

# San Juan Unified School District

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

Page 1

|                          | Portion Size  | Cals (kcal) | Carb (g) | T-Fat (g) |
|--------------------------|---------------|-------------|----------|-----------|
| <b>Mon - 04/01/2024</b>  |               |             |          |           |
| BRIDGES SUPER SNACK      | Total         |             |          |           |
| TURKEY COMBO W/ CRACKERS | SERVING       | 359         | 33.98    | 18.93     |
| CELERY STICKS            | 1/2 CUP       | 8           | 1.5      | 0.09      |
| FRUIT, FRESH VARIETY     | SVG (1/2 CUP) | 40          | 10.41    | *0.04     |
| MILK, WHITE 1%           | 1 CARTON      | 130         | 16.0     | 2.5       |
| MILK, NONFAT CHOC        | 1 CARTON      | 120         | 20.0     | 0.0       |
|                          |               |             |          |           |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <b>Tue - 04/02/2024</b> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| YOGURT, STRAW / BANANA  | 1 CARTON      | 70  | 12.0  | 0.0   |
| CHEESE, STRING (1)      | 1 EACH        | 60  | 1.0   | 3.0   |
| CORN MUFFIN,WG          | 1 EACH        | 257 | 44.0  | 7.4   |
| CARROTS, PKG            | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <b>Wed - 04/03/2024</b> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| UBR BREAKFAST BAR       | 1 EACH        | 280 | 44.0  | 8.0   |
| SUNFLOWER SEEDS         | BAG           | 170 | 6.0   | 14.0  |
| CHEESE, STRING (1)      | 1 EACH        | 60  | 1.0   | 3.0   |
| BROCCOLI FRESH          | 1/2 CUP       | 25  | 4.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <b>Thu - 04/04/2024</b> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| SLICED LOAF VARIETY,WG  | 1 EACH        | 240 | 43.5  | 8.0   |
| BOILED EGG              | 1 EACH        | 70  | 1.0   | 5.0   |
| CARROTS, PKG            | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

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Portion Values - Detailed

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|                           | Portion Size  | Cals (kcal) | Carb (g) | T-Fat (g) |
|---------------------------|---------------|-------------|----------|-----------|
| Fri - 04/05/2024          |               |             |          |           |
| BRIDGES SUPER SNACK       | Total         |             |          |           |
| CRACKER, WHEAT            | 1 Each        | 180         | 30.0     | 6.0       |
| BEEF SALAMI SLICES        | 1 EACH        | 120         | 0.0      | 10.0      |
| CHEESE, STRING (1)        | 1 EACH        | 60          | 1.0      | 3.0       |
| JUICE, VEG PARADISE PUNCH | 1 EACH        | 60          | 14.0     | 0.0       |
| FRUIT, FRESH VARIETY      | SVG (1/2 CUP) | 40          | 10.41    | *0.04     |
| MILK, WHITE 1%            | 1 CARTON      | 130         | 16.0     | 2.5       |
| MILK, NONFAT CHOC         | 1 CARTON      | 120         | 20.0     | 0.0       |

|                          |               |     |       |       |
|--------------------------|---------------|-----|-------|-------|
| Mon - 04/08/2024         |               |     |       |       |
| BRIDGES SUPER SNACK      | Total         |     |       |       |
| TURKEY COMBO W/ CRACKERS | SERVING       | 359 | 33.98 | 18.93 |
| CARROTS, PKG             | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY     | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%           | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC        | 1 CARTON      | 120 |       | 0.0   |

|                           |               |     |       |       |
|---------------------------|---------------|-----|-------|-------|
| Tue - 04/09/2024          |               |     |       |       |
| BRIDGES SUPER SNACK       | Total         |     |       |       |
| HUMMUS W/ CHIPS           | SERVING       | 380 | 50.0  | 15.5  |
| JUICE, VEG PARADISE PUNCH | 1 EACH        | 60  | 14.0  | 0.0   |
| FRUIT, FRESH VARIETY      | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%            | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC         | 1 CARTON      | 120 | 20.0  | 0.0   |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| Wed - 04/10/2024        |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| SLICED LOAF VARIETY, WG | 1 EACH        | 240 | 43.5  | 8.0   |
| BOILED EGG              | 1 EACH        | 70  | 1.0   | 5.0   |
| BROCCOLI FRESH          | 1/2 CUP       | 25  | 4.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |

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**Apr 1, 2024 thru Apr 30, 2024**

