

# San Juan Unified School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/01/2024				
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
				*13.29

Thu - 05/02/2024				
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
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
		573	93.01	*10.69

Fri - 05/03/2024				
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
		529	62.51	*19.38

Mon - 05/06/2024				
BRIDGES SUPER SNACK	Total			
CHEESE LUNCH PACK	PKG	312	34.3	11.21
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
		498	70.31	*11.50

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/07/2024				
BRIDGES SUPER SNACK	Total			
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
VEGGIE JUICE ,100%	1 each	60	13.0	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
		471	74.01	*11.29

Wed - 05/08/2024				
BRIDGES SUPER SNACK	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
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
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
		716	85.10	29.25

Thu - 05/09/2024				
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
		573	91.01	

Fri - 05/10/2024				
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
		528	65.49	*19.31

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May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mon - 05/13/2024</b>				
BRIDGES SUPER SNACK	Total			
CHEESE LUNCH PACK	PKG	312	34.3	11.21
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
		518	74.40	11.46

<b>Tue - 05/14/2024</b>				
BRIDGES SUPER SNACK	Total			
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
		436	65.01	*11.29

<b>Wed - 05/15/2024</b>				
BRIDGES SUPER SNACK	Total			
HUMMUS W/ CHIPS	SERVING	380	50.0	15.5
VEGGIE JUICE ,100%	1 each	60	13.0	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
		601	93.01	*15.79

<b>Thu - 05/16/2024</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
		573	93.01	*10.69

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**San Juan Unified School District**

**May 1, 2024 thru May 31, 2024**

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BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/17/2024				
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
		528	65.49	*19.31

Mon - 05/20/2024				
BRIDGES SUPER SNACK	Total			
OATMEAL ROUND.CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
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
		696	81.01	*29.29

Tue - 05/21/2024				
BRIDGES SUPER SNACK	Total			
TURKEY COMBO W/ CRACKERS	SERVING	359	33.98	18.93
CELERY STICKS	1/2 CUP	8	1.5	0.09
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
		548	69.58	

Wed - 05/22/2024				
BRIDGES SUPER SNACK	Total			
HUMMUS W/ CHIPS	SERVING	380	50.0	15.5
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
		566	84.01	*15.79

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BRIDGES SUPER SNACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/23/2024				
BRIDGES SUPER SNACK	Total			
CRACKER, WHEAT	1 Each	180	30.0	6.0
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
		436	67.01	*11.29

Fri - 05/24/2024				
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
VEGGIE JUICE ,100%	1 each	60	13.0	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
		608	100.01	*10.69

Tue - 05/28/2024				
BRIDGES SUPER SNACK	Total			
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
VEGGIE JUICE ,100%	1 each	60	13.0	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
		471	74.01	*11.29

Wed - 05/29/2024				
BRIDGES SUPER SNACK	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
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
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
		716	85.10	29.25

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/30/2024				
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
		573	91.01	*10.69

Fri - 05/31/2024				
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
		528	65.49	*19.31

Weighted Average				
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