

San Juan Unified School District

2019-2020

Base Menu Spreadsheet

6-8 MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 08/19/2019							
6-8 MIDDLE SCHOOL BRE	Total						
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
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 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
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
Weighted Daily Average		495	497	16.37	90.93	8.72	2.51
% of Calories				13.2%	73.5%	15.9%	4.6%

Weighted Average		495	497	16.37	90.93	8.72	2.51
				13.2%	73.5%	15.9%	4.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	495		400 - 550					
Sodium 1 (mg)	497		600					
Sodium 2 (mg)	497		535					
Protein (g)	16.37	13.23%						
Carbohydrate (g)	90.93	73.50%						
Total Fat (g)	8.72	15.86%						
Saturated Fat (g)	2.51	4.56%	<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.