

San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Sep 1, 2020 thru Sep 30, 2020

ECE LUNCH

Generated on: 8/17/2020 2:23:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/01/2020									
ECE LUNCH	Total	100							
PKD CHICKEN DRUMSTICK (TYSON)	1 EACH	100	220	530	19.0	6.0	13.0	3.00	0.00
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2	100	32	26	0.76	7.47	0.14	0.02	0.00
CS APPLES, SLICED (ELEMENTARY)	1/2 CUP	100	34	0	*N/A*	8.0	*N/A*	0.00	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
CS ROLL, MINI WHEAT (SHANNON'S)	1 EACH	100	80	130	2.0	15.0	1.0	0.00	0.00
Weighted Daily Average			496	846	*32.76	52.47	*16.64	4.52	0.00
% of Calories					*26.4%	42.3%	*30.2%	8.2%	0.0%
Nutrient Guideline			550-650	1230				<10.00	

Wed - 09/02/2020									
ECE LUNCH	Total	100							
PKD POPCORN CHCKEN & CRNSTAR	SVG (15 CHX & 1S)	100	428	911	17.8	38.0	22.0	3.90	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	1.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			693	1087	*31.74	86.78	*25.79	5.43	*0.00
% of Calories					*18.3%	50.1%	*33.5%	7.1%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Thu - 09/03/2020									
ECE LUNCH	Total	100							
SUNBUTTER SANDWICH, STRAWBERRY	1 EACH	100	310	320	9.0	32.0	15.0	2.00	0.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	100	170	2.0	14.0	4.0	0.50	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	100	60	200	7.0	1.0	3.0	2.00	0.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	100	40	10	0.0	9.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			710	861	*29.94	89.78	*24.79	6.04	*0.00
% of Calories					*16.9%	50.6%	*31.4%	7.6%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

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

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San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2020 thru Sep 30, 2020

ECE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/04/2020									
ECE LUNCH	Total	100							
NACHO PRETZL PKCT	1 EACH	100	360	600	19.0	38.0	16.0	8.00	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.75	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			664	901	*37.20	90.28	*19.54	9.53	*0.00
% of Calories					*22.4%	54.4%	*26.5%	12.9%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Tue - 09/08/2020									
ECE LUNCH	Total	100							
TORTILLA CHIPS (LA TAPATIA)	1 EACH	100	270	110	4.0	38.0	12.0	2.00	0.00
CHEESE DIP CUP	1 EACH	100	190	570	10.0	14.0	10.0	6.00	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	100	60	200	7.0	1.0	3.0	2.00	0.00
SALSA CUP	1 CUP	100	20	300	*N/A*	4.0	0.0	0.00	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.75	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			844	1481	*39.19	109.28	*28.54	11.53	*0.00
% of Calories					*18.6%	51.8%	*30.4%	12.3%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Wed - 09/09/2020									
ECE LUNCH	Total	100							
PKD CHKN PATTY S/WICH	1 EACH	100	400	910	22.0	43.0	17.0	3.00	0.00
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	100	16	140	1.0	3.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			616	1211	*34.95	79.78	*19.79	4.53	*0.00
% of Calories					*22.7%	51.8%	*28.9%	6.6%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

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San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2020 thru Sep 30, 2020

ECE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/10/2020									
ECE LUNCH	Total	100							
PKD CHICKEN DRUMSTICK (TYSON)	1 EACH	100	220	530	19.0	6.0	13.0	3.00	0.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	100	10	10	1.06	1.8	0.12	0.02	0.00
CS APPLES, SLICED(ELEMENTARY)	1/2 CUP	100	34	0	*N/A*	8.0	*N/A*	0.00	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
CS ROLL,MINI WHEAT (SHANNON'S)	1 EACH	100	80	130	2.0	15.0	1.0	0.00	0.00
Weighted Daily Average			474	830	*33.06	46.80	*16.62	4.52	0.00
% of Calories					*27.9%	39.5%	*31.6%	8.6%	0.0%
Nutrient Guideline			550-650	1230				<10.00	

