

San Juan Unified School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

CURBSIDE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/01/2020						
CURBSIDE BREAKFAST	Total					
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		407	282	14.85	69.25	8.50
% of Calories				14.6%	68.1%	18.8%
Nutrient Guideline		450-500	540			

Fri - 10/02/2020						
CURBSIDE BREAKFAST	Total					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		416	529	*19.94	62.58	*10.39
% of Calories				*19.2%	60.2%	*22.5%
Nutrient Guideline		450-500	540			

Tue - 10/06/2020						
CURBSIDE BREAKFAST	Total					
CEREAL VARIETY	BOWL (2 OZ)	207	258	4.67	46.33	1.83
RAISINS, 0.5 CUP FRUIT	1 PACKAGE	114	4	1.17	30.09	0.17
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		451	422	16.84	92.42	4.50
% of Calories				14.9%	82.0%	9.0%
Nutrient Guideline		450-500	540			

Wed - 10/07/2020						
CURBSIDE BREAKFAST	Total					
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	6.06	38.35	10.09
TURKEY BACON (JENNIE O)	SVG (2 SLICES)	40	220	4.0	0.0	3.0
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		492	688	21.05	69.35	15.59
% of Calories				17.1%	56.3%	28.5%
Nutrient Guideline		450-500	540			

Thu - 10/08/2020						
CURBSIDE BREAKFAST	Total					
UBR BREAKFAST BAR	1 EACH	280	190	5.0	44.0	8.0
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		461	352	16.00	74.00	10.50
% of Calories				13.9%	64.2%	20.5%
Nutrient Guideline		450-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/09/2020						
CURBSIDE BREAKFAST	Total					
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	4.0	35.0	5.0
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		446	577	19.80	67.80	11.10
% of Calories				17.8%	60.8%	22.4%
Nutrient Guideline		450-500	540			

Mon - 10/12/2020						
CURBSIDE BREAKFAST	Total					
CS CINNAMON ROLL	1 EACH	230	340	6.0	39.0	7.0
CS APPLESAGE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		411	502	17.00	69.00	9.50
% of Calories				16.5%	67.2%	20.8%
Nutrient Guideline		450-500	540			

Tue - 10/13/2020						
CURBSIDE BREAKFAST	Total					
CS BREAKFAST PIZZA	1 EACH	210	350	9.0	27.0	7.0
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	220	390	5.0	46.0	2.5
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		402	523	19.20	61.80	8.60
% of Calories				19.1%	61.5%	19.3%
Nutrient Guideline		450-500	540			

Wed - 10/14/2020						
CURBSIDE BREAKFAST	Total					
CEREAL VARIETY	BOWL (2 OZ)	207	258	4.67	46.33	1.83
RAISINS, 0.5 CUP FRUIT	1 PACKAGE	114	4	1.17	30.09	0.17
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		451	422	16.84	92.42	4.50
% of Calories				14.9%	82.0%	9.0%
Nutrient Guideline		450-500	540			

Thu - 10/15/2020						
CURBSIDE BREAKFAST	Total					
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	4.0	36.0	7.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		410	465	15.00	68.00	9.50
% of Calories				14.6%	66.3%	20.9%
Nutrient Guideline		450-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/16/2020						
CURBSIDE BREAKFAST	Total					
CS PNCAKE ROLL UP TKY (F FRM)	2 EACH	400	620	14.0	34.0	20.0
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	220	390	5.0	46.0	2.5
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		554	739	23.20	66.40	19.00
% of Calories				16.8%	47.9%	30.9%
Nutrient Guideline		450-500	540			

Mon - 10/19/2020						
CURBSIDE BREAKFAST	Total					
UBR BREAKFAST BAR	1 EACH	280	190	5.0	44.0	8.0
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		470	355	16.00	75.00	10.50
% of Calories				13.6%	63.8%	20.1%
Nutrient Guideline		450-500	540			

Tue - 10/20/2020						
CURBSIDE BREAKFAST	Total					
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	3.7	30.2	8.2
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		442	355	14.70	62.20	10.70
% of Calories				13.3%	56.3%	21.8%
Nutrient Guideline		450-500	540			

Wed - 10/21/2020						
CURBSIDE BREAKFAST	Total					
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	6.06	38.35	10.09
TURKEY BACON (JENNIE O)	SVG (2 SLICES)	40	220	4.0	0.0	3.0
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		484	644	20.25	68.35	14.99
% of Calories				16.7%	56.4%	27.9%
Nutrient Guideline		450-500	540			

Thu - 10/22/2020						
CURBSIDE BREAKFAST	Total					
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		407	282	14.85	69.25	8.50
% of Calories				14.6%	68.1%	18.8%
Nutrient Guideline		450-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/23/2020						
CURBSIDE BREAKFAST	Total					
CEREAL VARIETY	BOWL (2 OZ)	207	258	4.67	46.33	1.83
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		407	420	*16.61	80.11	*4.62
% of Calories				*16.3%	78.8%	*10.2%
Nutrient Guideline		450-500	540			

Mon - 10/26/2020						
CURBSIDE BREAKFAST	Total					
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	3.85	39.25	6.0
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		416	285	14.85	69.25	8.50
% of Calories				14.3%	66.6%	18.4%
Nutrient Guideline		450-500	540			

Tue - 10/27/2020						
CURBSIDE BREAKFAST	Total					
CEREAL VARIETY	BOWL (2 OZ)	207	258	4.67	46.33	1.83
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		407	420	*16.61	80.11	*4.62
% of Calories				*16.3%	78.8%	*10.2%
Nutrient Guideline		450-500	540			

Wed - 10/28/2020						
CURBSIDE BREAKFAST	Total					
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	6.06	38.35	10.09
TURKEY BACON (JENNIE O)	SVG (2 SLICES)	40	220	4.0	0.0	3.0
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		484	644	20.25	69.35	14.99
% of Calories				16.7%	57.3%	27.9%
Nutrient Guideline		450-500	540			

Thu - 10/29/2020						
CURBSIDE BREAKFAST	Total					
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	3.7	30.2	8.2
CS APPLESACE,CND,SWTND,WO/SALT	1/2 CUP	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		433	352	14.70	60.20	10.70
% of Calories				13.6%	55.6%	22.2%
Nutrient Guideline		450-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/30/2020						
CURBSIDE BREAKFAST						
CS WAFFLES,MINI MPLE(KELLOGGS)	Total PACKAGE	200	220	4.0	35.0	5.0
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		446	577	19.80	67.80	11.10
% of Calories				17.8%	60.8%	22.4%
Nutrient Guideline		450-500	540			

Weighted Average		443	468	*17.54 *15.8%	71.17 64.3%	*10.04 *20.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	443		450 - 500	98%		7		Correction Required - Calories are Low
Sodium 1 (mg)	468		540					
Sodium 2 (mg)	468		485					
Protein (g)	17.54	15.85%			Missing			
Carbohydrate (g)	71.17	64.31%						
Total Fat (g)	10.04	20.42%			Missing			

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