

# San Juan Unified School District

Sep 13, 2021 thru Sep 17, 2021

Base Menu Spreadsheet

MS and HS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/13/2021							
MS and HS BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,W/YOGURT	1 BAR &1 CAR TON	240	170	21	7.0	45.0	3.5
FRENCH TOAST STICKS(3)	SVG (3 STICKS)	270	330	8	7.0	40.0	10.0
TURKEY BACON	SVG (2 SLICES)	40	220	0	4.0	0.0	3.0
APPLESAUCE,CANNED	1/2 CUP	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
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		378	*374	*43	*13.95	68.43	*5.63
% of Calories				*45.5%	*14.8%	72.4%	*13.4%
Nutrient Guideline		450-600	640				

Tue - 09/14/2021							
MS and HS BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,W/YOGURT	1 BAR &1 CAR TON	240	170	21	7.0	45.0	3.5
BREAKFAST PIZZA	1 EACH	210	350	5	9.0	27.0	7.0
MIXED FRUIT,CANNED	1/2 CUP	60	5	12	0.0	15.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		375	*366	*43	*13.95	67.63	*5.18
% of Calories				*46.2%	*14.9%	72.2%	*12.4%
Nutrient Guideline		450-600	640				

\*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)
Wed - 09/15/2021							
MS and HS BREAKFAST	Total						
BREAKFAST SANDWICH (SECON)	1 EACH	380	960	4	20.0	31.0	20.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,W/YOGURT	1 BAR &1 CAR TON	240	170	21	7.0	45.0	3.5
PEARS,CANNED	1/2 CUP	60	5	12	0.0	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		392	*427	*43	*15.05	68.53	*6.53
% of Calories				*44.1%	*15.4%	70.0%	*15.0%
Nutrient Guideline		450-600	640				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/16/2021							
MS and HS BREAKFAST	Total						
BFAST BURRITO ,EGG & CHEESE	1 EACH	310	540	1	15.0	33.0	14.5
BFAST BURRITO,EGG & SAUSAGE	1 EACH	340	630	0	18.0	33.0	16.5
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
CEREAL BAR,W/YOGURT	1 BAR &1 CAR TON	240	170	21	7.0	45.0	3.5
PEACHES,CANNED	1/2 CUP	60	5	13	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		419	*448	*43	*16.35	71.03	*7.58
% of Calories				*41.4%	*15.6%	67.8%	*16.3%
Nutrient Guideline		450-600	640				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 09/17/2021							
MS and HS BREAKFAST	Total						
CEREAL VARIETY	BOWL (2 OZ)	217	347	20	4.0	48.0	1.5
CINNAMON ROLL	1 EACH	270	280	12	6.0	38.0	10.0
MUFFIN VARIETY (LARGE)	1 EACH	226	120	18	3.85	39.25	6.0
PANCAKES,CONFETTI	PACKAGE	220	300	11	4.0	36.0	7.0
SCONE,BANANA/CHOC (FAT CAT)	1 EACH	252	190	15	3.7	30.2	8.2
BEEF SAUSAGE PATTY	1 EACH	70	240	0	6.0	1.0	4.5
WAFFLES,MINI MAPLE	PACKAGE	200	220	10	4.0	35.0	5.0
CEREAL BAR,W/YOGURT	1 BAR &1 CAR TON	240	170	21	7.0	45.0	3.5
FRUIT VARIETY ,CANNED	1/2 CUP	58	4	12	0.0	14.75	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		355	*335	*43	*13.15	65.16	*4.58
% of Calories				*48.2%	*14.8%	73.4%	*11.6%
Nutrient Guideline		450-600	640				

Weighted Average		384	*390	*43	*14.49	68.15	*5.90
				*101.1	*15.1%	71.0%	*13.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	384		450 - 600	85%		66		Correction Required - Calories are Low
Sodium 1 (mg)	390		640		Missing			
Sodium 2 (mg)	390		570		Missing			
Sugars (g)	43	44.95%			Missing			
Protein (g)	14.49	15.11%			Missing			
Carbohydrate (g)	68.15	71.03%						
Total Fat (g)	5.90	13.84%			Missing			

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