

San Juan Unified School District

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

HYBRID/CURBSIDE BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 5/6/2021 9:19:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sat - 05/01/2021							
HYBRID/CURBSIDE BREAK	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				

Sun - 05/02/2021							
HYBRID/CURBSIDE BREAK	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				

Mon - 05/03/2021							
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 - 05/04/2021							
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 - 05/05/2021							
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				

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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)
Thu - 05/06/2021							
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				

Fri - 05/07/2021							
HYBRID/CURBSIDE BREAK	Total						
PM 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
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		385	623	*30	*22.45	58.55	*8.06
% of Calories				*31.2%	*23.3%	60.8%	*18.8%
Nutrient Guideline		450-500	540				

Sat - 05/08/2021							
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				

Sun - 05/09/2021							
HYBRID/CURBSIDE BREAK	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 - 05/10/2021							
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
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		475	641	35	20.25	68.35	14.99
% of Calories				29.5%	17.0%	57.5%	28.4%
Nutrient Guideline		450-500	540				

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Base Menu Spreadsheet

HYBRID/CURBSIDE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/11/2021							
HYBRID/CURBSIDE BREAK	Total						
CS CINNAMON CRUMBLE	4 OZ	341	351	25	6.02	53.19	13.05
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		530	512	*50	*17.87	84.14	*15.81
% of Calories				*37.8%	*13.5%	63.4%	*26.8%
Nutrient Guideline		450-500	540				

Wed - 05/12/2021							
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 - 05/13/2021							
HYBRID/CURBSIDE BREAK	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1	1.0	1.0	7.0
BAGEL, PLAIN (BURY)	1 EACH	180	200	3	7.0	35.0	1.0
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		439	476	*29	*19.85	66.95	*10.76
% of Calories				*26.5%	*18.1%	61.0%	*22.1%
Nutrient Guideline		450-500	540				

Fri - 05/14/2021							
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		400	515	*31	*20.45	59.85	*9.31
% of Calories				*31.2%	*20.4%	59.8%	*20.9%
Nutrient Guideline		450-500	540				

Sat - 05/15/2021							
HYBRID/CURBSIDE BREAK	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				

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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)
Sun - 05/16/2021							
HYBRID/CURBSIDE BREAK	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 - 05/17/2021							
HYBRID/CURBSIDE BREAK	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		375	394	*41	*16.05	72.65	*4.41
% of Calories				*43.3%	*17.1%	77.4%	*10.6%
Nutrient Guideline		450-500	540				

Tue - 05/18/2021							
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		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 - 05/19/2021							
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 - 05/20/2021							
HYBRID/CURBSIDE BREAK	Total						
CREAM CHEESE PACKET (KRAFT)	PACKET	70	115	1	1.0	1.0	7.0
BAGEL, PLAIN (BURY)	1 EACH	180	200	3	7.0	35.0	1.0
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		439	476	*29	*19.85	66.95	*10.76
% of Calories				*26.5%	*18.1%	61.0%	*22.1%
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 - 05/21/2021							
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				

Sat - 05/22/2021							
HYBRID/CURBSIDE BREAK	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 - 05/23/2021							
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				

Mon - 05/24/2021							
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				

Tue - 05/25/2021							
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				

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Wed - 05/26/2021							
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
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		462	523	49	20.20	75.80	8.60
% of Calories				42.8%	17.5%	65.6%	16.8%
Nutrient Guideline		450-500	540				

Thu - 05/27/2021							
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				

Fri - 05/28/2021							
HYBRID/CURBSIDE BREAK	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		355	368	*39	*15.58	68.02	*4.23
% of Calories				*43.9%	*17.6%	76.7%	*10.7%
Nutrient Guideline		450-500	540				

Sat - 05/29/2021							
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				

Sun - 05/30/2021							
HYBRID/CURBSIDE BREAK	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				

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Base Menu Spreadsheet

HYBRID/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 - 05/31/2021							
HYBRID/CURBSIDE BREAK	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				

Weighted Average		437	*454	*42 *87.2%	*17.95 *16.4%	72.58 66.4%	*9.23 *19.0%
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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)	454		540		Missing			
Sodium 2 (mg)	454		485		Missing			
Sugars (g)	42	38.75%			Missing			
Protein (g)	17.95	16.41%			Missing			
Carbohydrate (g)	72.58	66.37%						
Total Fat (g)	9.23	18.99%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.