

# San Juan Unified School District

Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

K-8 ELEMENTARY 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 - 11/01/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	1.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		598	435	14.83	127.57	5.25	1.16
% of Calories				9.9%	85.3%	7.9%	1.8%

Fri - 11/02/2018							
K-8 ELEMENTARY BREAKF	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		503	448	15.37	103.61	5.17	1.34
% of Calories				12.2%	82.3%	9.2%	2.4%

Mon - 11/05/2018							
K-8 ELEMENTARY BREAKF	Total						
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
MUFFIN VARIETY K-8 (DAVE'S)	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
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
Weighted Daily Average		398	310	13.48	80.41	3.16	0.57
% of Calories				13.5%	80.9%	7.2%	1.3%

Tue - 11/06/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKE ROLL UP TKY (F FARMS)	1 EACH	200	310	7.0	17.0	10.0	2.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		497	443	16.41	95.16	6.57	1.57
% of Calories				13.2%	76.6%	11.9%	2.8%

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Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/07/2018							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	105	6.0	30.0	3.0	0.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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		427	329	14.73	87.00	2.92	0.30
% of Calories				13.8%	81.5%	6.1%	0.6%

Thu - 11/08/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCA KES)	220	260	4.0	35.0	7.0	1.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		547	423	14.83	114.57	5.25	1.16
% of Calories				10.8%	83.8%	8.6%	1.9%

Tue - 11/13/2018							
K-8 ELEMENTARY BREAKF	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		455	448	15.00	90.45	5.09	1.33
% of Calories				13.2%	79.6%	10.1%	2.6%

Wed - 11/14/2018							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02

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# San Juan Unified School District

Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

## K-8 ELEMENTARY BREAKFAST

### 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		451	446	17.41	85.16	5.07	1.32
% of Calories				15.4%	75.6%	10.1%	2.6%

Thu - 11/15/2018							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CINNAMON (THE MAX)	SVG(2 PANCAKES)	220	260	4.0	35.0	7.0	1.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		547	423	14.83	113.57	5.25	1.16
% of Calories				10.8%	83.1%	8.6%	1.9%

Fri - 11/16/2018							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	195	225	4.5	28.5	7.5	1.50
TURKEY BACON (JENNIE O)	SVG (2 SLICES)	40	190	4.0	0.0	2.0	0.00
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		524	499	15.98	102.25	6.17	1.05
% of Calories				12.2%	78.0%	10.6%	1.8%

Mon - 11/26/2018							
K-8 ELEMENTARY BREAKF	Total						
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		462	446	14.73	90.50	4.92	1.30
% of Calories				12.8%	78.4%	9.6%	2.5%

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Base Menu Spreadsheet

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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 - 11/27/2018							
K-8 ELEMENTARY BREAKF	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BAGEL, PLAIN (BURRY)	1 EACH	180	200	7.0	35.0	1.0	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
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0	0.00
STRAWBERRY JAM PACKET (HEINZ)	1 PACKET	35	0	0.0	9.0	0.0	0.00
Weighted Daily Average		507	380	16.23	110.00	1.92	0.30
% of Calories				12.8%	86.7%	3.4%	0.5%

Wed - 11/28/2018							
K-8 ELEMENTARY BREAKF	Total						
YOGURT PARFAIT	1 PARFAIT	160	105	6.0	30.0	3.0	0.00
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		420	325	15.00	85.95	3.09	0.33
% of Calories				14.3%	81.9%	6.6%	0.7%

Thu - 11/29/2018							
K-8 ELEMENTARY BREAKF	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
MUFFIN VARIETY K-8 (DAVE'S)	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
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		427	312	14.03	89.82	3.37	0.64
% of Calories				13.2%	84.2%	7.1%	1.3%

Fri - 11/30/2018							
K-8 ELEMENTARY BREAKF	Total						
CORN STAR & YOGURT	(1 STR & 1 YGT	218	151	6.8	37.0	5.0	0.90
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		449	353	15.39	91.45	4.09	0.78
% of Calories				13.7%	81.6%	8.2%	1.6%

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**San Juan Unified School District**

**Nov 1, 2018 thru Nov 30, 2018**

Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		481	401	15.22 12.7%	97.83 81.4%	4.48 8.4%	0.95 1.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	481		400 - 500	100%				
Sodium 1 (mg)	401		540					
Sodium 2 (mg)	401		485					
Protein (g)	15.22	12.66%						
Carbohydrate (g)	97.83	81.41%						
Total Fat (g)	4.48	8.40%						
Saturated Fat (g)	0.95	1.79%	<10.00%					

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