| CARROTS,1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| APPLESAUCE,CND,SWTND,WO/SALT | 1/4 CUP | 25 | 1 | 0.0 | 7.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | 1 EACH | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 641 | 962 | 23.85 | 100.32 | 17.20 | 4.30 |
| % of Calories | | | | 14.9% | 62.6% | 24.2% | 6.0% |
| Nutrient Guideline | | | | | | | |

| Wed - 02/14/2018 | | | | | | | |
|--------------------------------|---------------|-----|------|-------|-------|-------|------|
| K-6 LUNCH | Total | | | | | | |
| CHEESY BREADSTICKS (THE MAX) | 2 EACH | 320 | 780 | 14.0 | 32.0 | 14.0 | 4.00 |
| MARINARA SC CND (R/OR) 1/4 CUP | 1/4 CUP | 40 | 63 | 0.5 | 5.0 | 2.0 | 0.50 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| MIXED VEGGIES (ST) 1/4 CUP | 1/4 CUP | 26 | 23 | 0.75 | 4.12 | 0.0 | 0.00 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| PEACHES,CND.EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 7.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 675 | 1169 | 27.17 | 93.96 | 20.29 | 5.34 |
| % of Calories | | | | 16.1% | 55.6% | 27.0% | 7.1% |
| Nutrient Guideline | | | | | | | |

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.

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 5

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 02/15/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| CHICKEN PATTY SANDWICH (TYSON) | 1 EACH | 370 | 910 | 22.0 | 44.0 | 13.0 | 2.00 |
| LETTUCE SHRED (OTH) 1/2 CUP | 1/2 CUP | 3 | 5 | 0.24 | 0.52 | 0.03 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CARROTS,1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| CELERY STIX (OTH) 1/4 CUP | SVG (3 STICKS) | 6 | 32 | 0.28 | 1.36 | 0.05 | 0.01 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| FRUIT COCKTAIL,CND,LT SYRUP,SO | 1/4 CUP | 30 | 2 | 0.0 | 7.5 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| HAPPY BIRTHDAY COOKIE | 1 EACH | 111 | 76 | 1.85 | 16.19 | 4.31 | 0.83 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 50 | 0.0 | 4.0 | 0.0 | 0.00 |
| MUSTARD PACKETS (PORTION PAC) | 2 PACKETS | 0 | 130 | 0.0 | 0.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 690 | 1306 | 32.74 | 101.13 | 18.87 | 3.29 |
| % of Calories | | | | 19.0% | 58.6% | 24.6% | 4.3% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|---------------|-----|------|-------|-------|-------|-------|
| Fri - 02/16/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| PEPPERONI PIZZA* (ARDELLA'S) | 1 EACH | 315 | 761 | 19.28 | 33.28 | 11.34 | 5.75 |
| CHEESE PIZZA (ARDELLA'S) | 1 EACH | 323 | 606 | 18.79 | 31.87 | 13.77 | 6.22 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| MANAGER BEAN VARIETY | 1/2 CUP | 104 | 140 | 6.25 | 18.5 | 0.75 | 0.00 |
| MANAGER CAN/FROZEN VEG VARIETY | 1/4 CUP | 24 | 40 | 0.85 | 4.53 | 0.1 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| MANAGER'S CHOICE VEG VARIETY | 1/4 CUP | 9 | 17 | 0.4 | 2.0 | 0.06 | 0.01 |
| MANAGER CANNED FRUIT,VARIETY | 1/4 CUP | 29 | 2 | 0.0 | 7.37 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 607 | 1039 | 30.98 | 84.83 | 16.48 | 6.83 |
| % of Calories | | | | 20.4% | 55.9% | 24.4% | 10.1% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|----------------|-----|-----|------|-------|------|------|
| Mon - 02/26/2018 | | | | | | | |
| K-6 LUNCH | Total | | | | | | |
| CORN DOG (FOSTER FARMS) | 1 EACH | 240 | 390 | 9.0 | 30.0 | 8.0 | 2.50 |
| PEAS, GREEN (ST) 1/4 CUP | 1/4 CUP | 31 | 29 | 2.0 | 5.5 | 0.0 | 0.00 |
| CHEESE, SHREDDED CHEDDAR | 1/8 CUP | 80 | 128 | 4.96 | 0.0 | 6.38 | 4.25 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CARROTS,1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| PEACHES,CND.EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 7.0 | 0.0 | 0.00 |
| APPLES, FRESH (ELEMENTARY) | 1 EACH | 53 | 1 | 0.26 | 13.95 | 0.17 | 0.03 |
| MUSTARD PACKETS (PORTION PAC) | 2 PACKETS | 0 | 130 | 0.0 | 0.0 | 0.0 | 0.00 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 50 | 0.0 | 4.0 | 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

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.

