

San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

Base Menu Spreadsheet

CURBSIDE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/01/2021							
CURBSIDE BREAKFAST	Total						
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
CS TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
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		484	644	37	20.25	68.35	14.99
% of Calories				30.6%	16.7%	56.4%	27.9%
Nutrient Guideline		450-500	540				

Tue - 03/02/2021							
CURBSIDE BREAKFAST	Total						
CS CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	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		420	505	37	17.00	70.00	9.50
% of Calories				35.2%	16.2%	66.7%	20.4%
Nutrient Guideline		450-500	540				

Wed - 03/03/2021							
CURBSIDE BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
CS BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		460	625	37	21.00	68.00	12.00
% of Calories				32.2%	18.3%	59.1%	23.5%
Nutrient Guideline		450-500	540				

Thu - 03/04/2021							
CURBSIDE 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 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		392	516	32	19.60	58.90	9.05
% of Calories				32.9%	20.0%	60.1%	20.8%
Nutrient Guideline		450-500	540				

Fri - 03/05/2021							
CURBSIDE BREAKFAST	Total						
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		440	354	42	14.70	60.95	10.70
% of Calories				38.4%	13.4%	55.4%	21.9%
Nutrient Guideline		450-500	540				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sat - 03/06/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	207	258	17	4.67	46.33	1.83
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		396	419	*42	*16.51	77.29	*4.60
% of Calories				*42.8%	*16.7%	78.1%	*10.5%
Nutrient Guideline		450-500	540				

Sun - 03/07/2021							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	6.0
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		476	285	60	15.85	84.25	8.50
% of Calories				50.0%	13.3%	70.8%	16.1%
Nutrient Guideline		450-500	540				

Mon - 03/08/2021							
CURBSIDE BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	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		387	431	*35	*15.45	63.35	*9.06
% of Calories				*36.1%	*16.0%	65.4%	*21.1%
Nutrient Guideline		450-500	540				

Tue - 03/09/2021							
CURBSIDE BREAKFAST	Total						
CS EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	220	390	17	5.0	46.0	2.5
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		446	627	47	22.60	72.60	7.80
% of Calories				42.2%	20.3%	65.1%	15.7%
Nutrient Guideline		450-500	540				

Wed - 03/10/2021							
CURBSIDE BREAKFAST	Total						
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
CS TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
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		484	644	36	20.25	69.35	14.99
% of Calories				29.8%	16.7%	57.3%	27.9%
Nutrient Guideline		450-500	540				

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Base Menu Spreadsheet

CURBSIDE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/11/2021							
CURBSIDE 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		450-500	540				

Fri - 03/12/2021							
CURBSIDE BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
CS BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		444	576	37	19.80	66.55	11.10
% of Calories				33.4%	17.8%	60.0%	22.5%
Nutrient Guideline		450-500	540				

Sat - 03/13/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	207	258	17	4.67	46.33	1.83
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		457	423	59	16.67	91.33	4.33
% of Calories				52.0%	14.6%	80.0%	8.5%
Nutrient Guideline		450-500	540				

Sun - 03/14/2021							
CURBSIDE BREAKFAST	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				

Mon - 03/15/2021							
CURBSIDE BREAKFAST	Total						
CS CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	7.0
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		420	505	37	17.00	70.00	9.50
% of Calories				35.2%	16.2%	66.7%	20.4%
Nutrient Guideline		450-500	540				

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/16/2021							
CURBSIDE BREAKFAST	Total						
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		433	352	41	14.70	60.20	10.70
% of Calories				38.1%	13.6%	55.6%	22.2%
Nutrient Guideline		450-500	540				

Wed - 03/17/2021							
CURBSIDE 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		450-500	540				

Thu - 03/18/2021							
CURBSIDE BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
CS BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		460	625	37	21.00	68.00	12.00
% of Calories				32.2%	18.3%	59.1%	23.5%
Nutrient Guideline		450-500	540				

Fri - 03/19/2021							
CURBSIDE BREAKFAST	Total						
CS EGG &CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
CEREAL HONEY NUT SCOOTERS MOM	2 oz Bowl	220	390	17	5.0	46.0	2.5
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		384	626	32	21.60	58.35	7.80
% of Calories				33.4%	22.5%	60.8%	18.3%
Nutrient Guideline		450-500	540				

Sat - 03/20/2021							
CURBSIDE BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	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 Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sun - 03/21/2021							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	6.0
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		476	285	60	15.85	84.25	8.50
% of Calories				50.0%	13.3%	70.8%	16.1%
Nutrient Guideline		450-500	540				

Mon - 03/22/2021							
CURBSIDE BREAKFAST	Total						
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
CS TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
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		484	644	37	20.25	68.35	14.99
% of Calories				30.6%	16.7%	56.4%	27.9%
Nutrient Guideline		450-500	540				

Tue - 03/23/2021							
CURBSIDE BREAKFAST	Total						
CS CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	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		420	505	37	17.00	70.00	9.50
% of Calories				35.2%	16.2%	66.7%	20.4%
Nutrient Guideline		450-500	540				

Wed - 03/24/2021							
CURBSIDE BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
CS BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
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		460	625	37	21.00	68.00	12.00
% of Calories				32.2%	18.3%	59.1%	23.5%
Nutrient Guideline		450-500	540				

Thu - 03/25/2021							
CURBSIDE BREAKFAST	Total						
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		433	352	41	14.70	60.20	10.70
% of Calories				38.1%	13.6%	55.6%	22.2%
Nutrient Guideline		450-500	540				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/26/2021							
CURBSIDE 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 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		399	518	33	19.60	59.65	9.05
% of Calories				33.3%	19.7%	59.8%	20.4%
Nutrient Guideline		450-500	540				

Sat - 03/27/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	207	258	17	4.67	46.33	1.83
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		396	419	*42	*16.51	77.29	*4.60
% of Calories				*42.8%	*16.7%	78.1%	*10.5%
Nutrient Guideline		450-500	540				

Sun - 03/28/2021							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	120	18	3.85	39.25	6.0
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		476	285	60	15.85	84.25	8.50
% of Calories				50.0%	13.3%	70.8%	16.1%
Nutrient Guideline		450-500	540				

Weighted Average		435	483	*41 *84.3%	*18.02 *16.5%	69.41 63.8%	*9.72 *20.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	435		450 - 500	97%		15		Correction Required - Calories are Low
Sodium 1 (mg)	483		540					
Sodium 2 (mg)	483		485					
Sugars (g)	41	37.46%			Missing			
Protein (g)	18.02	16.55%			Missing			
Carbohydrate (g)	69.41	63.75%						
Total Fat (g)	9.72	20.08%			Missing			

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