

# San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

## Base Menu Spreadsheet

BRIDGES SUPER SNACK

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/01/2018							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	494	25.40	101.00	37.50	3.30
% of Calories				12.5%	49.8%	41.6%	3.7%

Tue - 10/02/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		483	666	28.46	67.95	10.67	5.23
% of Calories				23.6%	56.3%	19.9%	9.8%

Wed - 10/03/2018							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

Thu - 10/04/2018							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		600	561	27.11	104.79	9.47	3.34
% of Calories				18.1%	69.9%	14.2%	5.0%

Tue - 10/09/2018							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

BRIDGES SUPER SNACK

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		812	495	25.50	100.75	37.63	3.37
% of Calories				12.6%	49.6%	41.7%	3.7%

Wed - 10/10/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		561	695	29.51	84.20	11.67	5.23
% of Calories				21.1%	60.1%	18.7%	8.4%

Thu - 10/11/2018							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

Fri - 10/12/2018							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		575	447	27.80	115.58	4.39	2.36
% of Calories				19.3%	80.4%	6.9%	3.7%

Mon - 10/15/2018							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	494	25.40	101.00	37.50	3.30
% of Calories				12.5%	49.8%	41.6%	3.7%

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**San Juan Unified School District**

**Oct 1, 2018 thru Oct 31, 2018**

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/16/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		483	666	28.46	67.95	10.67	5.23
% of Calories				23.6%	56.3%	19.9%	9.8%

Wed - 10/17/2018							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

Thu - 10/18/2018							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		600	561	27.11	104.79	9.47	3.34
% of Calories				18.1%	69.9%	14.2%	5.0%

Fri - 10/19/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		525	580	30.66	90.95	6.67	4.33
% of Calories				23.4%	69.4%	11.4%	7.4%

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Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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Mon - 10/22/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		531	667	28.84	81.11	10.75	5.24
% of Calories				21.7%	61.0%	18.2%	8.9%

Tue - 10/23/2018							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	495	25.50	100.75	37.63	3.37
% of Calories				12.6%	49.6%	41.7%	3.7%

Wed - 10/24/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		561	695	29.51	84.20	11.67	5.23
% of Calories				21.1%	60.1%	18.7%	8.4%

Thu - 10/25/2018							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

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BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/26/2018							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	70	60	4.0	14.0	0.0	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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, SHREDDED WHEAT (POST)	1 BOWL (2 OZ)	190	5	5.0	46.0	1.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
Weighted Daily Average		575	447	27.80	115.58	4.39	2.36
% of Calories				19.3%	80.4%	6.9%	3.7%

Mon - 10/29/2018							
BRIDGES SUPER SNACK	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
POWER UP BOX	BOX	690	350	16.0	81.0	37.0	3.00
Weighted Daily Average		812	494	25.40	101.00	37.50	3.30
% of Calories				12.5%	49.8%	41.6%	3.7%

Tue - 10/30/2018							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (LAND O LAKES)	2 EACH	120	420	16.0	2.0	5.0	4.00
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		520	666	29.30	77.07	10.83	5.31
% of Calories				22.5%	59.3%	18.8%	9.2%

Wed - 10/31/2018							
BRIDGES SUPER SNACK	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
ENERGIZER BOX	1 EACH	570	610	15.0	69.0	28.0	8.00
Weighted Daily Average		692	754	24.40	89.00	28.50	8.30
% of Calories				14.1%	51.4%	37.1%	10.8%

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