

San Juan Unified School District

Jun 1, 2026 thru Jun 9, 2026

Base Menu Spreadsheet

BRIDGES SUPER SNACK

Portion Values - Detailed

Page 1

Generated on: 5/27/2026 8:33:44 AM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 06/01/2026				
BRIDGES SUPER SNACK	Total			
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		449	20	49.30
% of Calories			18.1%	43.9%
Nutrient Guideline		600-650		

Tue - 06/02/2026				
BRIDGES SUPER SNACK	Total			
CHEESE LUNCH PACK	PKG	312	6	34.3
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		471	29	64.01
% of Calories			24.2%	54.3%
Nutrient Guideline		600-650		

Wed - 06/03/2026				
BRIDGES SUPER SNACK	Total			
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		734	46	89.71
% of Calories			25.0%	48.9%
Nutrient Guideline		600-650		

Thu - 06/04/2026				
BRIDGES SUPER SNACK	Total			
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		484	36	75.37
% of Calories			29.6%	62.3%
Nutrient Guideline		600-650		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Page 2

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Fri - 06/05/2026				
BRIDGES SUPER SNACK	Total			
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CELERY STICKS	1/2 CUP	8	1	1.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		392	26	56.21
% of Calories			26.0%	57.3%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 06/08/2026				
BRIDGES SUPER SNACK	Total			
CHEESE LUNCH PACK	PKG	312	6	34.3
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		551	48	82.60
% of Calories			34.8%	60.0%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 06/09/2026				
BRIDGES SUPER SNACK	Total			
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
Weighted Daily Average		699	42	82.71
% of Calories			23.9%	47.3%
Nutrient Guideline		600-650		

Weighted Average		540	35	71.42
			58.5%	52.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	540		600 - 650	90%		60		
Sugars (g)	35	26.02%						Correction Required - Calories are Low
Carbohydrate (g)	71.42	52.88%						

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