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 6

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|------------------------|--------------|-------------|-----------|-----------|----------|-----------|-----------|
| Weighted Daily Average | | 619 | 962 | 25.07 | 91.75 | 15.61 | 5.97 |
| % of Calories | | | | 16.2% | 59.3% | 22.7% | 8.7% |
| Nutrient Guideline | | | | | | | |

| Tue - 02/27/2018 | | | | | | | |
|--------------------------------|-----------------|-----|-----|-------|-------|-------|------|
| K-6 LUNCH | Total | | | | | | |
| FRENCH TOAST STICKS (RICH'S) | SVG (3 STICKS) | 195 | 225 | 4.5 | 28.5 | 7.5 | 1.50 |
| BEEF SAUSAGE PATTY (ADVANCE P) | SVG (2 EACH) | 140 | 480 | 12.0 | 2.0 | 9.0 | 3.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| CELERY STIX (OTH) 1/4 CUP | SVG (3 STICKS) | 6 | 32 | 0.28 | 1.36 | 0.05 | 0.01 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| CARROTS,1.3 OZ PKG (R/OR) 1/4C | 1.3 OZ PK 1/4C | 16 | 13 | 0.38 | 3.74 | 0.07 | 0.01 |
| APPLESAUCE,CND,SWTND,WO/SALT | 1/4 CUP | 25 | 1 | 0.0 | 7.0 | 0.0 | 0.00 |
| ORANGES,FRESH (ELEMENTARY) | 1 EACH | 59 | 0 | 1.17 | 14.66 | 0.15 | 0.02 |
| MAPLE SYRUP CUP, 1.5 FL OZ | SVG (1.5 FL OZ) | 120 | 30 | 0.0 | 30.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 613 | 820 | 22.37 | 97.86 | 15.92 | 3.92 |
| % of Calories | | | | 14.6% | 63.9% | 23.4% | 5.8% |
| Nutrient Guideline | | | | | | | |

| Wed - 02/28/2018 | | | | | | | |
|--------------------------------|---------------|-----|-----|-------|--------|-------|-------|
| K-6 LUNCH | Total | | | | | | |
| BEAN BURRITO (FERNANDOS) | 1 EACH | 340 | 530 | 15.0 | 42.0 | 13.0 | 7.00 |
| MIXED VEGGIES (ST) 1/4 CUP | 1/4 CUP | 26 | 23 | 0.75 | 4.12 | 0.0 | 0.00 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 0.00 |
| SALSA,POUCH,COMMODITY (R/OR) | 1/4 CUP | 20 | 70 | 0.0 | 4.0 | 0.0 | 0.00 |
| SALAD MIX (OTH) 1/2 CUP | 1/2 CUP | 5 | 6 | 0.26 | 1.05 | 0.0 | 0.00 |
| DRESSING VARIETY | SVG (2 TSP) | 31 | 96 | 0.0 | 1.16 | 2.96 | 0.49 |
| MILK,1% PLAIN (BERKELEY FARMS) | 1 CARTON | 130 | 160 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, CHOC NONFAT (BRKLY FRM) | 1 CARTON | 120 | 190 | 9.0 | 20.0 | 0.0 | 0.00 |
| PEARS,CND,EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 8.0 | 0.0 | 0.00 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 670 | 922 | 27.14 | 103.06 | 17.23 | 7.83 |
| % of Calories | | | | 16.2% | 61.5% | 23.1% | 10.5% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|------------------|--|-----|------|-------|-------|-------|------|
| Weighted Average | | 647 | 1035 | 28.45 | 93.62 | 18.20 | 5.63 |
| | | | | 17.6% | 57.9% | 25.3% | 7.8% |

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.

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 7

| Nutrient | Menu AVG | % of Cals | Portion Size Weekly Target | Cals (kcal) % of Target | Sodm (mg) Miss Data | Protn (g) Shortfall | Carb (g) Overage | T-Fat (g) | S-Fat (g) Error Messages (if any) |
|-------------------|----------|-----------|-------------------------------|----------------------------|------------------------|------------------------|---------------------|-----------|--------------------------------------|
| Calories | 647 | | 600 - 650 | 100% | | | | | |
| Sodium 1 (mg) | 1035 | | 1230 | | | | | | |
| Sodium 2 (mg) | | | | | | | | | |
| Protein (g) | 28.45 | 17.59% | | | | | | | |
| Carbohydrate (g) | 93.62 | 57.88% | | | | | | | |
| Total Fat (g) | 18.20 | 25.32% | | | | | | | |
| Saturated Fat (g) | 5.63 | 7.84% | <10.00% | | | | | | |

**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*

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.