

San Juan Unified School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

BRIDGES & ECE SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/01/2020						
BRIDGES & ECE SNACK	Total					
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
Weighted Daily Average		221	173	*2.94	45.78	*4.29
% of Calories				*5.3%	82.8%	*17.5%
Nutrient Guideline		0				

Fri - 10/02/2020						
BRIDGES & ECE SNACK	Total					
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
Weighted Daily Average		220	127	3.56	39.47	5.14
% of Calories				6.5%	71.9%	21.1%
Nutrient Guideline		0				

Mon - 10/05/2020						
BRIDGES & ECE SNACK	Total					
MUFFIN VARIETY (SM)	1 EACH	118	74	2.4	19.5	3.25
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
Weighted Daily Average		301	79	*4.34	67.28	*3.54
% of Calories				*5.8%	89.5%	*10.6%
Nutrient Guideline		0				

Tue - 10/06/2020						
BRIDGES & ECE SNACK	Total					
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
Weighted Daily Average		243	205	*8.94	48.78	*3.29
% of Calories				*14.7%	80.3%	*12.2%
Nutrient Guideline		0				

Wed - 10/07/2020						
BRIDGES & ECE SNACK	Total					
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
Weighted Daily Average		202	196	11.76	32.47	2.64
% of Calories				23.3%	64.4%	11.8%
Nutrient Guideline		0				

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

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/08/2020						
BRIDGES & ECE SNACK	Total					
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0
JUICE, ORANGE (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
Weighted Daily Average		211	172	2.00	42.00	4.00
% of Calories				3.8%	79.6%	17.1%
Nutrient Guideline		0				

Fri - 10/09/2020						
BRIDGES & ECE SNACK	Total					
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
Weighted Daily Average		220	127	3.56	39.47	5.14
% of Calories				6.5%	71.9%	21.1%
Nutrient Guideline		0				

Mon - 10/12/2020						
BRIDGES & ECE SNACK	Total					
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0
JUICE, APPLE (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
Weighted Daily Average		230	171	*2.94	45.78	*4.29
% of Calories				*5.1%	79.6%	*16.8%
Nutrient Guideline		0				

Tue - 10/13/2020						
BRIDGES & ECE SNACK	Total					
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
Weighted Daily Average		313	165	*12.94	63.78	*2.79
% of Calories				*16.5%	81.5%	*8.0%
Nutrient Guideline		0				

Wed - 10/14/2020						
BRIDGES & ECE SNACK	Total					
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
Weighted Daily Average		132	236	7.76	17.47	3.14
% of Calories				23.6%	53.1%	21.5%
Nutrient Guideline		0				

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/15/2020						
BRIDGES & ECE SNACK	Total					
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	2.0	14.0	3.5
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
Weighted Daily Average		283	155	*3.94	61.78	*3.79
% of Calories				*5.6%	87.3%	*12.0%
Nutrient Guideline		0				

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/16/2020						
BRIDGES & ECE SNACK	Total					
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
Weighted Daily Average		202	196	11.76	32.47	2.64
% of Calories				23.3%	64.4%	11.8%
Nutrient Guideline		0				

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/19/2020						
BRIDGES & ECE SNACK	Total					
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
Weighted Daily Average		243	205	*8.94	48.78	*3.29
% of Calories				*14.7%	80.3%	*12.2%
Nutrient Guideline		0				

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/20/2020						
BRIDGES & ECE SNACK	Total					
MUFFIN VARIETY (SM)	1 EACH	118	74	2.4	19.5	3.25
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
Weighted Daily Average		189	110	3.16	35.97	3.39
% of Calories				6.7%	76.1%	16.1%
Nutrient Guideline		0				

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/21/2020						
BRIDGES & ECE SNACK	Total					
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
Weighted Daily Average		313	165	*12.94	63.78	*2.79
% of Calories				*16.5%	81.5%	*8.0%
Nutrient Guideline		0				

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/22/2020						
BRIDGES & ECE SNACK	Total					
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
Weighted Daily Average		221	173	*2.94	45.78	*4.29
% of Calories				*5.3%	82.8%	*17.5%
Nutrient Guideline		0				

Fri - 10/23/2020						
BRIDGES & ECE SNACK	Total					
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
Weighted Daily Average		220	127	3.56	39.47	5.14
% of Calories				6.5%	71.9%	21.1%
Nutrient Guideline		0				

Mon - 10/26/2020						
BRIDGES & ECE SNACK	Total					
MUFFIN VARIETY (SM)	1 EACH	118	74	2.4	19.5	3.25
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
Weighted Daily Average		301	79	*4.34	67.28	*3.54
% of Calories				*5.8%	89.5%	*10.6%
Nutrient Guideline		0				

Tue - 10/27/2020						
BRIDGES & ECE SNACK	Total					
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
Weighted Daily Average		243	205	*8.94	48.78	*3.29
% of Calories				*14.7%	80.3%	*12.2%
Nutrient Guideline		0				

Wed - 10/28/2020						
BRIDGES & ECE SNACK	Total					
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
Weighted Daily Average		202	196	11.76	32.47	2.64
% of Calories				23.3%	64.4%	11.8%
Nutrient Guideline		0				

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/29/2020						
BRIDGES & ECE SNACK	Total					
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0
JUICE, ORANGE (PRODUCERS)	1 CARTON	60	0	0.0	14.0	0.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
Weighted Daily Average		211	172	2.00	42.00	4.00
% of Calories				3.8%	79.6%	17.1%
Nutrient Guideline		0				

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/30/2020						
BRIDGES & ECE SNACK	Total					
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
Weighted Daily Average		220	127	3.56	39.47	5.14
% of Calories				6.5%	71.9%	21.1%
Nutrient Guideline		0				

Weighted Average		234	162	*6.30 *10.8%	45.47 77.9%	*3.73 *14.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	234		0					
Sodium 1 (mg)	162						162	
Sodium 2 (mg)	162						162	
Protein (g)	6.30	10.79%			Missing			
Carbohydrate (g)	45.47	77.87%						
Total Fat (g)	3.73	14.39%			Missing			

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