

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 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)
Fri - 10/01/2021							
ECE (HOT)BREAKFAST	Total						
BREAKFAST WRAP, TURKEY	1 EA	191	253	2	10.69	24.85	5.35
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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
Weighted Daily Average		305	337	*26	*17.44	48.04	*5.85
% of Calories				*33.8%	*22.9%	63.0%	*17.3%
Nutrient Guideline		350-500	540				

Mon - 10/04/2021							
ECE (HOT)BREAKFAST	Total						
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
PEACHES,CANNED	1/2 CUP	60	5	13	0.0	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		460	495	36	18.00	70.00	12.50
% of Calories				31.3%	15.7%	60.9%	24.5%
Nutrient Guideline		350-500	540				

Tue - 10/05/2021							
ECE (HOT)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		430	476	*28	*19.60	64.62	*10.68
% of Calories				*26.0%	*18.2%	60.1%	*22.4%
Nutrient Guideline		350-500	540				

Wed - 10/06/2021							
ECE (HOT)BREAKFAST	Total						
PANCAKES,CONFETTI	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		400	461	*35	*15.60	64.62	*9.68
% of Calories				*35.0%	*15.6%	64.6%	*21.8%
Nutrient Guideline		350-500	540				

Thu - 10/07/2021							
ECE (HOT)BREAKFAST	Total						
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
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	452	28	17.50	48.50	6.00
% of Calories				36.6%	22.9%	63.4%	17.6%
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 - 10/08/2021							
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)	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		240	261	*26	*12.60	42.62	*3.68
% of Calories				*43.4%	*21.0%	71.1%	*13.8%
Nutrient Guideline		350-500	540				

Mon - 10/11/2021							
ECE (HOT)BREAKFAST	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
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		298	236	33	13.40	49.50	5.75
% of Calories				44.8%	18.0%	66.3%	17.3%
Nutrient Guideline		350-500	540				

Tue - 10/12/2021							
ECE (HOT)BREAKFAST	Total						
BREAKFAST WRAP, TURKEY	1 EA	191	253	2	10.69	24.85	5.35
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	1.0
PEARS, CANNED	1/2 CUP	60	5	12	0.0	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		315	341	29	16.84	51.43	5.67
% of Calories				36.6%	21.4%	65.2%	16.2%
Nutrient Guideline		350-500	540				

Wed - 10/13/2021							
ECE (HOT)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		430	476	*28	*19.60	64.62	*10.68
% of Calories				*26.0%	*18.2%	60.1%	*22.4%
Nutrient Guideline		350-500	540				

Thu - 10/14/2021							
ECE (HOT)BREAKFAST	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	1 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		380	381	*34	*15.60	63.62	*7.68
% of Calories				*35.8%	*16.4%	67.0%	*18.2%
Nutrient Guideline		350-500	540				

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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)
Fri - 10/15/2021							
ECE (HOT)BREAKFAST	Total						
PANCAKES,CONFETTI	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		400	461	*35	*15.60	64.62	*9.68
% of Calories				*35.0%	*15.6%	64.6%	*21.8%
Nutrient Guideline		350-500	540				

Mon - 10/18/2021							
ECE (HOT)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
PEARS,CANNED	1/2 CUP	60	5	12	0.0	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		440	480	31	19.00	68.00	10.50
% of Calories				28.2%	17.3%	61.8%	21.5%
Nutrient Guideline		350-500	540				

Tue - 10/19/2021							
ECE (HOT)BREAKFAST	Total						
MUFFIN VARIETY (SM)	1 EACH	118	74	7	2.4	19.5	3.25
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		297	235	*31	*14.00	48.12	*5.93
% of Calories				*42.2%	*18.8%	64.7%	*17.9%
Nutrient Guideline		350-500	540				

Wed - 10/20/2021							
ECE (HOT)BREAKFAST	Total						
WAFFLES,MINI MAPLE	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		380	381	*34	*15.60	63.62	*7.68
% of Calories				*35.8%	*16.4%	67.0%	*18.2%
Nutrient Guideline		350-500	540				

Thu - 10/21/2021							
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)	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		240	261	*26	*12.60	42.62	*3.68
% of Calories				*43.4%	*21.0%	71.1%	*13.8%
Nutrient Guideline		350-500	540				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/22/2021							
ECE (HOT)BREAKFAST	Total						
BREAKFAST WRAP, TURKEY	1 EA	191	253	2	10.69	24.85	5.35
CEREAL, KIX (ECE ONLY)	BOWL (0.6 OZ)	60	100	2	1.0	14.0	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
Weighted Daily Average		305	337	*26	*17.44	48.04	*5.85
% of Calories				*33.8%	*22.9%	63.0%	*17.3%
Nutrient Guideline		350-500	540				

Mon - 10/25/2021							
ECE (HOT)BREAKFAST	Total						
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
PEACHES,CANNED	1/2 CUP	60	5	13	0.0	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		460	495	36	18.00	70.00	12.50
% of Calories				31.3%	15.7%	60.9%	24.5%
Nutrient Guideline		350-500	540				

Tue - 10/26/2021							
ECE (HOT)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		430	476	*28	*19.60	64.62	*10.68
% of Calories				*26.0%	*18.2%	60.1%	*22.4%
Nutrient Guideline		350-500	540				

Wed - 10/27/2021							
ECE (HOT)BREAKFAST	Total						
PANCAKES,CONFETTI	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		400	461	*35	*15.60	64.62	*9.68
% of Calories				*35.0%	*15.6%	64.6%	*21.8%
Nutrient Guideline		350-500	540				

Thu - 10/28/2021							
ECE (HOT)BREAKFAST	Total						
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
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	452	28	17.50	48.50	6.00
% of Calories				36.6%	22.9%	63.4%	17.6%
Nutrient Guideline		350-500	540				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/29/2021							
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)	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		240	261	*26	*12.60	42.62	*3.68
% of Calories				*43.4%	*21.0%	71.1%	*13.8%
Nutrient Guideline		350-500	540				

Weighted Average		355	391	*30 *77.1%	*16.37 *18.4%	56.81 64.0%	*7.81 *19.8%
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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)	391		540					
Sodium 2 (mg)	391		485					
Sugars (g)	30	34.26%			Missing			
Protein (g)	16.37	18.43%			Missing			
Carbohydrate (g)	56.81	63.95%						
Total Fat (g)	7.81	19.78%			Missing			

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