

San Juan Unified School District

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/03/2021							
ECE HOT BREAKFAST	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 - 05/04/2021							
ECE HOT BREAKFAST	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 - 05/05/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
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		369	461	*29	*19.25	55.35	*8.56
% of Calories				*31.9%	*20.8%	60.0%	*20.9%
Nutrient Guideline		350-500	540				

Thu - 05/06/2021							
ECE HOT BREAKFAST	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				

Fri - 05/07/2021							
ECE HOT BREAKFAST	Total						
CS EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
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		353	565	*27	*21.65	52.15	*7.76
% of Calories				*30.6%	*24.5%	59.1%	*19.8%
Nutrient Guideline		350-500	540				

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Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/10/2021							
ECE HOT BREAKFAST	Total						
CS FR TOAST STICKS	SVG 3STICKS	197	227	7	4.54	28.76	7.57
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		378	389	33	15.54	58.76	10.07
% of Calories				34.7%	16.5%	62.2%	24.0%
Nutrient Guideline		350-500	540				

Tue - 05/11/2021							
ECE HOT BREAKFAST	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				

Wed - 05/12/2021							
ECE HOT BREAKFAST	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 - 05/13/2021							
ECE HOT BREAKFAST	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				

Fri - 05/14/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
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		384	486	*30	*20.05	56.65	*9.16
% of Calories				*31.0%	*20.9%	59.0%	*21.5%
Nutrient Guideline		350-500	540				

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Base Menu Spreadsheet

ECE HOT BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/17/2021							
ECE HOT BREAKFAST	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		243	251	*27	*12.75	43.55	*3.66
% of Calories				*44.1%	*21.0%	71.6%	*13.6%
Nutrient Guideline		350-500	540				

Tue - 05/18/2021							
ECE HOT BREAKFAST	Total						
CS PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	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		401	462	37	15.00	66.00	9.50
% of Calories				36.9%	15.0%	65.8%	21.3%
Nutrient Guideline		350-500	540				

Wed - 05/19/2021							
ECE HOT BREAKFAST	Total						
CS FR TOAST STICKS	SVG 3STICKS	197	227	7	4.54	28.76	7.57
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		386	388	*32	*16.39	59.72	*10.33
% of Calories				*33.0%	*17.0%	61.9%	*24.1%
Nutrient Guideline		350-500	540				

Thu - 05/20/2021							
ECE HOT BREAKFAST	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				

Fri - 05/21/2021							
ECE HOT BREAKFAST	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				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/24/2021							
ECE HOT 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
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 - 05/25/2021							
ECE HOT BREAKFAST	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 - 05/26/2021							
ECE HOT BREAKFAST	Total						
CS BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
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		369	461	*29	*19.25	55.35	*8.56
% of Calories				*31.9%	*20.8%	60.0%	*20.9%
Nutrient Guideline		350-500	540				

Thu - 05/27/2021							
ECE HOT BREAKFAST	Total						
CS WAFFLES, MINI MPLY	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				

Fri - 05/28/2021							
ECE HOT BREAKFAST	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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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average		355	384	*31 *78.5%	*16.41 *18.5%	57.31 64.5%	*7.69 *19.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	355		350 - 500	100%				
Sodium 1 (mg)	384		540					
Sodium 2 (mg)	384		485					
Sugars (g)	31	34.88%			Missing			
Protein (g)	16.41	18.48%			Missing			
Carbohydrate (g)	57.31	64.53%						
Total Fat (g)	7.69	19.48%			Missing			

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