

# San Juan Unified School District

2019-2020

## Base Menu Spreadsheet

9 -12 HS BREAKFAST

### Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2019 - 2020							
9 -12 HS BREAKFAST							
	Total						
L PANCAKE ROLL UP TKY(F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
L MUFFIN, DOUBLE CHOC (DAVE'S)	1 EACH	229	125	3.8	40.0	6.0	0.90
L MUFFIN, BLUEBERRY (DAVE'S)	1 EACH	223	115	3.9	38.5	6.0	0.90
L FRENCH TOAST STICKS (RICH'S)	SVG (4 STICKS)	262	303	6.06	38.35	10.09	1.51
L SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
L CEREAL, MARSHMALLOW MATEYS	1 BOWL (2 OZ)	210	380	4.0	47.0	2.0	0.00
AL BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
AL BAGEL, PLAIN (BURRY)	1 EACH	180	200	7.0	35.0	1.0	0.00
L BREAKFAST SANDWICH	1 EACH	380	960	20.0	31.0	20.5	9.50
L BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
L BREAKFAST BOWL	1 BOWL	434	777	24.16	28.73	28.03	12.59
L BRKT BURRITO EGG/CHS/BACON	1 EACH	313	754	17.24	25.36	17.56	6.53
L BRK BURRITO EGG/CHS/SAUSAGE	1 EACH	343	774	19.24	26.36	19.06	7.03
L BRK BURRITO EGG/CHS	1 EACH	313	684	16.24	26.36	17.06	7.03
L PANCAKES, CONFETI (KELLOGGS)	1 PACKAGE	220	300	4.0	36.0	7.0	1.00
APPLES, FRESH (SECONDARY)	1 EACH	95	2	0.47	25.13	0.31	0.05
ORANGES, FRESH (SECONDARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
FRUIT FRESH VARIETY(SECONDARY)	SVG (1/2 CUP)	63	4	0.99	15.91	0.33	0.05
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	9.0	21.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1.0	1.0	7.0	4.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
TACO MILD SAUCE (PORTION PAC)	1 PACKET	5	95	0.0	1.0	0.0	0.00
Weighted Daily Average		515	579	19.56	87.15	10.94	3.67
% of Calories				15.2%	67.7%	19.1%	6.4%

Weighted Average		515	579	19.56	87.15	10.94	3.67
				15.2%	67.7%	19.1%	6.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	515		450 - 600					
Sodium 1 (mg)	579		640					
Sodium 2 (mg)	579		570					
Protein (g)	19.56	15.20%						
Carbohydrate (g)	87.15	67.73%						
Total Fat (g)	10.94	19.13%						
Saturated Fat (g)	3.67	6.41%	<10.00%					

\*Data comparisons are not available for one or two day selections

\*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.**