

# San Juan Unified School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

Page 1

Generated on: 9/1/2023 10:10:31 AM

	Portion Size	Carb (g)
Fri - 09/01/2023		
BRIDGES SUPER SNACK	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
CHEESE, STRING (1)	1 EACH	1.0
YOGURT, STRAW / BANANA	1 CARTON (4 OZ)	12.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		86.06
% of Calories		64.5%
Nutrient Guideline		

Tue - 09/05/2023		
BRIDGES SUPER SNACK	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
CHEESE, STRING (2)	2 EACH	2.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		82.06
% of Calories		58.7%
Nutrient Guideline		

Wed - 09/06/2023		
BRIDGES SUPER SNACK	Total	
TURKEY COMBO W/ CRACKERS	SERVING	33.98
BROCCOLI FRESH	1/2 CUP	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		65.79
% of Calories		49.0%
Nutrient Guideline		

Thu - 09/07/2023		
BRIDGES SUPER SNACK	Total	
HUMMUS BURGER	1 EACH	41.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		74.81
% of Calories		59.5%
Nutrient Guideline		

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

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Page 2

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	Portion Size	Carb (g)
Fri - 09/08/2023		
BRIDGES SUPER SNACK	Total	
UBR BREAKFAST BAR	1 EACH	44.0
CHEESE, STRING (1)	1 EACH	1.0
SUNFLOWER SEEDS	BAG	6.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		84.81
% of Calories		49.3%
Nutrient Guideline		

Mon - 09/11/2023		
BRIDGES SUPER SNACK	Total	
CRACKER, WHEAT	1 Each	30.0
TURKEY COMBO W/ CRACKERS	SERVING	33.98
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		97.79
% of Calories		54.6%
Nutrient Guideline		

Tue - 09/12/2023		
BRIDGES SUPER SNACK	Total	
CORN STAR	1 EACH	23.0
CHEESE, STRING (2)	2 EACH	2.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		65.81
% of Calories		54.7%
Nutrient Guideline		

Wed - 09/13/2023		
BRIDGES SUPER SNACK	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
CHEESE, STRING (1)	1 EACH	1.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		65.81
% of Calories		53.9%
Nutrient Guideline		

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Page 3

Generated on: 9/1/2023 10:10:31 AM

	Portion Size	Carb (g)
Thu - 09/14/2023		
BRIDGES SUPER SNACK	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
CHEESE, STRING (1)	1 EACH	1.0
YOGURT, STRAW / BANANA	1 CARTON (4 OZ)	12.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		86.06
% of Calories		64.5%
Nutrient Guideline		

Fri - 09/15/2023		
BRIDGES SUPER SNACK	Total	
CRACKER, WHEAT	1 Each	30.0
BEEF SALAMI SLICES	1 EACH	0.0
CHEESE, STRING (1)	1 EACH	1.0
BROCCOLI FRESH	1/2 CUP	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		62.81
% of Calories		46.7%
Nutrient Guideline		

Mon - 09/18/2023		
BRIDGES SUPER SNACK	Total	
HUMMUS BURGER	1 EACH	41.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		81.81
% of Calories		60.8%
Nutrient Guideline		

Tue - 09/19/2023		
BRIDGES SUPER SNACK	Total	
CRACKER, WHEAT	1 Each	30.0
TURKEY COMBO W/ CRACKERS	SERVING	33.98
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		97.79
% of Calories		54.6%
Nutrient Guideline		

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Portion Values - Detailed

Page 4

Generated on: 9/1/2023 10:10:31 AM

	Portion Size	Carb (g)
Wed - 09/20/2023		
BRIDGES SUPER SNACK	Total	
UBR BREAKFAST BAR	1 EACH	44.0
SUNFLOWER SEEDS	BAG	6.0
CHEESE, STRING (1)	1 EACH	1.0
BROCCOLI FRESH	1/2 CUP	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		82.81
% of Calories		48.1%
Nutrient Guideline		

Thu - 09/21/2023		
BRIDGES SUPER SNACK	Total	
CORN STAR	1 EACH	23.0
CHEESE, STRING (2)	2 EACH	2.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		65.81
% of Calories		54.7%
Nutrient Guideline		

Fri - 09/22/2023		
BRIDGES SUPER SNACK	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
CHEESE, STRING (1)	1 EACH	1.0
YOGURT, STRAW / BANANA	1 CARTON (4 OZ)	12.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		86.06
% of Calories		64.5%
Nutrient Guideline		

Mon - 09/25/2023		
BRIDGES SUPER SNACK	Total	
HUMMUS BURGER	1 EACH	41.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		74.81
% of Calories		59.5%
Nutrient Guideline		

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BRIDGES SUPER SNACK

Portion Values - Detailed

Page 5

Generated on: 9/1/2023 10:10:31 AM

	Portion Size	Carb (g)
Tue - 09/26/2023		
BRIDGES SUPER SNACK	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
CHEESE, STRING (2)	2 EACH	2.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		82.06
% of Calories		58.7%
Nutrient Guideline		

Wed - 09/27/2023		
BRIDGES SUPER SNACK	Total	
TURKEY COMBO W/ CRACKERS	SERVING	33.98
BROCCOLI FRESH	1/2 CUP	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		65.79
% of Calories		49.0%
Nutrient Guideline		

Thu - 09/28/2023		
BRIDGES SUPER SNACK	Total	
HUMMUS BURGER	1 EACH	41.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		74.81
% of Calories		59.5%
Nutrient Guideline		

Fri - 09/29/2023		
BRIDGES SUPER SNACK	Total	
UBR BREAKFAST BAR	1 EACH	44.0
CHEESE, STRING (1)	1 EACH	1.0
SUNFLOWER SEEDS	BAG	6.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		84.81
% of Calories		49.3%
Nutrient Guideline		

Weighted Average		78.42
		55.4%

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Portion Values - Detailed

Page 6

Generated on: 9/1/2023 10:10:31 AM

Portion Size Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	78.42	55.39%						

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