

San Juan Unified School District

Jun 11, 2018 thru Jun 29, 2018

Base Menu Spreadsheet

K-8 SUMMER FUN CAFE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 06/11/2018							
K-8 SUMMER FUN CAFE B	Total						
MUFFIN & STRING CHEESE	(1 MUF & 1 ST)	178	284	10.4	20.5	5.75	2.45
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		420	476	19.60	68.20	6.25	2.75
% of Calories				18.7%	65.0%	13.4%	5.9%
Nutrient Guideline							

Tue - 06/12/2018							
K-8 SUMMER FUN CAFE B	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CRUMB SQUARE (DAVE'S BAKERY)	1 EACH	176	134	2.1	29.0	5.6	0.75
FRUIT CKTAIL,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		418	325	11.30	77.70	6.10	1.05
% of Calories				10.8%	74.4%	13.1%	2.3%
Nutrient Guideline							

Wed - 06/13/2018							
K-8 SUMMER FUN CAFE B	Total						
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	115	1.0	1.0	7.0	4.00
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	159	5.75	31.5	0.63	0.13
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
Weighted Daily Average		458	462	15.95	80.20	8.13	4.42
% of Calories				13.9%	70.0%	16.0%	8.7%
Nutrient Guideline							

Thu - 06/14/2018							
K-8 SUMMER FUN CAFE B	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
Weighted Daily Average		452	447	13.87	95.70	2.33	0.30
% of Calories				12.3%	84.7%	4.6%	0.6%
Nutrient Guideline							

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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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/15/2018							
K-8 SUMMER FUN CAFE B	Total						
YOGURT PARFAIT	1 EACH	190	75	5.0	37.0	2.0	0.50
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	58	4	0.0	14.75	0.0	0.00
Weighted Daily Average		430	266	14.20	85.45	2.50	0.80
% of Calories				13.2%	79.5%	5.2%	1.7%
Nutrient Guideline							

Mon - 06/18/2018							
K-8 SUMMER FUN CAFE B	Total						
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	115	1.0	1.0	7.0	4.00
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	159	5.75	31.5	0.63	0.13
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		467	465	15.95	81.20	8.13	4.42
% of Calories				13.7%	69.5%	15.7%	8.5%
Nutrient Guideline							

Tue - 06/19/2018							
K-8 SUMMER FUN CAFE B	Total						
YOGURT PARFAIT	1 EACH	190	75	5.0	37.0	2.0	0.50
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		432	266	14.20	84.70	2.50	0.80
% of Calories				13.1%	78.4%	5.2%	1.7%
Nutrient Guideline							

Wed - 06/20/2018							
K-8 SUMMER FUN CAFE B	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CRUMB SQUARE (DAVE'S BAKERY)	1 EACH	176	134	2.1	29.0	5.6	0.75
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
Weighted Daily Average		418	325	11.30	78.70	6.10	1.05
% of Calories				10.8%	75.3%	13.1%	2.3%
Nutrient Guideline							

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/21/2018							
K-8 SUMMER FUN CAFE B	Total						
MUFFIN & STRING CHEESE	(1 MUF & 1 ST)	178	284	10.4	20.5	5.75	2.45
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
Weighted Daily Average		410	473	19.60	68.20	6.25	2.75
% of Calories				19.1%	66.5%	13.7%	6.0%
Nutrient Guideline							

Fri - 06/22/2018							
K-8 SUMMER FUN CAFE B	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	58	4	0.0	14.75	0.0	0.00
Weighted Daily Average		450	446	13.87	94.45	2.33	0.30
% of Calories				12.3%	84.0%	4.7%	0.6%
Nutrient Guideline							

Mon - 06/25/2018							
K-8 SUMMER FUN CAFE B	Total						
MUFFIN & STRING CHEESE	(1 MUF & 1 ST)	178	284	10.4	20.5	5.75	2.45
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
Weighted Daily Average		420	476	19.60	68.20	6.25	2.75
% of Calories				18.7%	65.0%	13.4%	5.9%
Nutrient Guideline							

Tue - 06/26/2018							
K-8 SUMMER FUN CAFE B	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CRUMB SQUARE (DAVE'S BAKERY)	1 EACH	176	134	2.1	29.0	5.6	0.75
FRUIT CKTAIL,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
Weighted Daily Average		418	325	11.30	77.70	6.10	1.05
% of Calories				10.8%	74.4%	13.1%	2.3%
Nutrient Guideline							

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/27/2018							
K-8 SUMMER FUN CAFE B	Total						
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	115	1.0	1.0	7.0	4.00
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BAGEL VARIETY (TONY ROBERTS)	1/2 BAGEL	155	159	5.75	31.5	0.63	0.13
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
Weighted Daily Average		458	462	15.95	80.20	8.13	4.42
% of Calories				13.9%	70.0%	16.0%	8.7%
Nutrient Guideline							

Thu - 06/28/2018							
K-8 SUMMER FUN CAFE B	Total						
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CEREAL VARIETY-PICK 2	BOWL (2 OZ)	210	255	4.67	46.0	1.83	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
Weighted Daily Average		452	447	13.87	95.70	2.33	0.30
% of Calories				12.3%	84.7%	4.6%	0.6%
Nutrient Guideline							

Fri - 06/29/2018							
K-8 SUMMER FUN CAFE B	Total						
YOGURT PARFAIT	1 EACH	190	75	5.0	37.0	2.0	0.50
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	60	2	0.0	14.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	58	4	0.0	14.75	0.0	0.00
Weighted Daily Average		430	266	14.20	85.45	2.50	0.80
% of Calories				13.2%	79.5%	5.2%	1.7%
Nutrient Guideline							

Weighted Average							
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	435		400 - 500	100%				
Sodium 1 (mg)	395		540					
Sodium 2 (mg)	395		485					
Protein (g)	14.98	13.76%						
Carbohydrate (g)	81.45	74.82%						
Total Fat (g)	5.06	10.46%						
Saturated Fat (g)	1.86	3.85%	<10.00%					

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