

San Juan Unified School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 3/31/2021 9:41:38 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/01/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		389	381	*35	*15.85	65.96	*7.76
% of Calories				*36.0%	*16.3%	67.8%	*18.0%
Nutrient Guideline		350-500	540				

Mon - 04/05/2021							
ECE HOT BREAKFAST	Total						
CS EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		352	594	28	21.80	50.70	7.90
% of Calories				31.6%	24.8%	57.6%	20.2%
Nutrient Guideline		350-500	540				

Tue - 04/06/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	12	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		250	265	29	12.00	46.00	3.50
% of Calories				46.4%	19.2%	73.6%	12.6%
Nutrient Guideline		350-500	540				

Wed - 04/07/2021							
ECE HOT BREAKFAST	Total						
CS FR TOAST STICKS	SVG 3STICKS	197	227	7	4.54	28.76	7.57
CS FRUIT CKTL,CND,XTRA LT SYRUP	1/2 CUP	60	5	12	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		387	392	34	15.54	59.76	10.07
% of Calories				35.0%	16.1%	61.8%	23.4%
Nutrient Guideline		350-500	540				

Thu - 04/08/2021							
ECE HOT BREAKFAST	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	1 EACH	180	200	3	7.0	35.0	1.0
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	13	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		440	480	32	19.00	66.00	10.50
% of Calories				29.1%	17.3%	60.0%	21.5%
Nutrient Guideline		350-500	540				

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.

San Juan Unified School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

Page 2

Generated on: 3/31/2021 9:41:38 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/09/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CS FRUIT ,CAN VARIETY	1/2 CUP	58	4	12	0.0	14.75	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		388	384	37	15.00	65.75	7.50
% of Calories				38.2%	15.5%	67.8%	17.4%
Nutrient Guideline		350-500	540				

Mon - 04/12/2021							
ECE HOT BREAKFAST	Total						
CS PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	12	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		410	465	38	15.00	67.00	9.50
% of Calories				37.1%	14.6%	65.4%	20.9%
Nutrient Guideline		350-500	540				

Tue - 04/13/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		241	262	28	12.00	44.00	3.50
% of Calories				46.5%	19.9%	73.0%	13.1%
Nutrient Guideline		350-500	540				

Wed - 04/14/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	13	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		358	445	32	18.20	51.60	8.10
% of Calories				35.8%	20.3%	57.7%	20.4%
Nutrient Guideline		350-500	540				

Thu - 04/15/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	12	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		390	385	37	15.00	67.00	7.50
% of Calories				37.9%	15.4%	68.7%	17.3%
Nutrient Guideline		350-500	540				

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.

San Juan Unified School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

Page 3

Generated on: 3/31/2021 9:41:38 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/16/2021							
ECE HOT BREAKFAST	Total						
CS EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
CS FRUIT ,CAN VARIETY	1/2 CUP	58	4	12	0.0	14.75	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		340	548	29	20.60	49.15	7.30
% of Calories				33.7%	24.3%	57.9%	19.3%
Nutrient Guideline		350-500	540				

Mon - 04/19/2021							
ECE HOT BREAKFAST	Total						
CS FR TOAST STICKS	SVG 3STICKS	197	227	7	4.54	28.76	7.57
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	13	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		387	392	35	15.54	58.76	10.07
% of Calories				36.0%	16.1%	60.8%	23.4%
Nutrient Guideline		350-500	540				

Tue - 04/20/2021							
ECE HOT BREAKFAST	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	1 EACH	180	200	3	7.0	35.0	1.0
CS FRUIT CKTL,CND,XTRA LT SYRUP	1/2 CUP	60	5	12	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		440	480	31	19.00	67.00	10.50
% of Calories				28.2%	17.3%	60.9%	21.5%
Nutrient Guideline		350-500	540				

Wed - 04/21/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	12	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		390	385	37	15.00	67.00	7.50
% of Calories				37.9%	15.4%	68.7%	17.3%
Nutrient Guideline		350-500	540				

Thu - 04/22/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		241	262	28	12.00	44.00	3.50
% of Calories				46.5%	19.9%	73.0%	13.1%
Nutrient Guideline		350-500	540				

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.

San Juan Unified School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

Page 4

Generated on: 3/31/2021 9:41:38 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/23/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
CS FRUIT ,CAN VARIETY	1/2 CUP	58	4	12	0.0	14.75	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		377	479	31	19.10	55.05	8.80
% of Calories				33.4%	20.3%	58.4%	21.0%
Nutrient Guideline		350-500	540				

Mon - 04/26/2021							
ECE HOT BREAKFAST	Total						
CS EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		352	594	28	21.80	50.70	7.90
% of Calories				31.6%	24.8%	57.6%	20.2%
Nutrient Guideline		350-500	540				

Tue - 04/27/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
CS PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	12	0.0	16.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		250	265	29	12.00	46.00	3.50
% of Calories				46.4%	19.2%	73.6%	12.6%
Nutrient Guideline		350-500	540				

Wed - 04/28/2021							
ECE HOT BREAKFAST	Total						
CS FR TOAST STICKS	SVG 3STICKS	197	227	7	4.54	28.76	7.57
CS FRUIT CKTL,CND,XTRA LT SYRUP	1/2 CUP	60	5	12	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		387	392	34	15.54	59.76	10.07
% of Calories				35.0%	16.1%	61.8%	23.4%
Nutrient Guideline		350-500	540				

Thu - 04/29/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CS PEACHES,CND,EXTRA LT SYRUP	1/2 CUP	60	5	13	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		390	385	38	15.00	65.00	7.50
% of Calories				39.0%	15.4%	66.7%	17.3%
Nutrient Guideline		350-500	540				

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.

San Juan Unified School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

Page 5

Generated on: 3/31/2021 9:41:38 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/30/2021							
ECE HOT BREAKFAST	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	1 EACH	180	200	3	7.0	35.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		439	476	*29	*19.85	66.95	*10.76
% of Calories				*26.5%	*18.1%	61.0%	*22.1%
Nutrient Guideline		350-500	540				

Weighted Average		362	415	*32 *80.3%	*16.42 *18.2%	57.77 63.9%	*7.77 *19.3%
------------------	--	-----	-----	---------------	------------------	----------------	-----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	362		350 - 500	100%				
Sodium 1 (mg)	415		540					
Sodium 2 (mg)	415		485					
Sugars (g)	32	35.71%			Missing			
Protein (g)	16.42	18.15%			Missing			
Carbohydrate (g)	57.77	63.87%						
Total Fat (g)	7.77	19.34%			Missing			

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.