Fri - 09/11/2020									
ECE LUNCH	Total	100							
WG GRILL CHEESE IW	1 EACH	100	280	581	18.55	30.96	9.91	5.56	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	1.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			545	757	*32.50	79.74	*13.70	7.09	*0.00
% of Calories					*23.8%	58.5%	*22.6%	11.7%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Mon - 09/14/2020									
ECE LUNCH	Total	100							
PKD CHKN PATTY S/WICH	1 EACH	100	400	910	22.0	43.0	17.0	3.00	0.00
CS CELERY STIX (OTH)1/2 CUP	1/2 CUP	100	12	65	0.56	2.71	0.1	0.03	*N/A*
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			612	1136	*34.50	79.49	*19.89	4.56	*0.00
% of Calories					*22.6%	52.0%	*29.3%	6.7%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

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Sep 1, 2020 thru Sep 30, 2020

ECE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/15/2020									
ECE LUNCH	Total	100							
SANDWICH, TURKEY HAM & CHEESE	1 EACH	100	250	810	19.0	28.0	8.0	3.50	0.00
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2	100	32	26	0.76	7.47	0.14	0.02	0.00
JUICE, APPLE (suncup)	1 CARTON	100	60	5	*N/A*	14.0	0.0	0.00	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			472	1001	*30.76	65.47	10.64	5.02	0.00
% of Calories					*26.1%	55.5%	20.3%	9.6%	0.0%
Nutrient Guideline			550-650	1230				<10.00	

Wed - 09/16/2020									
ECE LUNCH	Total	100							
TORTILLA CHIPS (LA TAPATIA)	1 EACH	100	270	110	4.0	38.0	12.0	2.00	0.00
CHEESE DIP CUP	1 EACH	100	190	570	10.0	14.0	10.0	6.00	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	100	60	200	7.0	1.0	3.0	2.00	0.00
SALSA CUP	1 CUP	100	20	300	*N/A*	4.0	0.0	0.00	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.75	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			844	1481	*39.19	109.28	*28.54	11.53	*0.00
% of Calories					*18.6%	51.8%	*30.4%	12.3%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Thu - 09/17/2020									
ECE LUNCH	Total	100							
PKD CHICKEN NUGGETS (TYSON)	5 NUGGETS	100	260	400	16.0	16.0	15.0	2.50	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	1.0	0.00	0.00
CS APPLES, SLICED (ELEMENTARY)	1/2 CUP	100	34	0	*N/A*	8.0	*N/A*	0.00	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
CS ROLL, MINI WHEAT (SHANNON'S)	1 EACH	100	80	130	2.0	15.0	1.0	0.00	0.00
Weighted Daily Average			569	705	*31.00	70.00	*19.50	4.00	0.00
% of Calories					*21.8%	49.2%	*30.8%	6.3%	0.0%
Nutrient Guideline			550-650	1230				<10.00	

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Sep 1, 2020 thru Sep 30, 2020

ECE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/18/2020									
ECE LUNCH	Total	100							
PKD BEAN BURRITO (AZ GOLD)	1 EACH	100	380	500	16.0	46.0	15.0	6.00	0.00
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	100	10	10	1.06	1.8	0.12	0.02	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			590	671	*29.00	81.57	*17.91	7.55	*0.00
% of Calories					*19.7%	55.3%	*27.3%	11.5%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Mon - 09/21/2020									
ECE LUNCH	Total	100							
PKD PIZZA, CHEESE (WILD MIKES)	SLICE	100	360	510	20.0	34.0	17.0	8.00	0.00
CS CELERY STIX (OTH) 1/2 CUP	1/2 CUP	100	12	65	0.56	2.71	0.1	0.03	*N/A*
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			572	736	*32.50	70.49	*19.89	9.56	*0.00
% of Calories					*22.7%	49.3%	*31.3%	15.0%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Tue - 09/22/2020									
ECE LUNCH	Total	100							
PKD CHICKEN DRUMSTICK (TYSON)	1 EACH	100	220	530	19.0	6.0	13.0	3.00	0.00
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2	100	32	26	0.76	7.47	0.14	0.02	0.00
CS APPLES, SLICED (ELEMENTARY)	1/2 CUP	100	34	0	*N/A*	8.0	*N/A*	0.00	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
CS ROLL, MINI WHEAT (SHANNON'S)	1 EACH	100	80	130	2.0	15.0	1.0	0.00	0.00
Weighted Daily Average			496	846	*32.76	52.47	*16.64	4.52	0.00
% of Calories					*26.4%	42.3%	*30.2%	8.2%	0.0%
Nutrient Guideline			550-650	1230				<10.00	

