

# San Juan Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Jan 1, 2021 thru Jan 31, 2021

CURBSIDE BREAKFAST

Generated on: 12/21/2020 10:08:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/05/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	207	258	17	4.67	46.33	1.83
RAISINS ,USDA	BOX	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				

Wed - 01/06/2021							
CURBSIDE BREAKFAST	Total						
CS CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	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		365	434	34	15.80	61.20	8.10
% of Calories				37.3%	17.3%	67.1%	20.0%
Nutrient Guideline		450-500	540				

Thu - 01/07/2021							
CURBSIDE BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	11	4.0	36.0	7.0
BEEF SAUSAGE PATTY (ADVANCE P)	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		480	705	38	21.00	69.00	14.00
% of Calories				31.7%	17.5%	57.5%	26.2%
Nutrient Guideline		450-500	540				

Fri - 01/08/2021							
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 - 01/09/2021							
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				

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## Base Menu Spreadsheet

### Portion Values - Detailed

Page 2

Jan 1, 2021 thru Jan 31, 2021

CURBSIDE BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sun - 01/10/2021							
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 - 01/11/2021							
CURBSIDE BREAKFAST	Total						
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
TURKEY BACON (JENNIE O)	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 - 01/12/2021							
CURBSIDE BREAKFAST	Total						
CS CINNAMON ROLL	1 EACH	230	340	10	6.0	39.0	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		420	505	38	17.00	69.00	9.50
% of Calories				36.2%	16.2%	65.7%	20.4%
Nutrient Guideline		450-500	540				

Wed - 01/13/2021							
CURBSIDE BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
BEEF SAUSAGE PATTY (ADVANCE P)	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 - 01/14/2021							
CURBSIDE BREAKFAST	Total						
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		442	355	42	14.70	62.20	10.70
% of Calories				38.2%	13.3%	56.3%	21.8%
Nutrient Guideline		450-500	540				

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## Base Menu Spreadsheet

### Portion Values - Detailed

Page 3

Jan 1, 2021 thru Jan 31, 2021

CURBSIDE BREAKFAST

Generated on: 12/21/2020 10:08:16 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/15/2021							
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 - 01/16/2021							
CURBSIDE BREAKFAST	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				

Sun - 01/17/2021							
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				

Tue - 01/19/2021							
CURBSIDE BREAKFAST	Total						
CS SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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		442	355	42	14.70	62.20	10.70
% of Calories				38.2%	13.3%	56.3%	21.8%
Nutrient Guideline		450-500	540				

Wed - 01/20/2021							
CURBSIDE BREAKFAST	Total						
CS FR TOAST STICKS	SVG (4 STICKS)	262	303	9	6.06	38.35	10.09
TURKEY BACON (JENNIE O)	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				

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## Base Menu Spreadsheet

### Portion Values - Detailed

Page 4

Jan 1, 2021 thru Jan 31, 2021

CURBSIDE BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/21/2021							
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 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		431	477	30	19.00	66.00	10.50
% of Calories				27.8%	17.6%	61.3%	21.9%
Nutrient Guideline		450-500	540				

Fri - 01/22/2021							
CURBSIDE BREAKFAST	Total						
CS WAFFLES,MINI MPLE(KELLOGGS)	PACKAGE	200	220	10	4.0	35.0	5.0
BEEF SAUSAGE PATTY (ADVANCE P)	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 - 01/23/2021							
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 - 01/24/2021							
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 - 01/25/2021							
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				

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### Portion Values - Detailed

Page 5

Jan 1, 2021 thru Jan 31, 2021

CURBSIDE BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/26/2021							
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 - 01/27/2021							
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 - 01/28/2021							
CURBSIDE BREAKFAST	Total						
CS PANCAKES,CNFETTI (KELLOGGS)	PACKAGE	220	300	11	4.0	36.0	7.0
BEEF SAUSAGE PATTY (ADVANCE P)	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		480	705	38	21.00	69.00	14.00
% of Calories				31.7%	17.5%	57.5%	26.2%
Nutrient Guideline		450-500	540				

Fri - 01/29/2021							
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 - 01/30/2021							
CURBSIDE BREAKFAST	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				

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Portion Values - Detailed

Page 6

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CURBSIDE BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Sun - 01/31/2021							
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		445	485	*42 *85.9%	*17.96 *16.2%	71.09 63.9%	*10.12 *20.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	445		450 - 500	99%		5		Correction Required - Calories are Low
Sodium 1 (mg)	485		540					
Sodium 2 (mg)	485		485					
Sugars (g)	42	38.17%			Missing			
Protein (g)	17.96	16.15%			Missing			
Carbohydrate (g)	71.09	63.92%						
Total Fat (g)	10.12	20.48%			Missing			

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