

San Juan Unified School District

Mar 1, 2018 thru Mar 30, 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 - 03/01/2018							
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
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		681	607	16.46	137.22	8.69	1.84
% of Calories				9.7%	80.6%	11.5%	2.4%
Nutrient Guideline							

Fri - 03/02/2018							
9-12 LAUREL RUFF BREA BISCUIT (PILLSBURY)	Total 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							
9-12 LAUREL RUFF BREA PANCAKES, CINNAMON (THE MAX)	Total SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
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
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	593	16.46	122.72	8.69	1.84
% of Calories				10.4%	77.9%	12.4%	2.6%
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

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Mar 1, 2018 thru Mar 30, 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)
Tue - 03/06/2018							
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
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							
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
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		455	376	15.33	90.90	2.77	0.60
% of Calories				13.5%	79.9%	5.5%	1.2%
Nutrient Guideline							

Thu - 03/08/2018							
9-12 LAUREL RUFF BREA	Total						
CRUMB SQUARE & YOGURT (6 OZ)	SVG (1SQ&1YG)	302	223	7.7	50.4	6.8	1.35
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
Weighted Daily Average		501	432	16.31	99.42	5.09	1.01
% of Calories				13.0%	79.4%	9.1%	1.8%
Nutrient Guideline							

Fri - 03/09/2018							
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
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
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		463	380	14.38	91.85	4.69	0.79
% of Calories				12.4%	79.3%	9.1%	1.5%
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)
Mon - 03/12/2018							
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
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							
9-12 LAUREL RUFF BREA	Total						
CRUMB SQUARE & YOGURT (6 OZ)	SVG (1SQ&1YG)	302	223	7.7	50.4	6.8	1.35
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
Weighted Daily Average		501	432	16.31	97.42	5.09	1.01
% of Calories				13.0%	77.8%	9.1%	1.8%
Nutrient Guideline							

Wed - 03/14/2018							
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							

Thu - 03/15/2018							
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
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		630	595	16.46	123.22	8.69	1.84
% of Calories				10.4%	78.2%	12.4%	2.6%
Nutrient Guideline							

Fri - 03/16/2018							
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 - 03/19/2018							
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
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							
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
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							

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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							
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 - 03/22/2018							
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 - 03/23/2018							
9-12 LAUREL RUFF BREA	Total						
CRUMB SQUARE & YOGURT (6 OZ)	SVG (1SQ&1YG)	302	223	7.7	50.4	6.8	1.35
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		501	432	16.31	98.42	5.09	1.01
% of Calories				13.0%	78.6%	9.1%	1.8%
Nutrient Guideline							

Weighted Average		529	519	16.62	101.93	6.64	1.67
				12.6%	77.1%	11.3%	2.8%

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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	529		450 - 600	100%					
Sodium 1 (mg)	519		640						
Sodium 2 (mg)									
Protein (g)	16.62	12.57%							
Carbohydrate (g)	101.93	77.08%							
Total Fat (g)	6.64	11.29%							
Saturated Fat (g)	1.67	2.85%	<10.00%						

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