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ECE LUNCH

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Wed - 09/23/2020									
ECE LUNCH	Total	100							
PKD POPCORN CHCKEN & CRNSTAR	SVG (15 CHX & 1S)	100	428	911	17.8	38.0	22.0	3.90	0.00
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	100	65	15	2.0	15.0	1.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			693	1087	*31.74	86.78	*25.79	5.43	*0.00
% of Calories					*18.3%	50.1%	*33.5%	7.1%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Thu - 09/24/2020									
ECE LUNCH	Total	100							
SUNBUTTER SANDWICH, STRAWBERRY	1 EACH	100	310	320	9.0	32.0	15.0	2.00	0.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	100	170	2.0	14.0	4.0	0.50	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	100	60	200	7.0	1.0	3.0	2.00	0.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	100	40	10	0.0	9.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			710	861	*29.94	89.78	*24.79	6.04	*0.00
% of Calories					*16.9%	50.6%	*31.4%	7.6%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Fri - 09/25/2020									
ECE LUNCH	Total	100							
NACHO PRETZL PCKT	1 EACH	100	360	600	19.0	38.0	16.0	8.00	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.75	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			664	901	*37.20	90.28	*19.54	9.53	*0.00
% of Calories					*22.4%	54.4%	*26.5%	12.9%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

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ECE LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/28/2020									
ECE LUNCH	Total	100							
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROL	100	80	130	2.0	15.0	1.0	0.00	0.00
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2	100	32	26	0.76	7.47	0.14	0.02	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			312	317	*14.70	56.25	*3.93	1.56	*0.00
% of Calories					*18.9%	72.2%	*11.3%	4.5%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Tue - 09/29/2020									
ECE LUNCH	Total	100							
TORTILLA CHIPS (LA TAPATIA)	1 EACH	100	270	110	4.0	38.0	12.0	2.00	0.00
CHEESE DIP CUP	1 EACH	100	190	570	10.0	14.0	10.0	6.00	0.00
CHEESE, STRING (LAND O LAKES)	1 EACH	100	60	200	7.0	1.0	3.0	2.00	0.00
SALSA CUP	1 CUP	100	20	300	*N/A*	4.0	0.0	0.00	0.00
CS BEAN VARIETY	1/2 CUP	100	104	140	6.25	18.5	0.75	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			844	1481	*39.19	109.28	*28.54	11.53	*0.00
% of Calories					*18.6%	51.8%	*30.4%	12.3%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Wed - 09/30/2020									
ECE LUNCH	Total	100							
PKD CHKN PATTY S/WICH	1 EACH	100	400	910	22.0	43.0	17.0	3.00	0.00
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	100	16	140	1.0	3.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	100	70	1	*0.94	17.78	*0.29	0.04	*0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	100	130	160	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			616	1211	*34.95	79.78	*19.79	4.53	*0.00
% of Calories					*22.7%	51.8%	*28.9%	6.6%	*0.0%
Nutrient Guideline			550-650	1230				<10.00	

Weighted Average			621	972	*32.80	79.80	*20.04	6.60	*0.00
					*21.1%	51.4%	*29.0%	9.6%	*0.0%

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.

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San Juan Unified School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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			Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)			
Calories	621		550 - 650	100%							
Sodium 1 (mg)	972		1230								
Sodium 2 (mg)	972		935					37	Correction Required - Sodium too High		
Protein (g)	32.80	21.14%			Missing						
Carbohydrate (g)	79.80	51.42%									
Total Fat (g)	20.04	29.05%			Missing						
Saturated Fat (g)	6.60	9.57%	<10.00%								
Trans Fat ¹ (g)	0.00	0.00%			Missing						

**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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