

San Juan Unified School District

Jul 1, 2021 thru Aug 6, 2021

Base Menu Spreadsheet

HYBRID/CURBSIDE BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 6/29/2021 7:44:43 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 07/01/2021							
HYBRID/CURBSIDE BREAK	Total						
PM PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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		409	461	*36	*15.85	66.95	*9.76
% of Calories				*35.2%	*15.5%	65.4%	*21.5%
Nutrient Guideline		450-500	540				

Fri - 07/02/2021							
HYBRID/CURBSIDE BREAK	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
PM BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		445	573	*35	*20.65	66.75	*11.36
% of Calories				*31.5%	*18.5%	60.0%	*23.0%
Nutrient Guideline		450-500	540				

Tue - 07/06/2021							
HYBRID/CURBSIDE BREAK	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	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		407	282	43	14.85	69.25	8.50
% of Calories				42.8%	14.6%	68.1%	18.8%
Nutrient Guideline		450-500	540				

Wed - 07/07/2021							
HYBRID/CURBSIDE BREAK	Total						
PM CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	7.0
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		419	501	*35	*17.85	69.95	*9.76
% of Calories				*33.4%	*17.0%	66.7%	*21.0%
Nutrient Guideline		450-500	540				

Thu - 07/08/2021							
HYBRID/CURBSIDE BREAK	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
PM BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		460	*620	37	*21.00	66.00	*12.00
% of Calories				32.2%	*18.3%	57.4%	*23.5%
Nutrient Guideline		450-500	540				

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Page 2

Generated on: 6/29/2021 7:44:43 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 07/09/2021							
HYBRID/CURBSIDE BREAK	Total						
PM SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		441	351	*40	*15.55	61.15	*10.96
% of Calories				*36.5%	*14.1%	55.4%	*22.4%
Nutrient Guideline		450-500	540				

Mon - 07/12/2021							
HYBRID/CURBSIDE BREAK	Total						
PM FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
PM TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
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		484	640	*34	*21.10	69.31	*15.26
% of Calories				*28.2%	*17.5%	57.3%	*28.4%
Nutrient Guideline		450-500	540				

Tue - 07/13/2021							
HYBRID/CURBSIDE BREAK	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	6.0
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		415	281	*43	*15.70	70.20	*8.76
% of Calories				*41.0%	*15.1%	67.6%	*19.0%
Nutrient Guideline		450-500	540				

Wed - 07/14/2021							
HYBRID/CURBSIDE BREAK	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
PM BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		459	621	*35	*21.85	66.95	*12.26
% of Calories				*30.5%	*19.0%	58.3%	*24.0%
Nutrient Guideline		450-500	540				

Thu - 07/15/2021							
HYBRID/CURBSIDE BREAK	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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		406	508	*45	*15.85	78.95	*4.26
% of Calories				*44.7%	*15.6%	77.8%	*9.5%
Nutrient Guideline		450-500	540				

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 07/16/2021							
HYBRID/CURBSIDE BREAK	Total						
PM PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
RAISINS ,USDA	1BOX	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		470	465	53	16.00	81.00	9.50
% of Calories				45.1%	13.6%	68.9%	18.2%
Nutrient Guideline		450-500	540				

Mon - 07/19/2021							
HYBRID/CURBSIDE BREAK	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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		384	473	*43	*15.45	74.15	*4.11
% of Calories				*45.1%	*16.1%	77.2%	*9.6%
Nutrient Guideline		450-500	540				

Tue - 07/20/2021							
HYBRID/CURBSIDE BREAK	Total						
PM SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		441	351	*40	*15.55	61.15	*10.96
% of Calories				*36.5%	*14.1%	55.4%	*22.4%
Nutrient Guideline		450-500	540				

Wed - 07/21/2021							
HYBRID/CURBSIDE BREAK	Total						
PM FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
PM TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
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		484	640	*34	*21.10	69.31	*15.26
% of Calories				*28.2%	*17.5%	57.3%	*28.4%
Nutrient Guideline		450-500	540				

