

San Juan Unified School District

Aug 16, 2021 thru Aug 20, 2021

Base Menu Spreadsheet

MS and HS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 08/16/2021							
MS and HS BREAKFAST	Total						
BFAST BURRITO ,EGG & CHEESE	1 EACH	310	540	1	15.0	33.0	14.5
BFAST BURRITO,EGG & SAUSAGE	1 EACH	340	630	0	18.0	33.0	16.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,TRIX W/YOGURT	1 BAR & 1 CAR TON	240	170	21	6.0	44.0	3.5
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
APPLESAUCE,CANNED	1/2 CUP	51	2	11	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		443	*491	*43	*17.15	74.93	*8.73
% of Calories				*38.9%	*15.5%	67.6%	*17.7%
Nutrient Guideline		450-600	640				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 08/17/2021							
MS and HS BREAKFAST	Total						
BFAST BURRITO ,EGG & CHEESE	1 EACH	310	540	1	15.0	33.0	14.5
BFAST BURRITO,EGG & SAUSAGE	1 EACH	340	630	0	18.0	33.0	16.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,TRIX W/YOGURT	1 BAR & 1 CAR TON	240	170	21	6.0	44.0	3.5
BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
MIXED FRUIT,CANNED	1/2 CUP	60	5	12	0.0	15.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		440	*483	*43	*17.15	74.13	*8.28
% of Calories				*39.4%	*15.6%	67.4%	*17.0%
Nutrient Guideline		450-600	640				

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.

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Base Menu Spreadsheet

MS and HS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 08/18/2021							
MS and HS BREAKFAST	Total						
BFAST BURRITO ,EGG & CHEESE	1 EACH	310	540	1	15.0	33.0	14.5
BFAST BURRITO,EGG & SAUSAGE	1 EACH	340	630	0	18.0	33.0	16.5
BREAKFAST SANDWICH (SECON)	1 EACH	380	960	4	20.0	31.0	20.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,TRIX W/YOGURT	1 BAR &1 CAR TON	240	170	21	6.0	44.0	3.5
PEARS,CANNED	1/2 CUP	60	5	12	0.0	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		457	*544	*43	*18.25	75.03	*9.63
% of Calories				*37.9%	*16.0%	65.7%	*19.0%
Nutrient Guideline		450-600	640				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 08/19/2021							
MS and HS BREAKFAST	Total						
BFAST BURRITO ,EGG & CHEESE	1 EACH	310	540	1	15.0	33.0	14.5
BFAST BURRITO,EGG & SAUSAGE	1 EACH	340	630	0	18.0	33.0	16.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,TRIX W/YOGURT	1 BAR &1 CAR TON	240	170	21	6.0	44.0	3.5
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
PEACHES,CANNED	1/2 CUP	60	5	13	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		448	*492	*44	*17.15	74.93	*8.73
% of Calories				*39.4%	*15.3%	66.9%	*17.6%
Nutrient Guideline		450-600	640				

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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)
Fri - 08/20/2021							
MS and HS BREAKFAST	Total						
BFAST BURRITO ,EGG & CHEESE	1 EACH	310	540	1	15.0	33.0	14.5
BFAST BURRITO,EGG & SAUSAGE	1 EACH	340	630	0	18.0	33.0	16.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
WAFFLES,MINI MAPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CEREAL BAR,TRIX W/YOGURT	1 BAR &1 CAR TON	240	170	21	6.0	44.0	3.5
FRUIT VARIETY ,CANNED	1/2 CUP	58	4	12	0.0	14.75	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		420	*452	*43	*16.35	71.66	*7.68
% of Calories				*40.9%	*15.6%	68.2%	*16.4%
Nutrient Guideline		450-600	640				

Weighted Average		442	*492	*43 *88.4%	*17.21 *15.6%	74.13 67.2%	*8.61 *17.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	442		450 - 600	98%		8		Correction Required - Calories are Low
Sodium 1 (mg)	492		640		Missing			
Sodium 2 (mg)	492		570		Missing			
Sugars (g)	43	39.28%			Missing			
Protein (g)	17.21	15.59%			Missing			
Carbohydrate (g)	74.13	67.15%						
Total Fat (g)	8.61	17.55%			Missing			

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