

San Juan Unified School District

Nov 1, 2018 thru Nov 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 - 11/01/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
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
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		708	565	16.83	145.07	8.75	1.91
% of Calories				9.5%	82.0%	11.1%	2.4%

Fri - 11/02/2018							
9-12 LAUREL RUFF BREAK	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							
9-12 LAUREL RUFF BREAK	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 (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
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
Weighted Daily Average		452	333	14.20	90.29	4.54	0.79
% of Calories				12.6%	79.9%	9.0%	1.6%

Tue - 11/06/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKE ROLL UP TKY (F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
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
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		597	598	19.91	103.66	11.57	2.82
% of Calories				13.3%	69.5%	17.4%	4.3%

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/07/2018							
9-12 LAUREL RUFF BREAK	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							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
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
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		657	553	16.83	132.07	8.75	1.91
% of Calories				10.3%	80.4%	12.0%	2.6%

Tue - 11/13/2018							
9-12 LAUREL RUFF BREAK	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							
9-12 LAUREL RUFF BREAK	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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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							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCAKE)	440	520	8.0	70.0	14.0	3.00
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
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		657	553	16.83	131.07	8.75	1.91
% of Calories				10.3%	79.8%	12.0%	2.6%

Fri - 11/16/2018							
9-12 LAUREL RUFF BREAK	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
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		557	536	16.73	107.00	7.42	1.30
% of Calories				12.0%	76.8%	12.0%	2.1%

Mon - 11/26/2018							
9-12 LAUREL RUFF BREAK	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	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 (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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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		577	641	19.73	104.50	8.42	2.55
% of Calories				13.7%	72.4%	13.1%	4.0%

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/27/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKE ROLL UP TKY (F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
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
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	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		660	605	19.73	120.00	11.42	2.80
% of Calories				12.0%	72.7%	15.6%	3.8%

Wed - 11/28/2018							
9-12 LAUREL RUFF BREAK	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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		445	448	16.50	84.45	5.09	1.33
% of Calories				14.8%	76.0%	10.3%	2.7%

Thu - 11/29/2018							
9-12 LAUREL RUFF BREAK	Total						
PANCAKES, CINNAMON (THE MAX)	SVG (4 PANCA KE)	440	520	8.0	70.0	14.0	3.00
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
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		648	550	16.83	130.07	8.75	1.91
% of Calories				10.4%	80.3%	12.2%	2.7%

Fri - 11/30/2018							
9-12 LAUREL RUFF BREAK	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
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		455	448	15.00	92.45	5.09	1.33
% of Calories				13.2%	81.4%	10.1%	2.6%

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Weighted Average		550	500	16.78 12.2%	107.12 77.9%	7.12 11.7%	1.66 2.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	550		450 - 600	100%				
Sodium 1 (mg)	500		640					
Sodium 2 (mg)	500		570					
Protein (g)	16.78	12.21%						
Carbohydrate (g)	107.12	77.94%						
Total Fat (g)	7.12	11.65%						
Saturated Fat (g)	1.66	2.71%	<10.00%					

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