

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/01/2021							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	80	65	12	4.0	15.0	0.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
UBR BREAKFAST BAR	1 EACH	280	190	19	5.0	44.0	8.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		599	647	*59	*26.15	94.62	*11.52
% of Calories				*39.6%	*17.5%	63.2%	*17.3%
Nutrient Guideline		600-650	1230				

Mon - 10/04/2021							
BRIDGES SUPER SNACK	Total						
TURKEY HAM & CHEESE SWICH ,IW	1 EACH	250	810	4	19.0	28.0	8.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	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
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		466	1059	42	28.20	71.80	8.25
% of Calories				35.7%	24.2%	61.6%	15.9%
Nutrient Guideline		600-650	1230				

Tue - 10/05/2021							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (2)	2 EACH	120	400	0	14.0	2.0	6.0
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		416	757	*31	*25.80	55.12	*9.93
% of Calories				*29.4%	*24.8%	53.0%	*21.5%
Nutrient Guideline		600-650	1230				

Wed - 10/06/2021							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	80	65	12	4.0	15.0	0.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		467	548	*52	*23.95	73.62	*8.52
% of Calories				*45.0%	*20.5%	63.1%	*16.4%
Nutrient Guideline		600-650	1230				

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

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San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/07/2021							
BRIDGES SUPER SNACK	Total						
TORTILLA CHIPS & CHEESE	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
FR CUP, STRAWBERRY FROZEN	1 EACH	80	1	16	0.0	21.0	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		744	1054	46	32.64	98.65	25.54
% of Calories				24.6%	17.6%	53.0%	30.9%
Nutrient Guideline		600-650	1230				

Mon - 10/11/2021							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (2)	2 EACH	120	400	0	14.0	2.0	6.0
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		479	653	*48	*26.60	67.12	*11.43
% of Calories				*39.9%	*22.2%	56.1%	*21.5%
Nutrient Guideline		600-650	1230				

Tue - 10/12/2021							
BRIDGES SUPER SNACK	Total						
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	590	18	20.0	56.0	34.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	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		807	798	51	29.20	96.50	34.25
% of Calories				25.1%	14.5%	47.8%	38.2%
Nutrient Guideline		600-650	1230				

Wed - 10/13/2021							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	80	65	12	4.0	15.0	0.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		545	577	*58	*25.00	89.87	*9.52
% of Calories				*42.4%	*18.4%	66.0%	*15.7%
Nutrient Guideline		600-650	1230				

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Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/14/2021							
BRIDGES SUPER SNACK	Total						
TORTILLA CHIPS & CHEESE	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		716	1087	*41	*30.80	92.12	*25.43
% of Calories				*22.7%	*17.2%	51.5%	*32.0%
Nutrient Guideline		600-650	1230				

Fri - 10/15/2021							
BRIDGES SUPER SNACK	Total						
UBR BREAKFAST BAR	1 EACH	280	190	19	5.0	44.0	8.0
SUNFLOWER SEEDS	BAG	170	110	1	6.0	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		704	674	*49	*30.24	88.27	*25.72
% of Calories				*27.7%	*17.2%	50.2%	*32.9%
Nutrient Guideline		600-650	1230				

Mon - 10/18/2021							
BRIDGES SUPER SNACK	Total						
TURKEY HAM & CHEESE SWICH ,IW	1 EACH	250	810	4	19.0	28.0	8.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		465	1058	*40	*28.80	70.42	*8.43
% of Calories				*34.1%	*24.8%	60.6%	*16.3%
Nutrient Guideline		600-650	1230				

Tue - 10/19/2021							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (2)	2 EACH	120	400	0	14.0	2.0	6.0
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		464	698	*43	*26.60	64.12	*11.43
% of Calories				*36.9%	*22.9%	55.3%	*22.2%
Nutrient Guideline		600-650	1230				

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Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/20/2021							
BRIDGES SUPER SNACK	Total						
TORTILLA CHIPS & CHEESE	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		714	1054	*39	*33.24	90.27	*25.71
% of Calories				*21.7%	*18.6%	50.6%	*32.4%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/21/2021							
BRIDGES SUPER SNACK	Total						
UBR BREAKFAST BAR	1 EACH	280	190	19	5.0	44.0	8.0
SUNFLOWER SEEDS	BAG	170	110	1	6.0	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		721	662	*56	*27.80	93.12	*25.43
% of Calories				*30.8%	*15.4%	51.7%	*31.7%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/22/2021							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	80	65	12	4.0	15.0	0.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		419	607	*40	*23.15	64.62	*7.02
% of Calories				*38.5%	*22.1%	61.7%	*15.1%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/25/2021							
BRIDGES SUPER SNACK	Total						
TURKEY HAM & CHEESE SWICH ,IW	1 EACH	250	810	4	19.0	28.0	8.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	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
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		466	1059	42	28.20	71.80	8.25
% of Calories				35.7%	24.2%	61.6%	15.9%
Nutrient Guideline		600-650	1230				

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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)
Tue - 10/26/2021							
BRIDGES SUPER SNACK	Total						
CHEESE, STRING (2)	2 EACH	120	400	0	14.0	2.0	6.0
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		416	757	*31	*25.80	55.12	*9.93
% of Calories				*29.4%	*24.8%	53.0%	*21.5%
Nutrient Guideline		600-650	1230				

Wed - 10/27/2021							
BRIDGES SUPER SNACK	Total						
YOGURT, STRAWBERRY BANANA	1 CARTON (4 O	80	65	12	4.0	15.0	0.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		467	548	*52	*23.95	73.62	*8.52
% of Calories				*45.0%	*20.5%	63.1%	*16.4%
Nutrient Guideline		600-650	1230				

Thu - 10/28/2021							
BRIDGES SUPER SNACK	Total						
TORTILLA CHIPS & CHEESE	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
FR CUP, STRAWBERRY FROZEN	1 EACH	80	1	16	0.0	21.0	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		744	1054	46	32.64	98.65	25.54
% of Calories				24.6%	17.6%	53.0%	30.9%
Nutrient Guideline		600-650	1230				

Fri - 10/29/2021							
BRIDGES SUPER SNACK	Total						
UBR BREAKFAST BAR	1 EACH	280	190	19	5.0	44.0	8.0
SUNFLOWER SEEDS	BAG	170	110	1	6.0	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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		706	707	*51	*27.80	90.12	*25.43
% of Calories				*28.7%	*15.8%	51.1%	*32.4%
Nutrient Guideline		600-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average		576	803	*46 *71.3%	*27.83 *19.3%	79.97 55.5%	*16.29 *25.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	576		600 - 650	96%		24		Correction Required - Calories are Low
Sodium 1 (mg)	803		1230					
Sodium 2 (mg)	803		935					
Sugars (g)	46	31.71%			Missing			
Protein (g)	27.83	19.32%			Missing			
Carbohydrate (g)	79.97	55.52%						
Total Fat (g)	16.29	25.44%			Missing			

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