

San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 10:39:30 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/09/2019							
9-12 LAUREL RUFF LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	500	780	18.0	60.0	18.0	5.00
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		752	1154	29.20	112.31	18.77	5.34
% of Calories				15.5%	59.7%	22.5%	6.4%
Nutrient Guideline		750-850	1420				<10.00

Tue - 09/10/2019							
9-12 LAUREL RUFF LUNCH	Total						
POPCORN CHICKEN & ROLL	SVG(15 PC &1R	360	950	17.0	30.0	18.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		800	1426	32.04	113.64	24.23	7.61
% of Calories				16.0%	56.8%	27.2%	8.6%
Nutrient Guideline		750-850	1420				<10.00

Wed - 09/11/2019							
9-12 LAUREL RUFF LUNCH	Total						
SEASONED BEEF & TORTILLA CHIPS	SVG (4.8 OZ)	436	436	26.18	46.87	18.02	4.22
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
PINTO BEANS HOT (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
SALSA,CAN,COMMODITY (R/OR)	1/4 CUP	22	69	0.93	4.33	0.12	0.02
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
PEACHES,FRESH (ELEMENTARY)	1 EACH	59	0	1.37	14.31	0.38	0.03

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Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 2

Generated on: 8/26/2019 10:39:31 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		814	947	38.83 19.1%	109.66 53.9%	27.45 30.3%	10.21 11.3%
Nutrient Guideline		750-850	1420				<10.00

Thu - 09/12/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	31.0	18.5	7.50
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
POTATO WEDGES (MCCAIN)	SERVING	135	193	0.96	19.29	5.79	0.96
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		778	1031	29.65 15.2%	114.28 58.8%	23.37 27.0%	7.00 8.1%
Nutrient Guideline		750-850	1420				<10.00

Fri - 09/13/2019							
9-12 LAUREL RUFF LUNCH	Total						
L PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	570	19.0	34.0	17.0	8.00
L CHEESE PIZZA (BIG DADDY)	SLICE	360	470	18.0	35.0	16.0	8.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	22	43	0.56	4.28	0.13	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	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		695	857	30.71 17.7%	99.64 57.3%	20.50 26.5%	8.85 11.5%
Nutrient Guideline		750-850	1420				<10.00

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

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9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 3

Generated on: 8/26/2019 10:39:31 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/16/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN NUGGETS & ROLL	SVG (7 NG&1RL)	444	690	24.4	37.4	22.0	3.50
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
Weighted Daily Average		737	1287	33.12	101.61	21.44	5.36
% of Calories				18.0%	55.2%	26.2%	6.5%
Nutrient Guideline		750-850	1420				<10.00

Tue - 09/17/2019							
9-12 LAUREL RUFF LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		887	1205	35.94	136.77	23.74	6.63
% of Calories				16.2%	61.7%	24.1%	6.7%
Nutrient Guideline		750-850	1420				<10.00

Wed - 09/18/2019							
9-12 LAUREL RUFF LUNCH	Total						
POPCORN CHICKEN & ROLL	SVG(15 PC &1R	360	950	17.0	30.0	18.0	3.00
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00

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9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 4

Generated on: 8/26/2019 10:39:31 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		823	1327	33.94 16.5%	113.22 55.0%	27.43 30.0%	9.60 10.5%
Nutrient Guideline		750-850	1420				<10.00

Thu - 09/19/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN PATTY MELT SANDWICH,LR	1 EACH	440	1060	25.0	44.0	19.5	4.50
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PEACHES,FRESH (ELEMENTARY)	1 EACH	59	0	1.37	14.31	0.38	0.03
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		701	1177	32.30 18.4%	105.80 60.4%	18.29 23.5%	4.55 5.8%
Nutrient Guideline		750-850	1420				<10.00

Fri - 09/20/2019							
9-12 LAUREL RUFF LUNCH	Total						
L PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	570	19.0	34.0	17.0	8.00
L CHEESE PIZZA (BIG DADDY)	SLICE	360	470	18.0	35.0	16.0	8.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	22	43	0.56	4.28	0.13	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	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		695	857	30.71 17.7%	99.64 57.3%	20.50 26.5%	8.85 11.5%
Nutrient Guideline		750-850	1420				<10.00

