

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

AFTER SCHOOL SNACK

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/01/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDGES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Fri - 02/02/2018							
AFTER SCHOOL SNACK	Total						
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
Weighted Daily Average		273	266	12.30	41.00	6.25	1.65
% of Calories				18.0%	60.1%	20.6%	5.4%
Nutrient Guideline							

Mon - 02/05/2018							
AFTER SCHOOL SNACK	Total						
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
GOLDFISH, PRETZEL (CAMPBELL'S)	1 PACKAGE	90	200	2.0	16.0	1.5	0.00
Weighted Daily Average		215	375	11.50	34.00	2.75	0.75
% of Calories				21.4%	63.3%	11.5%	3.1%
Nutrient Guideline							

Tue - 02/06/2018							
AFTER SCHOOL SNACK	Total						
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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Wed - 02/07/2018							
AFTER SCHOOL SNACK	Total						
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
CHOCOLATE BEAR GRAHAMS (MJM)	1 PACKAGE	112	100	2.0	20.0	3.0	1.00
Weighted Daily Average		237	275	11.50	38.00	4.25	1.75
% of Calories				19.4%	64.1%	16.1%	6.6%
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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Page 2

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Thu - 02/08/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDGES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Fri - 02/09/2018							
AFTER SCHOOL SNACK	Total						
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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							

Mon - 02/12/2018							
AFTER SCHOOL SNACK	Total						
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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Tue - 02/13/2018							
AFTER SCHOOL SNACK	Total						
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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
Weighted Daily Average		225	345	11.50	32.00	5.25	1.25
% of Calories				20.4%	56.9%	21.0%	5.0%
Nutrient Guideline							

Wed - 02/14/2018							
AFTER SCHOOL SNACK	Total						
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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							

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Page 3

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 02/15/2018							
AFTER SCHOOL SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
APPLE JUICE, CARTON SUN CUP	1 CARTON	60	5	0.0	14.0	0.0	0.00
ORANGES,FRESH (SNACK)	SVG (2 WEDGES)	29	0	0.59	7.33	0.07	0.01
Weighted Daily Average		149	215	8.59	22.33	2.57	2.01
% of Calories				23.0%	59.8%	15.5%	12.1%
Nutrient Guideline							

Fri - 02/16/2018							
AFTER SCHOOL SNACK	Total						
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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
Weighted Daily Average		273	266	12.30	41.00	6.25	1.65
% of Calories				18.0%	60.1%	20.6%	5.4%
Nutrient Guideline							

Mon - 02/26/2018							
AFTER SCHOOL SNACK	Total						
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
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
Weighted Daily Average		225	325	11.50	32.00	4.75	1.75
% of Calories				20.4%	56.9%	19.0%	7.0%
Nutrient Guideline							

Tue - 02/27/2018							
AFTER SCHOOL SNACK	Total						
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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
Weighted Daily Average		225	345	11.50	32.00	5.25	1.25
% of Calories				20.4%	56.9%	21.0%	5.0%
Nutrient Guideline							

Wed - 02/28/2018							
AFTER SCHOOL SNACK	Total						
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
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	118	74	2.4	19.5	3.25	0.45

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Page 4

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		243	249	11.90	37.50	4.50	1.20
% of Calories				19.6%	61.9%	16.7%	4.5%
Nutrient Guideline							

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