

San Juan Unified School District

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

K-8 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 - 03/01/2018							
K-8 BREAKFAST	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	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
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
Weighted Daily Average		571	477	14.46	119.72	5.19	1.09
% of Calories				10.1%	83.8%	8.2%	1.7%
Nutrient Guideline							

Fri - 03/02/2018							
K-8 BREAKFAST	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
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
STRAWBERRY JAM PACKET (HEINZ)	1 PACKET	35	0	0.0	9.0	0.0	0.00
Weighted Daily Average		543	725	20.96	91.22	10.69	4.09
% of Calories				15.4%	67.2%	17.7%	6.8%
Nutrient Guideline							

Mon - 03/05/2018							
K-8 BREAKFAST	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	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
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		520	463	14.46	105.22	5.19	1.09
% of Calories				11.1%	80.9%	9.0%	1.9%
Nutrient Guideline							

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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 - 03/06/2018							
K-8 BREAKFAST	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
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
Weighted Daily Average		456	487	15.46	91.72	5.19	1.34
% of Calories				13.6%	80.4%	10.2%	2.6%
Nutrient Guideline							

Wed - 03/07/2018							
K-8 BREAKFAST	Total						
YOGURT PARFAIT	1 EACH	190	75	5.0	37.0	2.0	0.50
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
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		442	356	14.03	90.20	2.42	0.55
% of Calories				12.7%	81.6%	4.9%	1.1%
Nutrient Guideline							

Thu - 03/08/2018							
K-8 BREAKFAST	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
CRUMB SQUARE (DAVE'S BAKING)	1 EACH	176	134	2.1	29.0	5.6	0.75
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		438	387	13.51	88.72	4.49	0.71
% of Calories				12.3%	81.0%	9.2%	1.5%
Nutrient Guideline							

Fri - 03/09/2018							
K-8 BREAKFAST	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
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
Weighted Daily Average		409	357	13.66	81.97	3.31	0.56
% of Calories				13.4%	80.2%	7.3%	1.2%
Nutrient Guideline							

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/12/2018							
K-8 BREAKFAST	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
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	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		533	561	16.53	103.70	6.17	1.80
% of Calories				12.4%	77.8%	10.4%	3.0%
Nutrient Guideline							

Tue - 03/13/2018							
K-8 BREAKFAST	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
CRUMB SQUARE (DAVE'S BAKING)	1 EACH	176	134	2.1	29.0	5.6	0.75
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
Weighted Daily Average		438	387	13.51	86.72	4.49	0.71
% of Calories				12.3%	79.2%	9.2%	1.5%
Nutrient Guideline							

Wed - 03/14/2018							
K-8 BREAKFAST	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							

Thu - 03/15/2018							
K-8 BREAKFAST	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	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
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 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		520	465	14.46	105.72	5.19	1.09
% of Calories				11.1%	81.3%	9.0%	1.9%
Nutrient Guideline							

Fri - 03/16/2018							
K-8 BREAKFAST	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 - 03/19/2018							
K-8 BREAKFAST	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
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		490	603	17.96	86.72	8.44	3.34
% of Calories				14.7%	70.8%	15.5%	6.1%
Nutrient Guideline							

Tue - 03/20/2018							
K-8 BREAKFAST	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
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
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
Weighted Daily Average		510	490	15.96	95.72	6.69	1.59
% of Calories				12.5%	75.1%	11.8%	2.8%
Nutrient Guideline							

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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)
Wed - 03/21/2018							
K-8 BREAKFAST	Total						
YOGURT PARFAIT	1 EACH	190	75	5.0	37.0	2.0	0.50
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
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
Weighted Daily Average		433	353	14.03	89.20	2.42	0.55
% of Calories				13.0%	82.4%	5.0%	1.1%
Nutrient Guideline							

Thu - 03/22/2018							
K-8 BREAKFAST	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	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
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		520	465	14.46	106.72	5.19	1.09
% of Calories				11.1%	82.1%	9.0%	1.9%
Nutrient Guideline							

Fri - 03/23/2018							
K-8 BREAKFAST	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
CRUMB SQUARE (DAVE'S BAKING)	1 EACH	176	134	2.1	29.0	5.6	0.75
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		438	387	13.51	87.72	4.49	0.71
% of Calories				12.3%	80.1%	9.2%	1.5%
Nutrient Guideline							

Weighted Average		481	468	15.26	94.76	5.29	1.35
				12.7%	78.8%	9.9%	2.5%

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Portion Values - Detailed

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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	481		400 - 500	100%					
Sodium 1 (mg)	468		540						
Sodium 2 (mg)									
Protein (g)	15.26	12.68%							
Carbohydrate (g)	94.76	78.75%							
Total Fat (g)	5.29	9.89%							
Saturated Fat (g)	1.35	2.53%	<10.00%						

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