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Page 5

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Mon - 09/23/2019							
9-12 LAUREL RUFF LUNCH	Total						
TERIYAKI BEEF NUGGETS (8+2ROL)	SVG (8 NGT&2 RL)	480	1140	32.0	42.0	18.0	7.00
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		813	1436	37.48	116.59	22.33	7.35
% of Calories				18.4%	57.4%	24.7%	8.1%
Nutrient Guideline		750-850	1420				<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/24/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 5 NUG	460	620	20.0	51.0	20.0	4.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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, 1.3 OZ BAG (R/OR) 1/4C	1/4 CUP (1 BAG	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
Weighted Daily Average		796	1062	29.68	132.14	18.23	4.29
% of Calories				14.9%	66.4%	20.6%	4.8%
Nutrient Guideline		750-850	1420				<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/25/2019							
9-12 LAUREL RUFF LUNCH	Total						
SEASONED BEEF & TORTILLA CHIPS	SVG (4.8 OZ)	436	436	26.18	46.87	18.02	4.22
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
PINTO BEANS HOT (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
SALSA,CAN,COMMODITY (R/OR)	1/4 CUP	22	69	0.93	4.33	0.12	0.02
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01

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San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 6

Generated on: 8/26/2019 10:39:31 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		795	950	37.92 19.1%	103.89 52.3%	27.26 30.9%	10.19 11.5%
Nutrient Guideline		750-850	1420				<10.00

Thu - 09/26/2019							
9-12 LAUREL RUFF LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	31.0	13.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		756	1264	29.41 15.6%	117.25 62.0%	18.53 22.0%	4.80 5.7%
Nutrient Guideline		750-850	1420				<10.00

Fri - 09/27/2019							
9-12 LAUREL RUFF LUNCH	Total						
L PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	570	19.0	34.0	17.0	8.00
L CHEESE PIZZA (BIG DADDY)	SLICE	360	470	18.0	35.0	16.0	8.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	22	43	0.56	4.28	0.13	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	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		695	857	30.71 17.7%	99.64 57.3%	20.50 26.5%	8.85 11.5%
Nutrient Guideline		750-850	1420				<10.00

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San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 7

Generated on: 8/26/2019 10:39:31 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/30/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN DRUMSTICK & ROLLS	SVG (1 DM&2 R	380	790	23.0	36.0	15.0	3.00
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		741	1165	34.97	96.69	23.56	8.59
% of Calories				18.9%	52.2%	28.6%	10.4%
Nutrient Guideline		750-850	1420				<10.00

Tue - 10/01/2019							
9-12 LAUREL RUFF LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		868	1238	36.06	130.67	23.56	6.54
% of Calories				16.6%	60.2%	24.4%	6.8%
Nutrient Guideline		750-850	1420				<10.00

Wed - 10/02/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN NUGGETS & ROLL	SVG (7 NG&1RL	444	690	24.4	37.4	22.0	3.50
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00

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San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 8

Generated on: 8/26/2019 10:39:31 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		784	1092	33.67 17.2%	116.28 59.3%	23.10 26.5%	5.61 6.4%
Nutrient Guideline		750-850	1420				<10.00

Thu - 10/03/2019							
9-12 LAUREL RUFF LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	400	910	22.0	43.0	17.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average % of Calories		679	1096	30.38 17.9%	103.65 61.1%	16.94 22.5%	3.79 5.0%
Nutrient Guideline		750-850	1420				<10.00

Weighted Average		769	1128	32.99 17.2%	111.76 58.1%	22.09 25.9%	7.05 8.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	769		750 - 850	100%				
Sodium 1 (mg)	1128		1420					
Sodium 2 (mg)	1128		1080				48	Correction Required - Sodium too High
Protein (g)	32.99	17.16%						
Carbohydrate (g)	111.76	58.13%						
Total Fat (g)	22.09	25.85%						
Saturated Fat (g)	7.05	8.26%	<10.00%					

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