

San Juan Unified School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ECE LUNCH

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Mon - 11/02/2020							
ECE LUNCH	Total	100					
PM PIZZA, CHEESE (WILD MIKES)	SLICE	100	360	510	20.0	34.0	0.00
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	100	32	26	0.76	7.47	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			581	697	*32.61	72.43	*0.00
% of Calories					*22.5%	49.9%	*0.0%
Nutrient Guideline			550-650	1230			

Tue - 11/03/2020							
ECE LUNCH	Total	100					
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	80	240	528	16.8	16.8	0.00
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	20	72	120	3.5	8.58	0.00
CS GREEN BEANS, CND(OTH) 1/2 CUP	1/2 CUP	100	16	140	1.0	3.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			517	949	*33.15	59.33	*0.00
% of Calories					*25.6%	45.9%	*0.0%
Nutrient Guideline			550-650	1230			

Wed - 11/04/2020							
ECE LUNCH	Total	100					
CS TURKEY HAM&CHEESE SNDWICH	1 EACH	80	245	741	18.67	27.73	0.00
CS CHEESE SANDWICH	1 SANDWICH	20	64	180	4.0	7.2	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			564	1097	*36.51	80.89	*0.00
% of Calories					*25.9%	57.4%	*0.0%
Nutrient Guideline			550-650	1230			

Thu - 11/05/2020							
ECE LUNCH	Total	100					
PM CHICKEN TACO	SVG (1 EACH)	80	274	728	21.13	26.47	0.00
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	20	104	176	4.2	10.6	0.00
PKD SALSA, CAN, COMMODITY	1/4 CUP	100	22	69	0.93	4.33	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			693	1275	*44.36	90.86	*0.00
% of Calories					*25.6%	52.4%	*0.0%
Nutrient Guideline			550-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Fri - 11/06/2020							
ECE LUNCH	Total	100					
NACHO PRETZL PCKT	1 EACH	100	360	600	19.0	38.0	0.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	100	10	10	1.06	1.8	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			559	771	*31.91	70.75	*0.00
% of Calories					*22.8%	50.6%	*0.0%
Nutrient Guideline			550-650	1230			

Mon - 11/09/2020							
ECE LUNCH	Total	100					
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	64	104	1.6	12.0	0.00
PM BEAN BURRITO	1 EACH	20	76	100	3.2	9.2	0.00
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	100	16	140	1.0	3.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			345	505	*17.65	55.15	*0.00
% of Calories					*20.4%	63.9%	*0.0%
Nutrient Guideline			550-650	1230			

Tue - 11/10/2020							
ECE LUNCH	Total	100					
WG GRILL CHEESE IW	1 EACH	100	280	581	18.55	30.96	0.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	100	10	10	1.06	1.8	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			480	751	*31.46	63.71	*0.00
% of Calories					*26.2%	53.1%	*0.0%
Nutrient Guideline			550-650	1230			

Thu - 11/12/2020							
ECE LUNCH	Total	100					
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	80	240	528	16.8	16.8	0.00
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	20	72	120	3.5	8.58	0.00
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	100	32	26	0.76	7.47	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			533	835	*32.91	63.80	*0.00
% of Calories					*24.7%	47.9%	*0.0%
Nutrient Guideline			550-650	1230			

Fri - 11/13/2020							
ECE LUNCH	Total	100					
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	100	520	880	21.0	53.0	0.00
PKD SALSA,CAN,COMMODITY	1/4 CUP	100	22	69	0.93	4.33	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00

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Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Weighted Daily Average			836	1251	*40.03	106.78	*0.00
% of Calories					*19.2%	51.1%	*0.0%
Nutrient Guideline			550-650	1230			

Mon - 11/16/2020							
ECE LUNCH	Total	100					
PM CHIKN PATTY MELT SANDWH,	1 EACH	80	352	848	20.0	35.2	0.00
NACHO PRETZL PCKT	1 EACH	20	72	120	3.8	7.6	0.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	100	40	10	0.0	9.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			653	1139	*35.65	82.75	*0.00
% of Calories					*21.8%	50.7%	*0.0%
Nutrient Guideline			550-650	1230			

Tue - 11/17/2020							
ECE LUNCH	Total	100					
CS TURKEY HAM&CHEESE SNDWICH	1 EACH	80	245	741	18.67	27.73	0.00
CS CHEESE SANDWICH	1 SANDWICH	20	64	180	4.0	7.2	0.00
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	100	32	26	0.76	7.47	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			530	1108	*35.27	73.36	*0.00
% of Calories					*26.6%	55.3%	*0.0%
Nutrient Guideline			550-650	1230			

Wed - 11/18/2020							
ECE LUNCH	Total	100					
PM CHICKEN TACO	SVG (1 EACH)	80	274	728	21.13	26.47	0.00
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	20	104	176	4.2	10.6	0.00
PKD SALSA,CAN,COMMODITY	1/4 CUP	100	22	69	0.93	4.33	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			693	1275	*44.36	90.86	*0.00
% of Calories					*25.6%	52.4%	*0.0%
Nutrient Guideline			550-650	1230			

Thu - 11/19/2020							
ECE LUNCH	Total	100					
PM CHICKEN NUGGETS & ROLL	SVG (5 NG&1RL)	80	272	424	14.4	24.8	0.00
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	20	72	120	3.5	8.58	0.00
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	100	16	140	1.0	3.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			549	845	*30.75	67.33	*0.00
% of Calories					*22.4%	49.0%	*0.0%
Nutrient Guideline			550-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Fri - 11/20/2020							
ECE LUNCH	Total	100					
PM BEAN BURRITO	1 EACH	100	380	500	16.0	46.0	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	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			626	677	29.00	91.00	0.00
% of Calories					18.5%	58.1%	0.0%
Nutrient Guideline			550-650	1230			

Mon - 11/23/2020							
ECE LUNCH	Total	100					
NACHO PRETZL PCKT	1 EACH	100	360	600	19.0	38.0	0.00
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	100	32	26	0.76	7.47	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			581	787	*31.61	76.43	*0.00
% of Calories					*21.8%	52.6%	*0.0%
Nutrient Guideline			550-650	1230			

Tue - 11/24/2020							
ECE LUNCH	Total	100					
WG GRILL CHEESE IW	1 EACH	100	280	581	18.55	30.96	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			535	757	*32.40	76.92	*0.00
% of Calories					*24.2%	57.5%	*0.0%
Nutrient Guideline			550-650	1230			

Wed - 11/25/2020							
ECE LUNCH	Total	100					
PM BEAN BURRITO	1 EACH	100	380	500	16.0	46.0	0.00
CS GREEN BEANS, CND(OTH) 1/2 CUP	1/2 CUP	100	16	140	1.0	3.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00
Weighted Daily Average			585	801	*28.85	79.95	*0.00
% of Calories					*19.7%	54.6%	*0.0%
Nutrient Guideline			550-650	1230			

Mon - 11/30/2020							
ECE LUNCH	Total	100					
WG GRILL CHEESE IW	1 EACH	100	280	581	18.55	30.96	0.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	100	40	10	0.0	9.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	59	1	*0.85	14.95	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			510	752	*30.40 *23.9%	70.91 55.7%	*0.00 *0.0%
Nutrient Guideline			550-650	1230			

Weighted Average			576	904	*33.27 *23.1%	76.29 53.0%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	576		550 - 650	100%				
Sodium 1 (mg)	904		1230					
Sodium 2 (mg)	904		935					
Protein (g)	33.27	23.10%			Missing			
Carbohydrate (g)	76.29	52.97%						
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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