Thu - 07/22/2021							
HYBRID/CURBSIDE BREAK	Total						
PM PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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		409	461	*36	*15.85	66.95	*9.76
% of Calories				*35.2%	*15.5%	65.4%	*21.5%
Nutrient Guideline		450-500	540				

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Portion Values - Detailed

Page 4

Generated on: 6/29/2021 7:44:43 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 07/23/2021							
HYBRID/CURBSIDE BREAK	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
PM BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		445	573	*35	*20.65	66.75	*11.36
% of Calories				*31.5%	*18.5%	60.0%	*23.0%
Nutrient Guideline		450-500	540				

Mon - 07/26/2021							
HYBRID/CURBSIDE BREAK	Total						
PM CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	7.0
RAISINS ,USDA	1BOX	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		480	505	52	18.00	84.00	9.50
% of Calories				43.3%	15.0%	70.0%	17.8%
Nutrient Guideline		450-500	540				

Tue - 07/27/2021							
HYBRID/CURBSIDE BREAK	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	6.0
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		415	281	*43	*15.70	70.20	*8.76
% of Calories				*41.0%	*15.1%	67.6%	*19.0%
Nutrient Guideline		450-500	540				

Wed - 07/28/2021							
HYBRID/CURBSIDE BREAK	Total						
PM 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
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		401	519	*32	*20.05	61.75	*8.86
% of Calories				*32.3%	*20.0%	61.6%	*19.9%
Nutrient Guideline		450-500	540				

Thu - 07/29/2021							
HYBRID/CURBSIDE BREAK	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
PM BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		460	*620	37	*21.00	66.00	*12.00
% of Calories				32.2%	*18.3%	57.4%	*23.5%
Nutrient Guideline		450-500	540				

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Page 5

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Fri - 07/30/2021							
HYBRID/CURBSIDE BREAK	Total						
PM SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		383	314	38	13.96	54.16	9.06
% of Calories				39.9%	14.6%	56.6%	21.3%
Nutrient Guideline		450-500	540				

Mon - 08/02/2021							
HYBRID/CURBSIDE BREAK	Total						
PM FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
PM TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
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		484	640	*34	*21.10	69.31	*15.26
% of Calories				*28.2%	*17.5%	57.3%	*28.4%
Nutrient Guideline		450-500	540				

Tue - 08/03/2021							
HYBRID/CURBSIDE BREAK	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	6.0
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		415	281	*43	*15.70	70.20	*8.76
% of Calories				*41.0%	*15.1%	67.6%	*19.0%
Nutrient Guideline		450-500	540				

Wed - 08/04/2021							
HYBRID/CURBSIDE BREAK	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
PM BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
RAISINS ,USDA	1BOX	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		520	625	52	22.00	81.00	12.00
% of Calories				40.0%	16.9%	62.3%	20.8%
Nutrient Guideline		450-500	540				

Thu - 08/05/2021							
HYBRID/CURBSIDE BREAK	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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		406	508	*45	*15.85	78.95	*4.26
% of Calories				*44.7%	*15.6%	77.8%	*9.5%
Nutrient Guideline		450-500	540				

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Page 6

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HYBRID/CURBSIDE BREAK	Total						
PM PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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		409	461	*36	*15.85	66.95	*9.76
% of Calories				*35.2%	*15.5%	65.4%	*21.5%
Nutrient Guideline		450-500	540				

Weighted Average		437	*483	*40 *82.3%	*17.85 *16.3%	69.51 63.7%	*10.08 *20.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	437		450 - 500	97%		13		Correction Required - Calories are Low
Sodium 1 (mg)	483		540		Missing			
Sodium 2 (mg)	483		485		Missing			
Sugars (g)	40	36.57%			Missing			
Protein (g)	17.85	16.35%			Missing			
Carbohydrate (g)	69.51	63.68%			Missing			
Total Fat (g)	10.08	20.78%			Missing			

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