

# San Juan Unified School District

Mar 3, 2025 thru Mar 31, 2025

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

Page 1

Generated on: 2/24/2025 2:18:02 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/03/2025				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE )	BOWLS	90	2	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		260	25	45.41
% of Calories			37.7%	69.8%
Nutrient Guideline		419		

Tue - 03/04/2025				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		288	30	45.91
% of Calories			41.6%	63.8%
Nutrient Guideline		419		

Wed - 03/05/2025				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1	1.0
BUN, MINI WHEAT	1 EACH	80	2	14.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		340	36	45.00
% of Calories			42.4%	52.9%
Nutrient Guideline		419		

Thu - 03/06/2025				
ECE COLD BREAKFAST	Total			
FRENCH TOAST ,MINI IW	PACKAGE	220	11	37.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		410	39	67.00
% of Calories			38.0%	65.4%
Nutrient Guideline		419		

Fri - 03/07/2025				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		450	37	64.41
% of Calories			32.5%	57.2%
Nutrient Guideline		419		

\*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

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Page 2

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/10/2025				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE )	BOWLS	90	2	19.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		280	35	49.00
% of Calories			50.0%	70.0%
Nutrient Guideline		419		

Tue - 03/11/2025				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1	1.0
BUN, MINI WHEAT	1 EACH	80	2	14.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		241	24	27.55
% of Calories			39.1%	45.7%
Nutrient Guideline		419		

Wed - 03/12/2025				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		240	32	38.41
% of Calories			52.5%	63.9%
Nutrient Guideline		419		

Thu - 03/13/2025				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		470	41	70.00
% of Calories			34.9%	59.6%
Nutrient Guideline		419		

Fri - 03/14/2025				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		307	35	49.50
% of Calories			46.0%	64.4%
Nutrient Guideline		419		

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Page 3

Generated on: 2/24/2025 2:18:02 PM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/17/2025				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE )	BOWLS	90	2	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		260	25	45.41
% of Calories			37.7%	69.8%
Nutrient Guideline		419		

Tue - 03/18/2025				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		240	32	38.41
% of Calories			52.5%	63.9%
Nutrient Guideline		419		

Wed - 03/19/2025				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		470	47	68.00
% of Calories			40.0%	57.9%
Nutrient Guideline		419		

Thu - 03/20/2025				
ECE COLD BREAKFAST	Total			
FRENCH TOAST,MINI IW	PACKAGE	220	11	37.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		390	34	63.41
% of Calories			34.4%	65.0%
Nutrient Guideline		419		

Fri - 03/21/2025				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1	1.0
BUN, MINI WHEAT	1 EACH	80	2	14.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		261	29	31.14
% of Calories			44.5%	47.8%
Nutrient Guideline		419		

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Page 4

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/24/2025				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE )	BOWLS	90	2	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		260	25	45.41
% of Calories			37.7%	69.8%
Nutrient Guideline		419		

Tue - 03/25/2025				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		288	30	45.91
% of Calories			41.6%	63.8%
Nutrient Guideline		419		

Wed - 03/26/2025				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1	1.0
BUN, MINI WHEAT	1 EACH	80	2	14.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		340	36	45.00
% of Calories			42.4%	52.9%
Nutrient Guideline		419		

Thu - 03/27/2025				
ECE COLD BREAKFAST	Total			
FRENCH TOAST ,MINI IW	PACKAGE	220	11	37.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		410	39	67.00
% of Calories			38.0%	65.4%
Nutrient Guideline		419		

Fri - 03/28/2025				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		450	37	64.41
% of Calories			32.5%	57.2%
Nutrient Guideline		419		

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Page 5

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/31/2025				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE )	BOWLS	90	2	19.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		280	35	49.00
% of Calories			50.0%	70.0%
Nutrient Guideline		419		

Weighted Average		330	33	50.73
			90.7%	61.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	330		419	79%		89		
Sugars (g)	33	40.33%						
Carbohydrate (g)	50.73	61.42%						Correction Required - Calories are Low

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