

San Juan Unified School District

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline		Á					Á

Wed - 05/02/2018							
AFTER SCHOOL SNACK	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
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	100	2.0	20.0	3.0	1.00
Weighted Daily Average		237	275	11.50	38.00	4.25	1.75
% of Calories				19.4%	64.1%	16.1%	6.6%
Nutrient Guideline							Á

Thu - 05/03/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDG ES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							Á

Fri - 05/04/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							Á

Mon - 05/07/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline		Á					Á

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)
Tue - 05/08/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
Weighted Daily Average		225	345	11.50	32.00	5.25	1.25
% of Calories				20.4%	56.9%	21.0%	5.0%
Nutrient Guideline							Á

Wed - 05/09/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							Á

Thu - 05/10/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDG ES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							Á

Fri - 05/11/2018							
AFTER SCHOOL SNACK	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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
Weighted Daily Average		273	266	12.30	41.00	6.25	1.65
% of Calories				18.0%	60.1%	20.6%	5.4%
Nutrient Guideline							Á

Mon - 05/14/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	200	2.0	16.0	1.5	0.00
Weighted Daily Average		215	375	11.50	34.00	2.75	0.75
% of Calories				21.4%	63.3%	11.5%	3.1%
Nutrient Guideline		Á					Á

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AFTER SCHOOL SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/15/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							Á

Wed - 05/16/2018							
AFTER SCHOOL SNACK	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
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	100	2.0	20.0	3.0	1.00
Weighted Daily Average		237	275	11.50	38.00	4.25	1.75
% of Calories				19.4%	64.1%	16.1%	6.6%
Nutrient Guideline							Á

Thu - 05/17/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDGES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							Á

Fri - 05/18/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							Á

Mon - 05/21/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00

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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		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline		Á					Á

Tue - 05/22/2018							
AFTER SCHOOL SNACK	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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
Weighted Daily Average		225	345	11.50	32.00	5.25	1.25
% of Calories				20.4%	56.9%	21.0%	5.0%
Nutrient Guideline							Á

Wed - 05/23/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							Á

Thu - 05/24/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDGES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							Á

Fri - 05/25/2018							
AFTER SCHOOL SNACK	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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
Weighted Daily Average		273	266	12.30	41.00	6.25	1.65
% of Calories				18.0%	60.1%	20.6%	5.4%
Nutrient Guideline		Á					Á

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/29/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline		Á					Á

Wed - 05/30/2018							
AFTER SCHOOL SNACK	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
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	100	2.0	20.0	3.0	1.00
Weighted Daily Average		237	275	11.50	38.00	4.25	1.75
% of Calories				19.4%	64.1%	16.1%	6.6%
Nutrient Guideline							Á

Thu - 05/31/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDG ES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							Á

Fri - 06/01/2018							
AFTER SCHOOL SNACK	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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							Á

Mon - 06/04/2018							
AFTER SCHOOL SNACK	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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline		Á					Á

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