

# San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

CURBSIDE BREAKFAST

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							
CURBSIDE BREAKFAST	Total						
BAGEL, PLAIN	1 EACH	180	200	3	7.0	35.0	1.0
CREAM CHEESE PACKET	PACKET	70	115	1	1.0	1.0	7.0
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
Weighted Daily Average		215	238	*14	*9.80	32.31	*5.34
% of Calories				*26.0%	*18.2%	60.1%	*22.4%
Nutrient Guideline		450-500	540				

Mon - 10/04/2021							
CURBSIDE BREAKFAST	Total						
PM FR TOAST STICKS	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
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
Weighted Daily Average		225	245	*16	*9.30	34.31	*6.34
% of Calories				*28.4%	*16.5%	61.0%	*25.4%
Nutrient Guideline		450-500	540				

Tue - 10/05/2021							
CURBSIDE BREAKFAST	Total						
BAGEL, PLAIN	1 EACH	180	200	3	7.0	35.0	1.0
CREAM CHEESE PACKET	PACKET	70	115	1	1.0	1.0	7.0
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
Weighted Daily Average		176	178	*16	*7.88	25.59	*5.09
% of Calories				*35.9%	*17.9%	58.2%	*26.1%
Nutrient Guideline		450-500	540				

Wed - 10/06/2021							
CURBSIDE BREAKFAST	Total						
PM PANCAKES, CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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
Weighted Daily Average		266	320	*21	*9.00	43.11	*6.94
% of Calories				*31.3%	*13.5%	64.8%	*23.5%
Nutrient Guideline		450-500	540				

Thu - 10/07/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
Weighted Daily Average		198	254	*22	*7.80	38.31	*2.09
% of Calories				*44.7%	*15.7%	77.3%	*9.5%
Nutrient Guideline		450-500	540				

\*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

## CURBSIDE BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/11/2021							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
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
Weighted Daily Average		271	177	27	8.58	46.40	6.05
% of Calories				39.8%	12.6%	68.4%	20.1%
Nutrient Guideline		450-500	540				

Tue - 10/12/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		219	*255	27	*7.50	42.97	*2.00
% of Calories				49.5%	*13.7%	78.4%	*8.2%
Nutrient Guideline		450-500	540				

Wed - 10/13/2021							
CURBSIDE BREAKFAST	Total						
BAGEL, PLAIN	1 EACH	180	200	3	7.0	35.0	1.0
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
CREAM CHEESE PACKET	PACKET	70	115	1	1.0	1.0	7.0
Weighted Daily Average		430	476	*28	*19.60	64.62	*10.68
% of Calories				*26.0%	*18.2%	60.1%	*22.4%
Nutrient Guideline		450-500	540				

Thu - 10/14/2021							
CURBSIDE BREAKFAST	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		285	258	29	9.20	50.50	5.25
% of Calories				40.7%	12.9%	70.9%	16.6%
Nutrient Guideline		450-500	540				

Fri - 10/15/2021							
CURBSIDE BREAKFAST	Total						
PM SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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
Weighted Daily Average		312	*233	29	*8.46	43.13	*7.81
% of Calories				37.2%	*10.8%	55.2%	*22.5%
Nutrient Guideline		450-500	540				

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Base Menu Spreadsheet

CURBSIDE BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/18/2021							
CURBSIDE BREAKFAST	Total						
PM CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
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
Weighted Daily Average		306	305	23	10.30	45.40	9.25
% of Calories				29.5%	13.4%	59.2%	27.2%
Nutrient Guideline		450-500	540				

Tue - 10/19/2021							
CURBSIDE BREAKFAST	Total						
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		336	180	42	9.33	61.15	6.05
% of Calories				49.7%	11.1%	72.8%	16.2%
Nutrient Guideline		450-500	540				

Wed - 10/20/2021							
CURBSIDE BREAKFAST	Total						
PM WAFFLES,MINI MPLE	PACKAGE	200	220	10	4.0	35.0	5.0
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
Weighted Daily Average		250	256	*20	*9.00	42.31	*5.34
% of Calories				*32.0%	*14.4%	67.7%	*19.2%
Nutrient Guideline		450-500	540				

Thu - 10/21/2021							
CURBSIDE BREAKFAST	Total						
PM SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
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
Weighted Daily Average		279	232	*22	*8.61	35.31	*7.85
% of Calories				*31.4%	*12.3%	50.6%	*25.3%
Nutrient Guideline		450-500	540				

Fri - 10/22/2021							
CURBSIDE BREAKFAST	Total						
BAGEL, PLAIN	1 EACH	180	200	3	7.0	35.0	1.0
CREAM CHEESE PACKET	PACKET	70	115	1	1.0	1.0	7.0
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
Weighted Daily Average		215	238	*14	*9.80	32.31	*5.34
% of Calories				*26.0%	*18.2%	60.1%	*22.4%
Nutrient Guideline		450-500	540				

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# San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

## Base Menu Spreadsheet

## CURBSIDE BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/25/2021							
CURBSIDE BREAKFAST	Total						
PM FR TOAST STICKS	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
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
Weighted Daily Average		225	245	*16	*9.30	34.31	*6.34
% of Calories				*28.4%	*16.5%	61.0%	*25.4%
Nutrient Guideline		450-500	540				

Tue - 10/26/2021							
CURBSIDE BREAKFAST	Total						
BAGEL, PLAIN	1 EACH	180	200	3	7.0	35.0	1.0
CREAM CHEESE PACKET	PACKET	70	115	1	1.0	1.0	7.0
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
Weighted Daily Average		176	178	*16	*7.88	25.59	*5.09
% of Calories				*35.9%	*17.9%	58.2%	*26.1%
Nutrient Guideline		450-500	540				

Wed - 10/27/2021							
CURBSIDE BREAKFAST	Total						
PM PANCAKES,CNFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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
Weighted Daily Average		266	320	*21	*9.00	43.11	*6.94
% of Calories				*31.3%	*13.5%	64.8%	*23.5%
Nutrient Guideline		450-500	540				

Thu - 10/28/2021							
CURBSIDE BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
Weighted Daily Average		198	254	*22	*7.80	38.31	*2.09
% of Calories				*44.7%	*15.7%	77.3%	*9.5%
Nutrient Guideline		450-500	540				

Fri - 10/29/2021							
CURBSIDE BREAKFAST	Total						
PM CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		260	223	27	9.00	41.50	6.25
% of Calories				41.5%	13.8%	63.8%	21.6%
Nutrient Guideline		450-500	540				

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**San Juan Unified School District**

**Oct 1, 2021 thru Oct 29, 2021**

Base Menu Spreadsheet

**CURBSIDE BREAKFAST**

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average		255	*253	*23 *79.4%	*9.36 *14.7%	41.03 64.2%	*5.91 *20.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	255		450 - 500	57%		195		Correction Required - Calories are Low
Sodium 1 (mg)	253		540		Missing			
Sodium 2 (mg)	253		485		Missing			
Sugars (g)	23	35.31%			Missing			
Protein (g)	9.36	14.65%			Missing			
Carbohydrate (g)	41.03	64.25%			Missing			
Total Fat (g)	5.91	20.81%			Missing			

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