

San Juan Unified School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

K-8 BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 9/1/2023 10:09:52 AM

	Portion Size	Carb (g)
Fri - 09/01/2023		
K-8 BREAKFAST	Total	
WAFFLE W/FRUIT	SERVING	38.0
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		70.77
% of Calories		70.3%
Nutrient Guideline		

Tue - 09/05/2023		
K-8 BREAKFAST	Total	
CHORIZO CHEESE PIZZA	1 EACH	20.92
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
JUICE VARIETY, BOX	CARTONS	14.5
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		64.06
% of Calories		67.4%
Nutrient Guideline		

Wed - 09/06/2023		
K-8 BREAKFAST	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		66.28
% of Calories		60.2%
Nutrient Guideline		

Thu - 09/07/2023		
K-8 BREAKFAST	Total	
BREAKFAST SAUSAGE SANDWICH	1 EACH	26.3
YOGURT PARFAIT	SERVING	61.06
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		65.31
% of Calories		63.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 2

Generated on: 9/1/2023 10:09:52 AM

	Portion Size	Carb (g)
Fri - 09/08/2023		
K-8 BREAKFAST	Total	
WAFFLE W/FRUIT	SERVING	38.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		74.08
% of Calories		69.3%
Nutrient Guideline		

Mon - 09/11/2023		
K-8 BREAKFAST	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		69.57
% of Calories		70.2%
Nutrient Guideline		

Tue - 09/12/2023		
K-8 BREAKFAST	Total	
BURRITO WG - EGG & CH	1 EACH	23.0
YOGURT PARFAIT	SERVING	61.06
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEACHES,CANNED	1/2 CUP	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		61.42
% of Calories		59.8%
Nutrient Guideline		

Wed - 09/13/2023		
K-8 BREAKFAST	Total	
EGG CHILAQUILES	SVG	31.93
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
JUICE VARIETY, BOX	CARTONS	14.5
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		66.97
% of Calories		52.6%
Nutrient Guideline		

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Page 3

Generated on: 9/1/2023 10:09:52 AM

	Portion Size	Carb (g)
Thu - 09/14/2023		
K-8 BREAKFAST	Total	
NADA, CINN APPLE	1 EACH	50.0
YOGURT PARFAIT	SERVING	61.06
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
RAISINS	1BOX	29.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		94.02
% of Calories		74.8%
Nutrient Guideline		

Fri - 09/15/2023		
K-8 BREAKFAST	Total	
WAFFLE W/FRUIT	SERVING	38.0
BOILED EGG W/CRACKERS	SERVING	31.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		64.11
% of Calories		62.8%
Nutrient Guideline		

Mon - 09/18/2023		
K-8 BREAKFAST	Total	
CHORIZO CHEESE PIZZA	1 EACH	20.92
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		54.91
% of Calories		60.9%
Nutrient Guideline		

Tue - 09/19/2023		
K-8 BREAKFAST	Total	
BREAKFAST SAUSAGE SANDWICH	1 EACH	26.3
YOGURT PARFAIT	SERVING	61.06
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
JUICE VARIETY, BOX	CARTONS	14.5
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		61.04
% of Calories		61.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 4

Generated on: 9/1/2023 10:09:52 AM

	Portion Size	Carb (g)
Wed - 09/20/2023		
K-8 BREAKFAST	Total	
MUFFIN VARIETY (LARGE)	1 EACH	39.25
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
RAISINS	1BOX	29.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		85.58
% of Calories		72.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/21/2023		
K-8 BREAKFAST	Total	
EGG CHILAQUILES	SVG	31.93
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		64.97
% of Calories		54.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/22/2023		
K-8 BREAKFAST	Total	
WAFFLE W/FRUIT	SERVING	38.0
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		70.77
% of Calories		70.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/25/2023		
K-8 BREAKFAST	Total	
NADA, CINN APPLE	1 EACH	50.0
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
RAISINS	1BOX	29.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		85.67
% of Calories		74.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 5

Generated on: 9/1/2023 10:09:52 AM

	Portion Size	Carb (g)
Tue - 09/26/2023		
K-8 BREAKFAST	Total	
CHORIZO CHEESE PIZZA	1 EACH	20.92
YOGURT PARFAIT	SERVING	61.06
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		71.55
% of Calories		66.8%
Nutrient Guideline		

Wed - 09/27/2023		
K-8 BREAKFAST	Total	
BOILED EGG W/CRACKERS	SERVING	31.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
JUICE VARIETY, BOX	CARTONS	14.5
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		66.53
% of Calories		60.4%
Nutrient Guideline		

Thu - 09/28/2023		
K-8 BREAKFAST	Total	
BREAKFAST SAUSAGE SANDWICH	1 EACH	26.3
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		62.16
% of Calories		63.1%
Nutrient Guideline		

Fri - 09/29/2023		
K-8 BREAKFAST	Total	
WAFFLE W/FRUIT	SERVING	38.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		74.08
% of Calories		69.3%
Nutrient Guideline		

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Page 6

Generated on: 9/1/2023 10:09:52 AM

	Portion Size	Carb (g)
Weighted Average		69.69 65.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	69.69	65.14%						

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