

San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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Generated on: 8/26/2019 10:43:00 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/09/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		497	674	29.14	71.11	10.79	5.24
% of Calories				23.4%	57.2%	19.5%	9.5%
Nutrient Guideline		600-650	1230				<10.00

Tue - 09/10/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		471	1120	30.20	72.33	9.05	3.93
% of Calories				25.6%	61.4%	17.3%	7.5%
Nutrient Guideline		600-650	1230				<10.00

Wed - 09/11/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		575	703	30.19	87.36	11.79	5.24
% of Calories				21.0%	60.7%	18.4%	8.2%
Nutrient Guideline		600-650	1230				<10.00

Thu - 09/12/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		541	454	28.10	105.58	4.43	2.36
% of Calories				20.8%	78.1%	7.4%	3.9%
Nutrient Guideline		600-650	1230				<10.00

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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/13/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		471	1054	30.10	72.58	8.93	3.86
% of Calories				25.6%	61.7%	17.1%	7.4%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/16/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	1 EACH	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		497	674	29.14	71.11	10.79	5.24
% of Calories				23.4%	57.2%	19.5%	9.5%
Nutrient Guideline		600-650	1230				<10.00

Tue - 09/17/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		471	1119	30.10	72.58	8.93	3.86
% of Calories				25.6%	61.7%	17.1%	7.4%
Nutrient Guideline		600-650	1230				<10.00

Wed - 09/18/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		577	569	26.95	98.83	9.43	3.26
% of Calories				18.7%	68.5%	14.7%	5.1%
Nutrient Guideline		600-650	1230				<10.00

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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)
Thu - 09/19/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		539	588	31.34	94.11	6.79	4.34
% of Calories				23.3%	69.8%	11.3%	7.2%
Nutrient Guideline		600-650	1230				<10.00

Fri - 09/20/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		471	1054	30.10	72.58	8.93	3.86
% of Calories				25.6%	61.7%	17.1%	7.4%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/23/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		497	674	29.14	71.11	10.79	5.24
% of Calories				23.4%	57.2%	19.5%	9.5%
Nutrient Guideline		600-650	1230				<10.00

Tue - 09/24/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		471	1120	30.20	72.33	9.05	3.93
% of Calories				25.6%	61.4%	17.3%	7.5%
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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)
Wed - 09/25/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		575	703	30.19	87.36	11.79	5.24
% of Calories				21.0%	60.7%	18.4%	8.2%
Nutrient Guideline		600-650	1230				<10.00

Thu - 09/26/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		541	454	28.10	105.58	4.43	2.36
% of Calories				20.8%	78.1%	7.4%	3.9%
Nutrient Guideline		600-650	1230				<10.00

Fri - 09/27/2019							
BRIDGES SUPER SNACK	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
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% of Calories				25.6%	61.7%	17.1%	7.4%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/30/2019							
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	150	9.0	21.0	0.0	0.00
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Weighted Daily Average		471	1119	30.10	72.58	8.93	3.86
% of Calories				25.6%	61.7%	17.1%	7.4%
Nutrient Guideline		600-650	1230				<10.00

Wed - 10/02/2019							
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	150	9.0	21.0	0.0	0.00
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% of Calories				18.7%	68.5%	14.7%	5.1%
Nutrient Guideline		600-650	1230				<10.00

Thu - 10/03/2019							
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	150	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		539	588	31.34	94.11	6.79	4.34
% of Calories				23.3%	69.8%	11.3%	7.2%
Nutrient Guideline		600-650	1230				<10.00

Weighted Average		513	788	29.51 23.0%	82.30 64.1%	8.99 15.8%	4.13 7.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	513		600 - 650	86%		87		Correction Required - Calories are Low
Sodium 1 (mg)	788		1230					
Sodium 2 (mg)	788		935					
Protein (g)	29.51	23.00%						
Carbohydrate (g)	82.30	64.15%						
Total Fat (g)	8.99	15.76%						
Saturated Fat (g)	4.13	7.24%	<10.00%					

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.