

San Juan Unified School District

Jul 1, 2021 thru Aug 6, 2021

Base Menu Spreadsheet

ECE SUMMER BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 07/01/2021							
ECE SUMMER BREAKFAS	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
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		350-500	540				

Fri - 07/02/2021							
ECE SUMMER BREAKFAS	Total						
CS WAFFLES,MINI MPLE	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				

Tue - 07/06/2021							
ECE SUMMER BREAKFAS	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
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		298	236	33	13.40	49.50	5.75
% of Calories				44.8%	18.0%	66.3%	17.3%
Nutrient Guideline		350-500	540				

Wed - 07/07/2021							
ECE SUMMER BREAKFAS	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		365	401	*34	*15.05	59.75	*8.36
% of Calories				*37.1%	*16.5%	65.4%	*20.6%
Nutrient Guideline		350-500	540				

Thu - 07/08/2021							
ECE SUMMER BREAKFAS	Total						
PM WAFFLES,MINI MPLE	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				

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

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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 - 07/09/2021							
ECE SUMMER BREAKFAS	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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		249	261	*27	*12.85	44.95	*3.76
% of Calories				*43.4%	*20.6%	72.1%	*13.6%
Nutrient Guideline		350-500	540				

Mon - 07/12/2021							
ECE SUMMER BREAKFAS	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
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		350-500	540				

Tue - 07/13/2021							
ECE SUMMER BREAKFAS	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
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		307	235	*32	*14.25	50.45	*6.01
% of Calories				*42.3%	*18.6%	65.8%	*17.6%
Nutrient Guideline		350-500	540				

Wed - 07/14/2021							
ECE SUMMER BREAKFAS	Total						
PM WAFFLES, MINI MPLE	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				

Thu - 07/15/2021							
ECE SUMMER BREAKFAS	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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		249	261	*27	*12.85	44.95	*3.76
% of Calories				*43.4%	*20.6%	72.1%	*13.6%
Nutrient Guideline		350-500	540				

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Base Menu Spreadsheet

ECE SUMMER BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 07/16/2021							
ECE SUMMER BREAKFAS	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		350-500	540				

Mon - 07/19/2021							
ECE SUMMER BREAKFAS	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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		249	261	*27	*12.85	44.95	*3.76
% of Calories				*43.4%	*20.6%	72.1%	*13.6%
Nutrient Guideline		350-500	540				

Tue - 07/20/2021							
ECE SUMMER BREAKFAS	Total						
CS 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		350-500	540				

Wed - 07/21/2021							
ECE SUMMER BREAKFAS	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
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		307	235	*32	*14.25	50.45	*6.01
% of Calories				*42.3%	*18.6%	65.8%	*17.6%
Nutrient Guideline		350-500	540				

Thu - 07/22/2021							
ECE SUMMER BREAKFAS	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		350-500	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)
Fri - 07/23/2021							
ECE SUMMER BREAKFAS	Total						
CS WAFFLES,MINI MPLE	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				

Mon - 07/26/2021							
ECE SUMMER BREAKFAS	Total						
CREAM CHEESE PACKET (KRAFT)	PACKAGE	70	115	1	1.0	1.0	7.0
BAGEL, PLAIN (BURRY)	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		350-500	540				

Tue - 07/27/2021							
ECE SUMMER BREAKFAS	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
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		298	236	33	13.40	49.50	5.75
% of Calories				44.8%	18.0%	66.3%	17.3%
Nutrient Guideline		350-500	540				

Wed - 07/28/2021							
ECE SUMMER BREAKFAS	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		365	401	*34	*15.05	59.75	*8.36
% of Calories				*37.1%	*16.5%	65.4%	*20.6%
Nutrient Guideline		350-500	540				

Thu - 07/29/2021							
ECE SUMMER BREAKFAS	Total						
PM WAFFLES,MINI MPLE	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%
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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 07/30/2021							
ECE SUMMER BREAKFAS	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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		249	261	*27	*12.85	44.95	*3.76
% of Calories				*43.4%	*20.6%	72.1%	*13.6%
Nutrient Guideline		350-500	540				

Mon - 08/02/2021							
ECE SUMMER BREAKFAS	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
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		350-500	540				

Tue - 08/03/2021							
ECE SUMMER BREAKFAS	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
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		307	235	*32	*14.25	50.45	*6.01
% of Calories				*42.3%	*18.6%	65.8%	*17.6%
Nutrient Guideline		350-500	540				

Wed - 08/04/2021							
ECE SUMMER BREAKFAS	Total						
PM WAFFLES, MINI MPLE	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				

Thu - 08/05/2021							
ECE SUMMER BREAKFAS	Total						
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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
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% of Calories				*43.4%	*20.6%	72.1%	*13.6%
Nutrient Guideline		350-500	540				

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Weighted Average		354	355	*32 *80.9%	*15.60 *17.6%	58.36 66.0%	*7.40 *18.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	354		350 - 500	100%				
Sodium 1 (mg)	355		540					
Sodium 2 (mg)	355		485					
Sugars (g)	32	35.94%			Missing			
Protein (g)	15.60	17.63%			Missing			
Carbohydrate (g)	58.36	65.98%						
Total Fat (g)	7.40	18.83%			Missing			

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