

# San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

## Base Menu Spreadsheet

9-12 LAUREL RUFF 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							
9-12 LAUREL RUFF LUNC	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 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
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, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
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
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		734	1403	35.90	112.28	16.99	2.87
% of Calories				19.6%	61.2%	20.8%	3.5%
Nutrient Guideline							

Fri - 02/02/2018							
9-12 LAUREL RUFF LUNC	Total						
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	560	19.0	35.0	15.0	6.00
CHEESY BREADSTICK (1)	1 EACH	160	390	7.0	16.0	7.0	2.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
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 CUP	1 CUP	11	12	0.53	2.11	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	1/2 CUP	57	7	0.0	14.29	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		805	1283	36.27	109.44	24.74	8.47
% of Calories				18.0%	54.4%	27.7%	9.5%
Nutrient Guideline							

Mon - 02/05/2018							
9-12 LAUREL RUFF LUNC	Total						
CHEESY BREADSTICKS (3)	SVG (3 STICKS)	480	1170	21.0	48.0	21.0	6.00
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 CUP	1 CUP	11	12	0.53	2.11	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 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

\*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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

9-12 LAUREL RUFF 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		850	1555	33.40	116.55	27.26	7.34
% of Calories				15.7%	54.9%	28.9%	7.8%
Nutrient Guideline							

Tue - 02/06/2018							
9-12 LAUREL RUFF LUNC	Total						
WAFFLES, MINI MAPLE (EGGO)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	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 LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	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		1006	1323	38.43	159.15	24.42	4.82
% of Calories				15.3%	63.3%	21.9%	4.3%
Nutrient Guideline							

Wed - 02/07/2018							
9-12 LAUREL RUFF LUNC	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
TORTILLA CHIPS (LA TAPATIA)	1 EACH	280	110	4.0	38.0	12.0	2.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	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 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
Weighted Daily Average		970	1118	34.61	134.49	32.61	13.58
% of Calories				14.3%	55.5%	30.3%	12.6%
Nutrient Guideline							

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9-12 LAUREL RUFF 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							
9-12 LAUREL RUFF LUNC	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
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, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
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
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		695	884	32.18	95.14	22.54	8.38
% of Calories				18.5%	54.7%	29.2%	10.8%
Nutrient Guideline							

Fri - 02/09/2018							
9-12 LAUREL RUFF LUNC	Total						
TURKEY & CHEESE SANDWICH	1 SANDWICH	313	827	25.33	32.0	10.0	4.00
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, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
FRUIT, FRESH VARIETY (LR)	1 CUP	126	8	1.85	32.04	0.55	0.08
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	200	2.0	16.0	1.5	0.00
MAYONNAISE PACKT (PORTION PAC)	1 PACKET	70	55	0.0	0.0	7.0	1.00
Weighted Daily Average		761	1432	39.70	110.58	19.25	5.42
% of Calories				20.9%	58.1%	22.7%	6.4%
Nutrient Guideline							

Mon - 02/12/2018							
9-12 LAUREL RUFF LUNC	Total						
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
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 CUP	1 CUP	11	12	0.53	2.11	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 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
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

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Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

9-12 LAUREL RUFF 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		835	1206	37.67	109.17	29.18	4.83
% of Calories				18.1%	52.3%	31.5%	5.2%
Nutrient Guideline							

Tue - 02/13/2018							
9-12 LAUREL RUFF LUNC	Total						
FRENCH TOAST STICKS, (5) LR	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	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,UNSWTND	1/2 CUP	51	2	0.0	14.0	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		863	1290	31.31	131.08	25.35	6.35
% of Calories				14.5%	60.8%	26.4%	6.6%
Nutrient Guideline							

Wed - 02/14/2018							
9-12 LAUREL RUFF LUNC	Total						
CHEESY BREADSTICKS (3)	SVG (3 STICKS)	480	1170	21.0	48.0	21.0	6.00
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 CUP	1 CUP	11	12	0.53	2.11	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 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
Weighted Daily Average		871	1568	34.43	118.01	27.29	7.34
% of Calories				15.8%	54.2%	28.2%	7.6%
Nutrient Guideline							

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9-12 LAUREL RUFF 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							
9-12 LAUREL RUFF LUNC	Total						
CHICKEN PATTY MELT SANDWICH,LR	1 EACH	400	1060	25.0	45.0	15.5	3.50
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
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, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
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 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
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		823	1614	38.57	122.28	22.77	5.01
% of Calories				18.8%	59.5%	24.9%	5.5%
Nutrient Guideline							

Fri - 02/16/2018							
9-12 LAUREL RUFF LUNC	Total						
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	560	19.0	35.0	15.0	6.00
CHEESY BREADSTICK (1)	1 EACH	160	390	7.0	16.0	7.0	2.00
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 CUP	1 CUP	11	12	0.53	2.11	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	1/2 CUP	57	7	0.0	14.29	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		802	1220	36.09	108.87	24.78	8.47
% of Calories				18.0%	54.3%	27.8%	9.5%
Nutrient Guideline							

Mon - 02/26/2018							
9-12 LAUREL RUFF LUNC	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
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, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	26	0.76	7.47	0.14	0.02
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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

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# San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

9-12 LAUREL RUFF 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		905	1367	34.45	132.49	23.68	8.48
% of Calories				15.2%	58.5%	23.5%	8.4%
Nutrient Guideline							

Tue - 02/27/2018							
9-12 LAUREL RUFF LUNC	Total						
FRENCH TOAST STICKS, (5) LR	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	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,UNSWTND	1/2 CUP	51	2	0.0	14.0	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		856	1219	31.64	128.91	25.42	6.42
% of Calories				14.8%	60.3%	26.7%	6.8%
Nutrient Guideline							

Wed - 02/28/2018							
9-12 LAUREL RUFF LUNC	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
TORTILLA CHIPS (LA TAPATIA)	1 EACH	280	110	4.0	38.0	12.0	2.00
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 CUP	1 CUP	11	12	0.53	2.11	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 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		916	1013	30.40	140.61	26.23	9.33
% of Calories				13.3%	61.4%	25.8%	9.2%
Nutrient Guideline							

Weighted Average		846	1300	35.00	121.94	24.83	7.14
				16.5%	57.7%	26.4%	7.6%

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**San Juan Unified School District**

**Feb 1, 2018 thru Feb 28, 2018**

Base Menu Spreadsheet

9-12 LAUREL RUFF 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	846		750 - 850	100%					
Sodium 1 (mg)	1300		1420						
Sodium 2 (mg)									
Protein (g)	35.00	16.55%							
Carbohydrate (g)	121.94	57.65%							
Total Fat (g)	24.83	26.42%							
Saturated Fat (g)	7.14	7.60%	<10.00%						

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