

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

ECE SNACK

Portion Values - Detailed

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Generated on: 9/10/2021 3:09:08 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/01/2021							
ECE SNACK	Total						
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK 1/2C	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		213	156	23	2.80	38.00	5.00
% of Calories				43.6%	5.3%	71.4%	21.1%
Nutrient Guideline		0					

Mon - 10/04/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		211	*172	*22	*2.60	41.24	*4.18
% of Calories				*40.9%	*4.9%	78.2%	*17.8%
Nutrient Guideline		0					

Tue - 10/05/2021							
ECE SNACK	Total						
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		300	166	*51	*12.60	57.62	*2.68
% of Calories				*68.0%	*16.8%	76.9%	*8.0%
Nutrient Guideline		0					

Wed - 10/06/2021							
ECE SNACK	Total						
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
Weighted Daily Average		172	*204	24	*7.00	29.62	*3.00
% of Calories				54.8%	*16.3%	68.8%	*15.7%
Nutrient Guideline		0					

Thu - 10/07/2021							
ECE SNACK	Total						
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
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		213	156	23	2.80	38.00	5.00
% of Calories				43.6%	5.3%	71.4%	21.1%
Nutrient Guideline		0					

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

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/08/2021							
ECE SNACK	Total						
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
Weighted Daily Average		281	*157	40	*3.00	57.62	*3.50
% of Calories				56.3%	*4.3%	82.0%	*11.2%
Nutrient Guideline		0					

Mon - 10/11/2021							
ECE SNACK	Total						
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		231	163	*35	*11.60	42.62	*2.68
% of Calories				*60.6%	*20.1%	73.9%	*10.4%
Nutrient Guideline		0					

Tue - 10/12/2021							
ECE SNACK	Total						
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
CARROTS, PKG	2.6 OZ PK 1/2C	25	55	3	0.0	6.0	0.0
Weighted Daily Average		213	156	23	2.80	38.00	5.00
% of Calories				43.6%	5.3%	71.4%	21.1%
Nutrient Guideline		0					

Wed - 10/13/2021							
ECE SNACK	Total						
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		300	166	*51	*12.60	57.62	*2.68
% of Calories				*68.0%	*16.8%	76.9%	*8.0%
Nutrient Guideline		0					

Thu - 10/14/2021							
ECE SNACK	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
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
Weighted Daily Average		218	77	*27	*3.00	46.12	*3.43
% of Calories				*50.2%	*5.5%	84.5%	*14.1%
Nutrient Guideline		0					

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/15/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	170	0	2.0	14.0	4.0
CARROTS, PKG	2.6 OZ PK 1/2C	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		165	235	11	2.00	29.00	4.00
% of Calories				26.7%	4.8%	70.3%	21.8%
Nutrient Guideline		0					

Mon - 10/18/2021							
ECE SNACK	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
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
Weighted Daily Average		228	*76	*29	*3.00	46.74	*3.43
% of Calories				*50.7%	*5.2%	81.8%	*13.5%
Nutrient Guideline		0					

Tue - 10/19/2021							
ECE SNACK	Total						
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
Weighted Daily Average		172	*204	24	*7.00	29.62	*3.00
% of Calories				54.8%	*16.3%	68.8%	*15.7%
Nutrient Guideline		0					

Wed - 10/20/2021							
ECE SNACK	Total						
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		300	166	*51	*12.60	57.62	*2.68
% of Calories				*68.0%	*16.8%	76.9%	*8.0%
Nutrient Guideline		0					

Thu - 10/21/2021							
ECE SNACK	Total						
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		231	163	*35	*11.60	42.62	*2.68
% of Calories				*60.6%	*20.1%	73.9%	*10.4%
Nutrient Guideline		0					

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/22/2021							
ECE SNACK	Total						
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK 1/2C	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		213	156	23	2.80	38.00	5.00
% of Calories				43.6%	5.3%	71.4%	21.1%
Nutrient Guideline		0					

Mon - 10/25/2021							
ECE SNACK	Total						
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	0	2.0	14.0	4.0
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		211	*172	*22	*2.60	41.24	*4.18
% of Calories				*40.9%	*4.9%	78.2%	*17.8%
Nutrient Guideline		0					

Tue - 10/26/2021							
ECE SNACK	Total						
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
RAISINS	BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
Weighted Daily Average		300	166	*51	*12.60	57.62	*2.68
% of Calories				*68.0%	*16.8%	76.9%	*8.0%
Nutrient Guideline		0					

Wed - 10/27/2021							
ECE SNACK	Total						
CHEESE, STRING (1)	1 EACH	60	200	0	7.0	1.0	3.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
Weighted Daily Average		172	*204	24	*7.00	29.62	*3.00
% of Calories				54.8%	*16.3%	68.8%	*15.7%
Nutrient Guideline		0					

Thu - 10/28/2021							
ECE SNACK	Total						
CHEEZ ITS (KELLOGG'S)	PACKAGE	100	150	0	2.0	14.0	3.5
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
RAISINS	BOX	120	5	27	1.0	29.0	0.0
Weighted Daily Average		281	*157	40	*3.00	57.62	*3.50
% of Calories				56.3%	*4.3%	82.0%	*11.2%
Nutrient Guideline		0					

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/29/2021							
ECE SNACK	Total						
CORN STAR	1 EACH	148	91	12	2.8	23.0	5.0
CARROTS, PKG	2.6 OZ PK 1/2C	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
Weighted Daily Average		213	156	23	2.80	38.00	5.00
% of Calories				43.6%	5.3%	71.4%	21.1%
Nutrient Guideline		0					

Weighted Average		230	*163	*31	*6.08	43.53	*3.63
				*121.0	*10.6%	75.6%	*14.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	230		0					
Sodium 1 (mg)	163				Missing		163	
Sodium 2 (mg)	163				Missing		163	
Sugars (g)	31	53.77%			Missing			
Protein (g)	6.08	10.56%			Missing			
Carbohydrate (g)	43.53	75.58%						
Total Fat (g)	3.63	14.19%			Missing			

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