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Portion Values - Detailed

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|                         | Portion Size  | Cals (kcal) | Carb (g) | T-Fat (g) |
|-------------------------|---------------|-------------|----------|-----------|
| <b>Thu - 04/11/2024</b> |               |             |          |           |
| BRIDGES SUPER SNACK     | Total         |             |          |           |
| YOGURT, STRAW / BANANA  | 1 CARTON      | 70          | 12.0     | 0.0       |
| CHEESE, STRING (1)      | 1 EACH        | 60          | 1.0      | 3.0       |
| CORN MUFFIN,WG          | 1 EACH        | 257         | 44.0     | 7.4       |
| CARROTS, PKG            | 2.6 OZ PK     | 25          | 6.0      | 0.0       |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40          | 10.41    | *0.04     |
| MILK, WHITE 1%          | 1 CARTON      | 130         | 16.0     | 2.5       |
| MILK, NONFAT CHOC       | 1 CARTON      | 120         | 20.0     | 0.0       |
|                         |               |             |          |           |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <b>Fri - 04/12/2024</b> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| BEEF SALAMI SLICES      | 1 EACH        | 120 | 0.0   | 10.0  |
| CHEESE, STRING (1)      | 1 EACH        | 60  | 1.0   | 3.0   |
| CRACKER, WHEAT          | 1 Each        | 180 | 30.0  | 6.0   |
| CELERY STICKS           | 1/2 CUP       | 8   | 1.5   | 0.09  |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <b>Mon - 04/15/2024</b> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| UBR BREAKFAST BAR       | 1 EACH        | 280 | 44.0  | 8.0   |
| SUNFLOWER SEEDS         | BAG           | 170 | 6.0   | 14.0  |
| CHEESE, STRING (1)      | 1 EACH        | 60  | 1.0   | 3.0   |
| CARROTS, PKG            | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

|                          |               |     |       |       |
|--------------------------|---------------|-----|-------|-------|
| <b>Tue - 04/16/2024</b>  |               |     |       |       |
| BRIDGES SUPER SNACK      | Total         |     |       |       |
| TURKEY COMBO W/ CRACKERS | SERVING       | 359 | 33.98 | 18.93 |
| CELERY STICKS            | 1/2 CUP       | 8   | 1.5   | 0.09  |
| FRUIT, FRESH VARIETY     | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%           | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC        | 1 CARTON      | 120 | 20.0  | 0.0   |
|                          |               |     |       |       |

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Portion Values - Detailed

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|                           | Portion Size  | Cals (kcal) | Carb (g) | T-Fat (g) |
|---------------------------|---------------|-------------|----------|-----------|
| Wed - 04/17/2024          |               |             |          |           |
| BRIDGES SUPER SNACK       | Total         |             |          |           |
| HUMMUS W/ CHIPS           | SERVING       | 380         | 50.0     | 15.5      |
| JUICE, VEG PARADISE PUNCH | 1 EACH        | 60          | 14.0     | 0.0       |
| FRUIT, FRESH VARIETY      | SVG (1/2 CUP) | 40          | 10.41    | *0.04     |
| MILK, WHITE 1%            | 1 CARTON      | 130         | 16.0     | 2.5       |
| MILK, NONFAT CHOC         | 1 CARTON      | 120         | 20.0     | 0.0       |
|                           |               |             |          |           |

|                        |               |     |       |       |
|------------------------|---------------|-----|-------|-------|
| Thu - 04/18/2024       |               |     |       |       |
| BRIDGES SUPER SNACK    | Total         |     |       |       |
| SLICED LOAF VARIETY,WG | 1 EACH        | 240 | 43.5  | 8.0   |
| BOILED EGG             | 1 EACH        | 70  | 1.0   | 5.0   |
| CARROTS, PKG           | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%         | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC      | 1 CARTON      | 120 | 20.0  | 0.0   |
|                        |               |     |       |       |

|                        |               |     |       |       |
|------------------------|---------------|-----|-------|-------|
| Fri - 04/19/2024       |               |     |       |       |
| BRIDGES SUPER SNACK    | Total         |     |       |       |
| YOGURT, STRAW / BANANA | 1 CARTON      | 70  | 12.0  | 0.0   |
| CHEESE, STRING (1)     | 1 EACH        | 60  | 1.0   | 3.0   |
| CORN MUFFIN,WG         | 1 EACH        | 257 | 44.0  | 7.4   |
| BROCCOLI FRESH         | 1/2 CUP       | 25  | 4.0   | 0.0   |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%         | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC      | 1 CARTON      | 120 | 20.0  | 0.0   |
|                        |               |     |       |       |

|                          |               |     |       |       |
|--------------------------|---------------|-----|-------|-------|
| Mon - 04/22/2024         |               |     |       |       |
| BRIDGES SUPER SNACK      | Total         |     |       |       |
| TURKEY COMBO W/ CRACKERS | SERVING       | 359 | 33.98 | 18.93 |
| CELERY STICKS            | 1/2 CUP       | 8   | 1.5   | 0.09  |
| FRUIT, FRESH VARIETY     | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%           | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC        | 1 CARTON      | 120 | 20.0  | 0.0   |
|                          |               |     |       |       |

