

San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

Base Menu Spreadsheet

ECE SNACK

Portion Values - Detailed

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Generated on: 2/4/2021 12:10:17 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/01/2021							
ECE SNACK	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
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		297	80	*44	*4.25	63.45	*3.51
% of Calories				*59.9%	*5.7%	85.5%	*10.7%
Nutrient Guideline		0					

Tue - 03/02/2021							
ECE SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	0	7.0	1.0	3.0
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		239	206	*37	*8.85	44.95	*3.26
% of Calories				*61.9%	*14.8%	75.1%	*12.3%
Nutrient Guideline		0					

Wed - 03/03/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average		202	196	*23	11.76	32.47	2.64
% of Calories				*45.6%	23.3%	64.4%	11.8%
Nutrient Guideline		0					

Thu - 03/04/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		219	*171	*22	*2.85	42.95	*4.26
% of Calories				*40.2%	*5.2%	78.4%	*17.5%
Nutrient Guideline		0					

Fri - 03/05/2021							
ECE SNACK	Total						
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		220	127	*20	3.56	39.47	5.14
% of Calories				*36.8%	6.5%	71.9%	21.1%
Nutrient Guideline		0					

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 SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		219	*171	*22	*2.85	42.95	*4.26
% of Calories				*40.2%	*5.2%	78.4%	*17.5%
Nutrient Guideline		0					

Tue - 03/09/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		309	166	*52	*12.85	59.95	*2.76
% of Calories				*67.3%	*16.6%	77.5%	*8.0%
Nutrient Guideline		0					

Wed - 03/10/2021							
ECE SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	0	7.0	1.0	3.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		170	203	*21	*7.85	29.95	*3.26
% of Calories				*49.4%	*18.4%	70.4%	*17.3%
Nutrient Guideline		0					

Thu - 03/11/2021							
ECE SNACK	Total						
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		279	156	*37	*3.85	57.95	*3.76
% of Calories				*53.1%	*5.5%	83.0%	*12.1%
Nutrient Guideline		0					

Fri - 03/12/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		202	196	*23	11.76	32.47	2.64
% of Calories				*45.6%	23.3%	64.4%	11.8%
Nutrient Guideline		0					

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/15/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
RAISINS ,USDA	1BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		280	*175	39	*3.00	57.00	*4.00
% of Calories				55.7%	*4.3%	81.4%	*12.9%
Nutrient Guideline		0					

Tue - 03/16/2021							
ECE SNACK	Total						
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	12	2.8	23.0	5.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average		220	127	*20	3.56	39.47	5.14
% of Calories				*36.8%	6.5%	71.9%	21.1%
Nutrient Guideline		0					

Wed - 03/17/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		309	166	*52	*12.85	59.95	*2.76
% of Calories				*67.3%	*16.6%	77.5%	*8.0%
Nutrient Guideline		0					

Thu - 03/18/2021							
ECE SNACK	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
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	11	0.0	14.0	0.0
Weighted Daily Average		228	77	*28	*3.25	48.45	*3.51
% of Calories				*50.0%	*5.7%	85.1%	*13.9%
Nutrient Guideline		0					

Fri - 03/19/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	170	0	2.0	14.0	4.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		172	206	*8	2.76	30.47	4.14
% of Calories				*18.6%	6.4%	71.0%	21.7%
Nutrient Guideline		0					

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/22/2021							
ECE SNACK	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
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		297	80	*44	*4.25	63.45	*3.51
% of Calories				*59.9%	*5.7%	85.5%	*10.7%
Nutrient Guideline		0					

Tue - 03/23/2021							
ECE SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	0	7.0	1.0	3.0
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		239	206	*37	*8.85	44.95	*3.26
% of Calories				*61.9%	*14.8%	75.1%	*12.3%
Nutrient Guideline		0					

Wed - 03/24/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average		202	196	*23	11.76	32.47	2.64
% of Calories				*45.6%	23.3%	64.4%	11.8%
Nutrient Guideline		0					

Thu - 03/25/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		219	*171	*22	*2.85	42.95	*4.26
% of Calories				*40.2%	*5.2%	78.4%	*17.5%
Nutrient Guideline		0					

Fri - 03/26/2021							
ECE SNACK	Total						
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		220	127	*20	3.56	39.47	5.14
% of Calories				*36.8%	6.5%	71.9%	21.1%
Nutrient Guideline		0					

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/29/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		219	*171	*22	*2.85	42.95	*4.26
% of Calories				*40.2%	*5.2%	78.4%	*17.5%
Nutrient Guideline		0					

Tue - 03/30/2021							
ECE SNACK	Total						
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
Weighted Daily Average		309	166	*52	*12.85	59.95	*2.76
% of Calories				*67.3%	*16.6%	77.5%	*8.0%
Nutrient Guideline		0					

Wed - 03/31/2021							
ECE SNACK	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	0	7.0	1.0	3.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	8	0.0	9.0	0.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
Weighted Daily Average		132	236	*8	7.76	17.47	3.14
% of Calories				*24.3%	23.6%	53.1%	21.5%
Nutrient Guideline		0					

Thu - 04/01/2021							
ECE SNACK	Total						
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
RAISINS ,USDA	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		279	156	*37	*3.85	57.95	*3.76
% of Calories				*53.1%	*5.5%	83.0%	*12.1%
Nutrient Guideline		0					

Weighted Average		237	*164	*30 *113.3	*6.43 *10.9%	45.15 76.3%	*3.66 *13.9%
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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) Overage	T-Fat (g) Error Messages (if any)
Calories	237		0						
Sodium 1 (mg)	164				Missing			164	
Sodium 2 (mg)	164				Missing			164	
Sugars (g)	30	50.38%			Missing				
Protein (g)	6.43	10.87%			Missing				
Carbohydrate (g)	45.15	76.29%							
Total Fat (g)	3.66	13.91%			Missing				

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