

San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

LAUREL RUFF/LA VISTA BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 10:42:29 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/09/2019							
LAUREL RUFF/LA VISTA B	Total						
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		455	348	13.99	91.62	4.42	0.75
% of Calories				12.3%	80.5%	8.7%	1.5%
Nutrient Guideline		450-600	640				<10.00

Tue - 09/10/2019							
LAUREL RUFF/LA VISTA B	Total						
YOGURT PARFAIT	1 PARFAIT	160	100	5.0	29.0	2.5	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	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		433	338	15.18	90.78	2.95	0.34
% of Calories				14.0%	83.9%	6.1%	0.7%
Nutrient Guideline		450-600	640				<10.00

Wed - 09/11/2019							
LAUREL RUFF/LA VISTA B	Total						
SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		486	377	15.01	98.61	5.55	1.84
% of Calories				12.3%	81.1%	10.3%	3.4%
Nutrient Guideline		450-600	640				<10.00

Thu - 09/12/2019							
LAUREL RUFF/LA VISTA B	Total						
PANCAKES, CONFETTI (KELLOGGS)	2 PACKAGE	440	600	8.0	72.0	14.0	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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		581	538	15.51	113.69	8.25	1.34
% of Calories				10.7%	78.3%	12.8%	2.1%
Nutrient Guideline		450-600	640				<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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San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 9, 2019 thru Oct 4, 2019

LAUREL RUFF/LA VISTA BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/13/2019							
LAUREL RUFF/LA VISTA B	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	262	303	6.06	38.35	10.09	1.51
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	220	4.0	0.0	3.0	1.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		575	671	19.71	108.45	9.75	2.09
% of Calories				13.7%	75.5%	15.3%	3.3%
Nutrient Guideline		450-600	640				<10.00

Mon - 09/16/2019							
LAUREL RUFF/LA VISTA B	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		537	533	17.07	106.00	6.17	1.80
% of Calories				12.7%	79.0%	10.3%	3.0%
Nutrient Guideline		450-600	640				<10.00

Tue - 09/17/2019							
LAUREL RUFF/LA VISTA B	Total						
CORN STAR & YOGURT	(1 STR & 1 YGT)	218	151	6.8	37.0	5.0	0.90
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	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		462	363	16.08	93.78	4.20	0.79
% of Calories				13.9%	81.3%	8.2%	1.5%
Nutrient Guideline		450-600	640				<10.00

Wed - 09/18/2019							
LAUREL RUFF/LA VISTA B	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04

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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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 9, 2019 thru Oct 4, 2019

LAUREL RUFF/LA VISTA BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		454	459	17.51 15.4%	87.61 77.1%	5.20 10.3%	1.34 2.6%
Nutrient Guideline		450-600	640				<10.00

Thu - 09/19/2019							
LAUREL RUFF/LA VISTA B	Total						
PANCAKES, CONFETTI (KELLOGGS)	2 PACKAGE	440	600	8.0	72.0	14.0	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
CERÉAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average % of Calories		684	615	16.68 9.8%	140.27 82.1%	8.70 11.5%	1.34 1.8%
Nutrient Guideline		450-600	640				<10.00

Fri - 09/20/2019							
LAUREL RUFF/LA VISTA B	Total						
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
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	340	6.0	39.0	7.0	2.00
CERÉAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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 % of Calories		468	458	15.68 13.4%	93.78 80.2%	5.20 10.0%	1.34 2.6%
Nutrient Guideline		450-600	640				<10.00

Mon - 09/23/2019							
LAUREL RUFF/LA VISTA B	Total						
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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
CERÉAL VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average % of Calories		462	344	14.94 12.9%	93.73 81.1%	4.70 9.2%	0.79 1.5%
Nutrient Guideline		450-600	640				<10.00

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Base Menu Spreadsheet

Portion Values - Detailed

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Sep 9, 2019 thru Oct 4, 2019

LAUREL RUFF/LA VISTA BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/24/2019							
LAUREL RUFF/LA VISTA B	Total						
PANCAKE ROLL UP TKY (F FARMS)	2 EACH	400	620	14.0	34.0	20.0	5.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		613	613	19.68	107.28	11.70	2.84
% of Calories				12.8%	70.1%	17.2%	4.2%
Nutrient Guideline		450-600	640				<10.00

Wed - 09/25/2019							
LAUREL RUFF/LA VISTA B	Total						
YOGURT PARFAIT	1 PARFAIT	160	100	5.0	29.0	2.5	0.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		422	338	14.57	85.50	2.67	0.30
% of Calories				13.8%	81.0%	5.7%	0.6%
Nutrient Guideline		450-600	640				<10.00

Thu - 09/26/2019							
LAUREL RUFF/LA VISTA B	Total						
PANCAKES, CONFETTI (KELLOGGS)	2 PACKAGE	440	600	8.0	72.0	14.0	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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		624	600	16.68	125.27	8.70	1.34
% of Calories				10.7%	80.4%	12.6%	1.9%
Nutrient Guideline		450-600	640				<10.00

Fri - 09/27/2019							
LAUREL RUFF/LA VISTA B	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	262	303	6.06	38.35	10.09	1.51
TURKEY BACON (JENNIE O)	SVG (2 SLICE)	40	220	4.0	0.0	3.0	1.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00

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Weighted Daily Average		584	674	19.71	110.45	9.75	2.09
% of Calories				13.5%	75.7%	15.0%	3.2%
Nutrient Guideline		450-600	640				<10.00

Mon - 09/30/2019							
LAUREL RUFF/LA VISTA B	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	240	6.0	1.0	4.5	1.50
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		528	530	17.07	104.00	6.17	1.80
% of Calories				12.9%	78.8%	10.5%	3.1%
Nutrient Guideline		450-600	640				<10.00

Tue - 10/01/2019							
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SCONE, APPLE (FAT CAT)	1 EACH	274	186	4.0	49.0	7.7	3.00
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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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		490	381	14.68	98.78	5.55	1.84
% of Calories				12.0%	80.7%	10.2%	3.4%
Nutrient Guideline		450-600	640				<10.00

Wed - 10/02/2019							
LAUREL RUFF/LA VISTA B	Total						
BREAKFAST PIZZA (TONY'S)	1 EACH	210	350	9.0	27.0	7.0	2.00
FRUIT JUICE VARIETY(PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
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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FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		454	459	17.51	87.61	5.20	1.34
% of Calories				15.4%	77.1%	10.3%	2.6%
Nutrient Guideline		450-600	640				<10.00

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LAUREL RUFF/LA VISTA BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/03/2019							
LAUREL RUFF/LA VISTA B	Total						
PANCAKES, CONFETTI (KELLOGGS)	2 PACKAGE	440	600	8.0	72.0	14.0	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 VARIETY-PICK 2	1 BOWL (2 OZ)	207	258	4.67	46.33	1.83	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		633	603	16.68	126.28	8.70	1.34
% of Calories				10.5%	79.9%	12.4%	1.9%
Nutrient Guideline		450-600	640				<10.00

Weighted Average		523	486	16.52 12.6%	103.34 79.0%	6.50 11.2%	1.40 2.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	523		450 - 600	100%				
Sodium 1 (mg)	486		640					
Sodium 2 (mg)	486		570					
Protein (g)	16.52	12.63%						
Carbohydrate (g)	103.34	79.00%						
Total Fat (g)	6.50	11.19%						
Saturated Fat (g)	1.40	2.41%	<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.