

San Juan Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2021 thru Jan 31, 2021

ECE HOT BREAKFAST

Generated on: 12/21/2020 10:07:41 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/04/2021							
ECE HOT BREAKFAST	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, 1% PLAIN (GOSSNER)	CARTON	100	105	12	8.0	12.0	2.5
Weighted Daily Average		277	180	*29	*11.25	46.45	*6.01
% of Calories				*42.6%	*16.3%	67.1%	*19.6%
Nutrient Guideline		350-500	540				

Tue - 01/05/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		310	265	44	13.00	59.00	3.50
% of Calories				56.8%	16.8%	76.1%	10.2%
Nutrient Guideline		350-500	540				

Wed - 01/06/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
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		381	382	36	15.00	65.00	7.50
% of Calories				37.8%	15.7%	68.2%	17.7%
Nutrient Guideline		350-500	540				

Thu - 01/07/2021							
ECE HOT BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	11	4.0	36.0	7.0
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		410	465	38	15.00	68.00	9.50
% of Calories				37.1%	14.6%	66.3%	20.9%
Nutrient Guideline		350-500	540				

Fri - 01/08/2021							
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				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/11/2021							
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 - 01/12/2021							
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				

Wed - 01/13/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	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 - 01/14/2021							
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				

Fri - 01/15/2021							
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				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/19/2021							
ECE HOT BREAKFAST	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
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		307	239	34	13.40	51.50	5.75
% of Calories				44.7%	17.4%	67.0%	16.8%
Nutrient Guideline		350-500	540				

Wed - 01/20/2021							
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				

Thu - 01/21/2021							
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 APPLESAUCE,CND,usda	1/2 CUP	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		431	477	30	19.00	66.00	10.50
% of Calories				27.8%	17.6%	61.3%	21.9%
Nutrient Guideline		350-500	540				

Fri - 01/22/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	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				

Sat - 01/23/2021							
ECE HOT BREAKFAST	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		130	160	15	11.00	16.00	2.50
% of Calories				46.2%	33.8%	49.2%	17.3%
Nutrient Guideline		350-500	540				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/25/2021							
ECE HOT BREAKFAST	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
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		307	239	34	13.40	50.50	5.75
% of Calories				44.7%	17.4%	65.7%	16.8%
Nutrient Guideline		350-500	540				

Tue - 01/26/2021							
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 APPLESAUCE,CND,usda	1/2 CUP	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		431	477	30	19.00	66.00	10.50
% of Calories				27.8%	17.6%	61.3%	21.9%
Nutrient Guideline		350-500	540				

Wed - 01/27/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	220	390	17	5.0	46.0	2.5
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		402	523	35	19.20	60.80	8.60
% of Calories				35.2%	19.1%	60.5%	19.3%
Nutrient Guideline		350-500	540				

Thu - 01/28/2021							
ECE HOT BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	11	4.0	36.0	7.0
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		410	465	38	15.00	68.00	9.50
% of Calories				37.1%	14.6%	66.3%	20.9%
Nutrient Guideline		350-500	540				

Fri - 01/29/2021							
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				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average		355	387	*33 *83.5%	*15.83 *17.9%	56.64 63.9%	*7.61 *19.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	355		350 - 500	100%				
Sodium 1 (mg)	387		540					
Sodium 2 (mg)	387		485					
Sugars (g)	33	37.10%			Missing			
Protein (g)	15.83	17.85%			Missing			
Carbohydrate (g)	56.64	63.88%						
Total Fat (g)	7.61	19.30%			Missing			

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