

San Juan Unified School District

Jun 11, 2018 thru Jun 29, 2018

Base Menu Spreadsheet

K-8 SUMMER FUN CAFE LUNCH

Portion Values - Detailed

Page 1

	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 L	Total						
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
Weighted Daily Average		533	899	29.58	65.99	17.56	7.05
% of Calories				22.2%	49.5%	29.6%	11.9%
Nutrient Guideline							

Tue - 06/12/2018							
K-8 SUMMER FUN CAFE L	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		578	988	21.90	84.77	15.35	4.36
% of Calories				15.1%	58.6%	23.9%	6.8%
Nutrient Guideline							

Wed - 06/13/2018							
K-8 SUMMER FUN CAFE L	Total						
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		696	1103	35.80	81.26	25.87	4.35
% of Calories				20.6%	46.7%	33.5%	5.6%
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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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San Juan Unified School District

Jun 11, 2018 thru Jun 29, 2018

Base Menu Spreadsheet

K-8 SUMMER FUN CAFE LUNCH

Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 06/14/2018							
K-8 SUMMER FUN CAFE L	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
FRENCH FRIES (ST) 1/2 CUP	SVG (2.25 OZ)	89	110	1.37	14.43	3.09	0.34
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		673	1395	33.58	93.27	19.80	3.17
% of Calories				20.0%	55.5%	26.5%	4.2%
Nutrient Guideline							

Fri - 06/15/2018							
K-8 SUMMER FUN CAFE L	Total						
BURRITO, BEAN (LOS CABOS)	1 EACH	296	499	15.12	40.86	8.94	4.05
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
CELEBRATION COOKIE	1 EACH	111	76	1.85	16.19	4.31	0.83
Weighted Daily Average		636	933	27.87	95.82	17.10	5.74
% of Calories				17.5%	60.3%	24.2%	8.1%
Nutrient Guideline							

Mon - 06/18/2018							
K-8 SUMMER FUN CAFE L	Total						
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
Weighted Daily Average		551	964	29.69	70.64	17.62	7.08
% of Calories				21.5%	51.3%	28.8%	11.6%
Nutrient Guideline							

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Base Menu Spreadsheet

K-8 SUMMER FUN CAFE LUNCH

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 06/19/2018							
K-8 SUMMER FUN CAFE L	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		600	1098	34.35	78.06	16.75	3.34
% of Calories				22.9%	52.1%	25.1%	5.0%
Nutrient Guideline							

Wed - 06/20/2018							
K-8 SUMMER FUN CAFE L	Total						
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		696	1103	35.80	81.26	25.87	4.35
% of Calories				20.6%	46.7%	33.5%	5.6%
Nutrient Guideline							

Thu - 06/21/2018							
K-8 SUMMER FUN CAFE L	Total						
CHEESEBURGER (DON LEE)	1 EACH	339	608	22.0	33.0	14.2	5.40
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
FRENCH FRIES (ST) 1/2 CUP	SVG (2.25 OZ)	89	110	1.37	14.43	3.09	0.34
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		642	1093	33.58	82.27	21.00	6.57
% of Calories				20.9%	51.3%	29.4%	9.2%
Nutrient Guideline							

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Base Menu Spreadsheet

K-8 SUMMER FUN CAFE LUNCH

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/22/2018							
K-8 SUMMER FUN CAFE L	Total						
BURRITO, BEAN (LOS CABOS)	1 EACH	296	499	15.12	40.86	8.94	4.05
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
CELEBRATION COOKIE	1 EACH	111	76	1.85	16.19	4.31	0.83
Weighted Daily Average		636	933	27.87	95.82	17.10	5.74
% of Calories				17.5%	60.3%	24.2%	8.1%
Nutrient Guideline							

Mon - 06/25/2018							
K-8 SUMMER FUN CAFE L	Total						
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
Weighted Daily Average		533	899	29.58	65.99	17.56	7.05
% of Calories				22.2%	49.5%	29.6%	11.9%
Nutrient Guideline							

Tue - 06/26/2018							
K-8 SUMMER FUN CAFE L	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		578	988	21.90	84.77	15.35	4.36
% of Calories				15.1%	58.6%	23.9%	6.8%
Nutrient Guideline							

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K-8 SUMMER FUN CAFE LUNCH

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Page 5

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 06/27/2018							
K-8 SUMMER FUN CAFE L	Total						
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		696	1103	35.80	81.26	25.87	4.35
% of Calories				20.6%	46.7%	33.5%	5.6%
Nutrient Guideline							

Thu - 06/28/2018							
K-8 SUMMER FUN CAFE L	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
FRENCH FRIES (ST) 1/2 CUP	SVG (2.25 OZ)	89	110	1.37	14.43	3.09	0.34
DRESSING VARIETY	SERVINGS	31	96	0.0	1.16	2.96	0.49
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
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	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		673	1395	33.58	93.27	19.80	3.17
% of Calories				20.0%	55.5%	26.5%	4.2%
Nutrient Guideline							

Fri - 06/29/2018							
K-8 SUMMER FUN CAFE L	Total						
BURRITO, BEAN (LOS CABOS)	1 EACH	296	499	15.12	40.86	8.94	4.05
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
FRESH FRUIT SUMMER SEASONAL	1 EACH	48	0	0.77	11.97	0.22	0.03
CELEBRATION COOKIE	1 EACH	111	76	1.85	16.19	4.31	0.83
Weighted Daily Average		636	933	27.87	95.82	17.10	5.74
% of Calories				17.5%	60.3%	24.2%	8.1%
Nutrient Guideline							

Weighted Average							
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Base Menu Spreadsheet

K-8 SUMMER FUN CAFE LUNCH

Portion Values - Detailed

Page 6

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g)	S-Fat (g) Error Messages (if any)
Calories	624		600 - 650	100%					
Sodium 1 (mg)	1055		1230						
Sodium 2 (mg)	1055								
Protein (g)	30.59	19.62%							
Carbohydrate (g)	83.35	53.46%							
Total Fat (g)	19.32	27.87%							
Saturated Fat (g)	5.10	7.36%	<10.00%						

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