

# San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

## Base Menu Spreadsheet

ECE HOT 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							
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 - 03/02/2021							
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		262	282	28	12.07	32.35	9.51
% of Calories				42.8%	18.4%	49.4%	32.7%
Nutrient Guideline		350-500	540				

Wed - 03/03/2021							
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 - 03/04/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
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		370	477	30	19.10	54.30	8.80
% of Calories				33.0%	20.6%	58.7%	21.4%
Nutrient Guideline		350-500	540				

Fri - 03/05/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
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		248	264	29	12.00	44.75	3.50
% of Calories				46.8%	19.4%	72.3%	12.7%
Nutrient Guideline		350-500	540				

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

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/08/2021							
ECE HOT 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		350-500	540				

Tue - 03/09/2021							
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		333	546	28	20.60	48.40	7.30
% of Calories				33.2%	24.7%	58.1%	19.7%
Nutrient Guideline		350-500	540				

Wed - 03/10/2021							
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 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		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 - 03/11/2021							
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				

Fri - 03/12/2021							
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				

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ECE HOT BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/15/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
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		250	265	29	12.00	45.00	3.50
% of Calories				46.4%	19.2%	72.0%	12.6%
Nutrient Guideline		350-500	540				

Tue - 03/16/2021							
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
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		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 - 03/17/2021							
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 - 03/18/2021							
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				

Fri - 03/19/2021							
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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ECE HOT BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/22/2021							
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 - 03/23/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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		250	265	29	12.00	45.00	3.50
% of Calories				46.4%	19.2%	72.0%	12.6%
Nutrient Guideline		350-500	540				

Wed - 03/24/2021							
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 - 03/25/2021							
ECE HOT BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	11	4.0	36.0	7.0
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		401	462	37	15.00	66.00	9.50
% of Calories				36.9%	15.0%	65.8%	21.3%
Nutrient Guideline		350-500	540				

Fri - 03/26/2021							
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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ECE HOT BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/29/2021							
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
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		431	477	30	19.00	66.00	10.50
% of Calories				27.8%	17.6%	61.3%	21.9%
Nutrient Guideline		350-500	540				

Tue - 03/30/2021							
ECE HOT BREAKFAST	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
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		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 - 03/31/2021							
ECE HOT 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		350-500	540				

Thu - 04/01/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	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				

Weighted Average		363	405	*33	*16.02	57.87	*7.98
				*82.3%	*17.7%	63.8%	*19.8%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Sugars (g) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	363		350 - 500	100%					
Sodium 1 (mg)	405		540						
Sodium 2 (mg)	405		485						
Sugars (g)	33	36.57%			Missing				
Protein (g)	16.02	17.67%			Missing				
Carbohydrate (g)	57.87	63.83%							
Total Fat (g)	7.98	19.81%			Missing				

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