

# San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

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)
Thu - 02/01/2018							
9-12 LAUREL RUFF BREA PANCAKES, CINNAMON (THE MAX)	Total SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	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		630	595	16.46	123.22	8.69	1.84
% of Calories				10.4%	78.2%	12.4%	2.6%
Nutrient Guideline							

Fri - 02/02/2018							
9-12 LAUREL RUFF BREA	Total						
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
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
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	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		465	490	15.46	93.72	5.19	1.34
% of Calories				13.3%	80.6%	10.0%	2.6%
Nutrient Guideline							

Mon - 02/05/2018							
9-12 LAUREL RUFF BREA	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		463	378	14.38	92.35	4.69	0.79
% of Calories				12.4%	79.8%	9.1%	1.5%
Nutrient Guideline							

Tue - 02/06/2018							
9-12 LAUREL RUFF BREA	Total						
PANCAKE ROLL UP TKY (F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	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

\*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		610	645	19.46	104.22	11.69	2.84
% of Calories				12.8%	68.3%	17.2%	4.2%
Nutrient Guideline							

Wed - 02/07/2018							
9-12 LAUREL RUFF BREA	Total						
YOGURT PARFAIT, LR	1 SERVING	216	114	7.6	38.4	2.7	0.60
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
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
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		446	373	15.33	89.90	2.77	0.60
% of Calories				13.8%	80.6%	5.6%	1.2%
Nutrient Guideline							

Thu - 02/08/2018							
9-12 LAUREL RUFF BREA	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	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		630	595	16.46	124.22	8.69	1.84
% of Calories				10.4%	78.9%	12.4%	2.6%
Nutrient Guideline							

Fri - 02/09/2018							
9-12 LAUREL RUFF BREA	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,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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	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		580	675	19.46	107.22	8.69	1.34
% of Calories				13.4%	73.9%	13.5%	2.1%
Nutrient Guideline							

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Mon - 02/12/2018</b>							
9-12 LAUREL RUFF BREA	Total						
WAFFLES, MINI MAPLE (EGGO)	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 (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
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
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
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		577	684	19.53	104.20	8.42	2.55
% of Calories				13.5%	72.2%	13.1%	4.0%
Nutrient Guideline							

<b>Tue - 02/13/2018</b>							
9-12 LAUREL RUFF BREA	Total						
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	115	1.0	1.0	7.0	4.00
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
BAGEL VARIETY (TONY ROBERTS)	1 BAGEL	310	317	11.5	63.0	1.25	0.25
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		540	537	18.71	105.22	5.81	2.46
% of Calories				13.9%	77.9%	9.7%	4.1%
Nutrient Guideline							

<b>Wed - 02/14/2018</b>							
9-12 LAUREL RUFF BREA	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
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
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		455	493	16.96	86.22	5.19	1.34
% of Calories				14.9%	75.8%	10.3%	2.6%
Nutrient Guideline							

<b>Thu - 02/15/2018</b>							
9-12 LAUREL RUFF BREA	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCA KE)	440	520	8.0	70.0	14.0	3.00
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	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

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		621	592	16.46	122.22	8.69	1.84
% of Calories				10.6%	78.7%	12.6%	2.7%
Nutrient Guideline							

Fri - 02/16/2018							
9-12 LAUREL RUFF BREA	Total						
BISCUIT (PILLSBURY)	1 EACH	210	330	5.0	27.0	9.0	4.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
STRAWBERRY JAM PACKET (HEINZ)	1 PACKET	35	0	0.0	9.0	0.0	0.00
Weighted Daily Average		543	725	20.96	93.22	10.69	4.09
% of Calories				15.4%	68.7%	17.7%	6.8%
Nutrient Guideline							

Mon - 02/26/2018							
9-12 LAUREL RUFF BREA	Total						
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
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
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	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		465	490	15.46	93.72	5.19	1.34
% of Calories				13.3%	80.6%	10.0%	2.6%
Nutrient Guideline							

Tue - 02/27/2018							
9-12 LAUREL RUFF BREA	Total						
CORN STAR & YOGURT, LR	1 STR & 1 YGR	274	180	8.4	44.4	6.2	1.50
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		487	410	16.66	95.42	4.79	1.09
% of Calories				13.7%	78.3%	8.8%	2.0%
Nutrient Guideline							

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 02/28/2018							
9-12 LAUREL RUFF BREA	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	60	2	0.0	14.5	0.0	0.00
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
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		455	493	16.96	86.22	5.19	1.34
% of Calories				14.9%	75.8%	10.3%	2.6%
Nutrient Guideline							

Weighted Average		531	545	17.25	101.42	6.96	1.77
				13.0%	76.4%	11.8%	3.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	531		450 - 600	100%				
Sodium 1 (mg)	545		640					
Sodium 2 (mg)								
Protein (g)	17.25	12.99%						
Carbohydrate (g)	101.42	76.36%						
Total Fat (g)	6.96	11.79%						
Saturated Fat (g)	1.77	3.01%	<10.00%					

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