

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

K-8 ELEMENTARY 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							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST WRAP, TURKEY	1 EA	191	253	2	10.69	24.85	5.35
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
JUICE VARIETY, BOX	CARTONS	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
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		401	*440	*31	*19.64	62.54	*8.01
% of Calories				*30.5%	*19.6%	62.4%	*18.0%
Nutrient Guideline		400-500	540				

Mon - 10/04/2021							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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
MAPLE SYRUP	1 EACH	120	30	22	0.0	30.0	0.0
Weighted Daily Average		513	511	*60	*16.30	98.31	*7.09
% of Calories				*46.9%	*12.7%	76.6%	*12.4%
Nutrient Guideline		400-500	540				

Tue - 10/05/2021							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
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
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		414	533	*31	*19.70	60.22	*10.73
% of Calories				*30.1%	*19.0%	58.2%	*23.3%
Nutrient Guideline		400-500	540				

Wed - 10/06/2021							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
MAPLE SYRUP	1 EACH	120	30	22	0.0	30.0	0.0

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		525	491	*65 *49.9%	*14.80 *11.3%	101.71 77.5%	*7.24 *12.4%
Nutrient Guideline		400-500	540				

Thu - 10/07/2021							
K-8 ELEMENTARY BREAKF	Total						
EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
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
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 % of Calories		393	569	*40 *40.6%	*18.78 *19.1%	70.40 71.6%	*5.23 *12.0%
Nutrient Guideline		400-500	540				

Fri - 10/08/2021							
K-8 ELEMENTARY BREAKF	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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average % of Calories		387	498	*48 *49.5%	*13.80 *14.2%	81.12 83.7%	*1.93 *4.5%
Nutrient Guideline		400-500	540				

Mon - 10/11/2021							
K-8 ELEMENTARY BREAKF	Total						
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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 % of Calories		400	322	*45 *45.1%	*14.18 *14.2%	72.81 72.9%	*6.44 *14.5%
Nutrient Guideline		400-500	540				

Tue - 10/12/2021							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST WRAP ,TURKEY	1 EA	191	253	2	10.69	24.85	5.35
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
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0

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

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San Juan Unified School District

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Base Menu Spreadsheet

K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		389	*457	40 41.5%	*17.34 *17.8%	69.89 71.8%	*4.67 *10.8%
Nutrient Guideline		400-500	540				

Wed - 10/13/2021							
K-8 ELEMENTARY BREAKF	Total						
CEREAL BAR,W/YOGURT	1 BAR &1 CUP	240	170	21	6.0	44.0	3.5
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
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 % of Calories		417	355	*44 *41.8%	*17.00 *16.3%	73.52 70.6%	*5.83 *12.6%
Nutrient Guideline		400-500	540				

Thu - 10/14/2021							
K-8 ELEMENTARY BREAKF	Total						
WAFFLES,MINI MAPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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
MAPLE SYRUP	1 EACH	120	30	22	0.0	30.0	0.0
Weighted Daily Average % of Calories		473	418	*58 *49.1%	*14.80 *12.5%	91.91 77.7%	*5.64 *10.7%
Nutrient Guideline		400-500	540				

Fri - 10/15/2021							
K-8 ELEMENTARY BREAKF	Total						
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
JUICE VARIETY, BOX	CARTONS	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
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 % of Calories		428	*378	*45 *41.9%	*13.91 *13.0%	66.38 62.0%	*8.15 *17.1%
Nutrient Guideline		400-500	540				

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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)
Mon - 10/18/2021							
K-8 ELEMENTARY BREAKF	Total						
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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		435	450	*41	*15.90	71.81	*9.64
% of Calories				*37.4%	*14.6%	66.1%	*20.0%
Nutrient Guideline		400-500	540				

Tue - 10/19/2021							
K-8 ELEMENTARY BREAKF	Total						
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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		452	324	*58	*14.78	84.40	*6.39
% of Calories				*51.0%	*13.1%	74.8%	*12.7%
Nutrient Guideline		400-500	540				

Wed - 10/20/2021							
K-8 ELEMENTARY BREAKF	Total						
WAFFLES,MINI MAPLE	PACKAGE	200	220	10	4.0	35.0	5.0
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
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
MAPLE SYRUP	1 EACH	120	30	22	0.0	30.0	0.0
Weighted Daily Average		480	*426	*57	*14.30	93.72	*5.64
% of Calories				*47.9%	*11.9%	78.1%	*10.6%
Nutrient Guideline		400-500	540				

Thu - 10/21/2021							
K-8 ELEMENTARY BREAKF	Total						
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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		472	380	*56	*14.66	77.16	*8.15
% of Calories				*47.2%	*12.4%	65.3%	*15.5%
Nutrient Guideline		400-500	540				

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K-8 ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/22/2021							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST WRAP, TURKEY	1 EA	191	253	2	10.69	24.85	5.35
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
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		395	440	*29	*19.94	61.54	*8.10
% of Calories				*29.2%	*20.2%	62.3%	*18.5%
Nutrient Guideline		400-500	540				

Mon - 10/25/2021							
K-8 ELEMENTARY BREAKF	Total						
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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
MAPLE SYRUP	1 EACH	120	30	22	0.0	30.0	0.0
Weighted Daily Average		513	511	*60	*16.30	98.31	*7.09
% of Calories				*46.9%	*12.7%	76.6%	*12.4%
Nutrient Guideline		400-500	540				

Tue - 10/26/2021							
K-8 ELEMENTARY BREAKF	Total						
BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
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
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		414	533	*31	*19.70	60.22	*10.73
% of Calories				*30.1%	*19.0%	58.2%	*23.3%
Nutrient Guideline		400-500	540				

Wed - 10/27/2021							
K-8 ELEMENTARY BREAKF	Total						
PANCAKES, CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
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
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
MAPLE SYRUP	1 EACH	120	30	22	0.0	30.0	0.0

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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)
Weighted Daily Average % of Calories		525	491	*65 *49.9%	*14.80 *11.3%	101.71 77.5%	*7.24 *12.4%
Nutrient Guideline		400-500	540				

Thu - 10/28/2021							
K-8 ELEMENTARY BREAKF	Total						
EGG & CHEESE MUFFIN ,WG	1 EACH	190	480	2	12.0	23.0	6.0
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
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 % of Calories		393	569	*40 *40.6%	*18.78 *19.1%	70.40 71.6%	*5.23 *12.0%
Nutrient Guideline		400-500	540				

Fri - 10/29/2021							
K-8 ELEMENTARY BREAKF	Total						
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
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
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 % of Calories		453	471	*51 *45.2%	*15.80 *13.9%	82.31 72.6%	*7.09 *14.1%
Nutrient Guideline		400-500	540				

Weighted Average		442	*456	*47 *96.6%	*16.44 *14.9%	78.59 71.2%	*6.97 *14.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	442		400 - 500	100%				
Sodium 1 (mg)	456		540		Missing			
Sodium 2 (mg)	456		485		Missing			
Sugars (g)	47	42.92%			Missing			
Protein (g)	16.44	14.89%			Missing			
Carbohydrate (g)	78.59	71.19%						
Total Fat (g)	6.97	14.20%			Missing			

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.