

# San Juan Unified School District

Nov 2, 2020 thru Nov 30, 2020

## Base Menu Spreadsheet

CURBSIDE BREAKFAST

### Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/02/2020							
CURBSIDE BREAKFAST	Total	100					
CS CINNAMON ROLL	1 EACH	100	230	340	6.0	39.0	0.00
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			411	502	17.00	69.00	0.00
% of Calories					16.5%	67.2%	0.0%
Nutrient Guideline			450-500	540			

Tue - 11/03/2020							
CURBSIDE BREAKFAST	Total	100					
CS BREAKFAST PIZZA	1 EACH	80	168	280	7.2	21.6	0.00
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	20	44	78	1.0	9.2	0.00
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	100	60	5	0.0	15.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			402	523	19.20	61.80	0.00
% of Calories					19.1%	61.5%	0.0%
Nutrient Guideline			450-500	540			

Wed - 11/04/2020							
CURBSIDE BREAKFAST	Total	100					
CEREAL VARIETY	BOWL (2 OZ)	100	207	258	4.67	46.33	0.00
RAISINS ,USDA	1BOX	100	120	5	1.0	29.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			457	423	16.67	91.33	0.00
% of Calories					14.6%	80.0%	0.0%
Nutrient Guideline			450-500	540			

Thu - 11/05/2020							
CURBSIDE BREAKFAST	Total	100					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	100	220	300	4.0	36.0	0.00
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	100	60	5	0.0	16.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			410	465	15.00	68.00	0.00
% of Calories					14.6%	66.3%	0.0%
Nutrient Guideline			450-500	540			

Fri - 11/06/2020							
CURBSIDE BREAKFAST	Total	100					
CS PNCAKE ROLL UP TKY (F FRM)	2 EACH	80	320	496	11.2	27.2	0.00
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	20	44	78	1.0	9.2	0.00
CS FRUIT ,CAN VARIETY	1/2 CUP	100	58	4	0.0	14.75	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			552	738	23.20	67.15	0.00
% of Calories					16.8%	48.7%	0.0%
Nutrient Guideline			450-500	540			

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat <sup>1</sup> (g)
Mon - 11/09/2020							
CURBSIDE BREAKFAST	Total	100					
UBR BREAKFAST BAR	1 EACH	100	280	190	5.0	44.0	0.00
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	100	60	5	0.0	15.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			470	355	16.00	75.00	0.00
% of Calories					13.6%	63.8%	0.0%
Nutrient Guideline			450-500	540			

Tue - 11/10/2020							
CURBSIDE BREAKFAST	Total	100					
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	100	252	190	3.7	30.2	0.00
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			433	352	14.70	60.20	0.00
% of Calories					13.6%	55.6%	0.0%
Nutrient Guideline			450-500	540			

Thu - 11/12/2020							
CURBSIDE BREAKFAST	Total	100					
CS FR TOAST STICKS	SVG (4 STICKS)	100	262	303	6.06	38.35	0.00
TURKEY BACON (JENNIE O)	SVG (2 SLICES)	100	40	220	4.0	0.0	0.00
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	100	60	5	0.0	16.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			492	688	21.05	70.35	0.00
% of Calories					17.1%	57.1%	0.0%
Nutrient Guideline			450-500	540			

Mon - 11/16/2020							
CURBSIDE BREAKFAST	Total	100					
CS BREAKFAST PIZZA	1 EACH	80	168	280	7.2	21.6	0.00
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	20	44	78	1.0	9.2	0.00
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	100	60	5	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			402	523	19.20	60.80	0.00
% of Calories					19.1%	60.5%	0.0%
Nutrient Guideline			450-500	540			

Tue - 11/17/2020							
CURBSIDE BREAKFAST	Total	100					
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	100	226	120	3.85	39.25	0.00
RAISINS ,USDA	1BOX	100	120	5	1.0	29.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			476	285	15.85	84.25	0.00
% of Calories					13.3%	70.8%	0.0%
Nutrient Guideline			450-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat <sup>1</sup> (g)
Wed - 11/18/2020							
CURBSIDE BREAKFAST	Total	100					
CS FR TOAST STICKS	SVG (4 STICKS)	100	262	303	6.06	38.35	0.00
TURKEY BACON (JENNIE O)	SVG (2 SLICES)	80	32	176	3.2	0.0	0.00
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			475	641	20.25	68.35	0.00
% of Calories					17.0%	57.5%	0.0%
Nutrient Guideline			450-500	540			

Thu - 11/19/2020							
CURBSIDE BREAKFAST	Total	100					
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	100	252	190	3.7	30.2	0.00
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	100	60	5	0.0	15.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			442	355	14.70	61.20	0.00
% of Calories					13.3%	55.4%	0.0%
Nutrient Guideline			450-500	540			

Fri - 11/20/2020							
CURBSIDE BREAKFAST	Total	100					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	100	200	220	4.0	35.0	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	80	56	192	4.8	0.8	0.00
CS FRUIT ,CAN VARIETY	1/2 CUP	100	58	4	0.0	14.75	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			444	576	19.80	66.55	0.00
% of Calories					17.8%	60.0%	0.0%
Nutrient Guideline			450-500	540			

Mon - 11/30/2020							
CURBSIDE BREAKFAST	Total	100					
CS CINNAMON ROLL	1 EACH	100	230	340	6.0	39.0	0.00
APPLESAUCE IW CUP (USDA)	1 EACH	100	51	2	0.0	14.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			411	502	17.00	69.00	0.00
% of Calories					16.5%	67.2%	0.0%
Nutrient Guideline			450-500	540			

Weighted Average			448	495	17.83	69.50	0.00
					15.9%	62.0%	0.0%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	Tr-Fat <sup>1</sup> (g) Error Messages (if any)
Calories	448		450 - 500	100%			2		Correction Required - Calories are Low
Sodium 1 (mg)	495		540						
Sodium 2 (mg)	495		485					10	Correction Required - Sodium too High
Protein (g)	17.83	15.91%							
Carbohydrate (g)	69.50	62.00%							
Trans Fat <sup>1</sup> (g)	0.00	0.00%							

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