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BRIDGES SUPER SNACK

Portion Values - Detailed

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|                         | Portion Size  | Cals (kcal) | Carb (g) | T-Fat (g) |
|-------------------------|---------------|-------------|----------|-----------|
| <u>Tue - 04/23/2024</u> |               |             |          |           |
| BRIDGES SUPER SNACK     | Total         |             |          |           |
| YOGURT, STRAW / BANANA  | 1 CARTON      | 70          | 12.0     | 0.0       |
| CHEESE, STRING (1)      | 1 EACH        | 60          | 1.0      | 3.0       |
| CORN MUFFIN,WG          | 1 EACH        | 257         | 44.0     | 7.4       |
| CARROTS, PKG            | 2.6 OZ PK     | 25          | 6.0      | 0.0       |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40          | 10.41    | *0.04     |
| MILK, WHITE 1%          | 1 CARTON      | 130         | 16.0     | 2.5       |
| MILK, NONFAT CHOC       | 1 CARTON      | 120         | 20.0     | 0.0       |
|                         |               |             |          |           |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <u>Wed - 04/24/2024</u> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| UBR BREAKFAST BAR       | 1 EACH        | 280 | 44.0  | 8.0   |
| SUNFLOWER SEEDS         | BAG           | 170 | 6.0   | 14.0  |
| CHEESE, STRING (1)      | 1 EACH        | 60  | 1.0   | 3.0   |
| BROCCOLI FRESH          | 1/2 CUP       | 25  | 4.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

|                         |               |     |       |       |
|-------------------------|---------------|-----|-------|-------|
| <u>Thu - 04/25/2024</u> |               |     |       |       |
| BRIDGES SUPER SNACK     | Total         |     |       |       |
| SLICED LOAF VARIETY,WG  | 1 EACH        | 240 | 43.5  | 8.0   |
| BOILED EGG              | 1 EACH        | 70  | 1.0   | 5.0   |
| CARROTS, PKG            | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%          | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC       | 1 CARTON      | 120 | 20.0  | 0.0   |
|                         |               |     |       |       |

|                          |               |     |       |       |
|--------------------------|---------------|-----|-------|-------|
| <u>Mon - 04/29/2024</u>  |               |     |       |       |
| BRIDGES SUPER SNACK      | Total         |     |       |       |
| TURKEY COMBO W/ CRACKERS | SERVING       | 359 | 33.98 | 18.93 |
| CARROTS, PKG             | 2.6 OZ PK     | 25  | 6.0   | 0.0   |
| FRUIT, FRESH VARIETY     | SVG (1/2 CUP) | 40  | 10.41 | *0.04 |
| MILK, WHITE 1%           | 1 CARTON      | 130 | 16.0  | 2.5   |
| MILK, NONFAT CHOC        | 1 CARTON      | 120 | 20.0  | 0.0   |
|                          |               |     |       |       |

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**Apr 1, 2024 thru Apr 30, 2024**

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BRIDGES SUPER SNACK

Portion Values - Detailed

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|                           | Portion Size  | Cals (kcal) | Carb (g) | T-Fat (g) |
|---------------------------|---------------|-------------|----------|-----------|
| Tue - 04/30/2024          |               |             |          |           |
| BRIDGES SUPER SNACK       | Total         |             |          |           |
| HUMMUS W/ CHIPS           | SERVING       | 380         | 50.0     | 15.5      |
| JUICE, VEG PARADISE PUNCH | 1 EACH        | 60          | 14.0     | 0.0       |
| FRUIT, FRESH VARIETY      | SVG (1/2 CUP) | 40          | 10.41    | *0.04     |
| MILK, WHITE 1%            | 1 CARTON      | 130         | 16.0     | 2.5       |
| MILK, NONFAT CHOC         | 1 CARTON      | 120         | 20.0     | 0.0       |
|                           |               |             |          |           |

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