

# San Juan Unified School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

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Generated on: 9/1/2023 10:08:40 AM

	Portion Size	Carb (g)
Fri - 09/01/2023		
ECE COLD BREAKFAST	Total	
CEREAL, RICE CHEX (ECE )	BOWL (1OZ)	24.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		48.21
% of Calories		70.9%
Nutrient Guideline		

Tue - 09/05/2023		
ECE COLD BREAKFAST	Total	
MUFFIN VARIETY (SM)	1 EACH	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		43.71
% of Calories		62.6%
Nutrient Guideline		

Wed - 09/06/2023		
ECE COLD BREAKFAST	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
PEACHES,CANNED	1/2 CUP	14.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		61.00
% of Calories		55.5%
Nutrient Guideline		

Thu - 09/07/2023		
ECE COLD BREAKFAST	Total	
CEREAL, VARIETY (ECE )	BOWLS	19.0
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		51.00
% of Calories		72.9%
Nutrient Guideline		

Fri - 09/08/2023		
ECE COLD BREAKFAST	Total	
WAFFLES,MINI MAPLE	PACKAGE	36.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		60.21
% of Calories		68.4%
Nutrient Guideline		

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Carb (g)
Mon - 09/11/2023		
ECE COLD BREAKFAST	Total	
MUFFIN VARIETY (SM)	1 EACH	19.5
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		49.50
% of Calories		64.4%
Nutrient Guideline		

Tue - 09/12/2023		
ECE COLD BREAKFAST	Total	
YOGURT, STRAW / BANANA	1 CARTON (4 OZ)	12.0
PEACHES,CANNED	1/2 CUP	14.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		42.00
% of Calories		64.6%
Nutrient Guideline		

Wed - 09/13/2023		
ECE COLD BREAKFAST	Total	
CEREAL, VARIETY (ECE )	BOWLS	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		43.21
% of Calories		68.6%
Nutrient Guideline		

Thu - 09/14/2023		
ECE COLD BREAKFAST	Total	
WAFFLES,MINI MAPLE	PACKAGE	36.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		60.21
% of Calories		68.4%
Nutrient Guideline		

Fri - 09/15/2023		
ECE COLD BREAKFAST	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		55.21
% of Calories		53.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/18/2023		
ECE COLD BREAKFAST	Total	
CEREAL, VARIETY (ECE )	BOWLS	19.0
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		49.00
% of Calories		70.0%
Nutrient Guideline		

Tue - 09/19/2023		
ECE COLD BREAKFAST	Total	
WAFFLES,MINI MAPLE	PACKAGE	36.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		60.21
% of Calories		68.4%
Nutrient Guideline		

Wed - 09/20/2023		
ECE COLD BREAKFAST	Total	
MUFFIN VARIETY (SM)	1 EACH	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		43.71
% of Calories		62.6%
Nutrient Guideline		

Thu - 09/21/2023		
ECE COLD BREAKFAST	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		55.21
% of Calories		53.6%
Nutrient Guideline		

Fri - 09/22/2023		
ECE COLD BREAKFAST	Total	
CEREAL, VARIETY (ECE )	BOWLS	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		43.21
% of Calories		68.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/25/2023		
ECE COLD BREAKFAST	Total	
MUFFIN VARIETY (SM)	1 EACH	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		43.71
% of Calories		62.6%
Nutrient Guideline		

Tue - 09/26/2023		
ECE COLD BREAKFAST	Total	
YOGURT, STRAW / BANANA	1 CARTON (4 OZ)	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		36.21
% of Calories		62.4%
Nutrient Guideline		

Wed - 09/27/2023		
ECE COLD BREAKFAST	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
PEACHES,CANNED	1/2 CUP	14.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		61.00
% of Calories		55.5%
Nutrient Guideline		

Thu - 09/28/2023		
ECE COLD BREAKFAST	Total	
CEREAL, VARIETY (ECE )	BOWLS	19.0
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		51.00
% of Calories		72.9%
Nutrient Guideline		

Fri - 09/29/2023		
ECE COLD BREAKFAST	Total	
WAFFLES,MINI MAPLE	PACKAGE	36.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
Weighted Daily Average		60.21
% of Calories		68.4%
Nutrient Guideline		

Weighted Average		50.89
		64.0%

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Portion Size Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	50.89	63.95%						

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