

# San Juan Unified School District

2016 - 2017

## Base Menu Spreadsheet

9-12 HS BREAKFAST

### Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
2016 - 2017												
9-12 HS BREAKFAST	Total											
BLUEBERRY BAGEL (TNY ROBERTS)	1 BAGEL	320	0	330	2.00	3.60	17.0	12.0	65.0	1.0	0.00	0.00
BREAKFAST BOWL	1 BOWL	463	465	895	2.00	3.04	262.2	24.5	29.81	26.11	10.71	0.00
BRK BURRITO EGG/CHS/SAUSAGE	1 EACH	307	240	595	5.00	3.12	76.4	17.69	25.39	14.87	5.35	0.00
BRKT BURRITO EGG/CHS/BACON	1 EACH	277	230	545	5.00	2.76	76.4	15.69	24.39	12.37	3.85	0.00
BRK BURRITO EGG/CHS/TKY HAM	1 EACH	270	240	531	5.00	3.12	76.4	16.69	24.72	11.87	4.35	0.00
BREAKFST PIZZA (TONY'S)	1 EACH	210	15	480	2.00	1.80	100.0	9.0	26.0	7.0	2.00	0.00
BREAKFAST SANDWICH	1 EACH	400	48	1120	2.00	1.89	175.0	20.0	31.0	21.5	9.50	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	0	340	3.00	2.70	80.0	6.0	39.0	7.0	2.00	0.00
CRUMB SQUARE & YOGURT (6 OZ)	SVG (1SQ& 1YGT)	409	40	304	3.00	1.20	196.0	9.0	68.4	10.2	1.80	0.00
FRENCH TOAST STICKS-4 (RICH'S)	SVG (4 STI CKS)	270	0	280	3.00	2.00	235.0	6.0	35.0	12.0	2.00	0.00
CEREAL, MARSHMALLOW MATEYS	1 BOWL (2 OZ)	220	0	370	3.00	18.00	200.0	4.0	47.0	2.0	0.00	0.00
MUFFIN, BLUEBERRY (DAVE'S)	1 EACH	223	30	115	3.30	1.10	8.5	3.9	38.5	6.0	0.90	0.00
MUFFIN, DOUBLE CHOC (DAVE'S)	1 EACH	229	30	125	3.10	1.00	3.5	3.8	40.0	6.0	0.90	0.00
PANCAKE SAUSAG ROLL UP* (2)	2 EACH	352	54	926	3.20	2.20	34.0	17.4	43.6	11.8	3.20	0.00
APPLES, FRESH (SECONDARY)	1 EACH	95	0	2	4.37	0.22	10.9	0.47	25.13	0.31	0.05	0.00
BANANAS, FRESH (SECONDARY)	1 EACH	105	0	1	3.07	0.31	5.9	1.29	26.95	0.39	0.13	0.00
ORANGES, FRESH (SECONDARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
FRUIT FRESH VARIETY(SECONDARY)	SERVINGS	52	0	4	1.98	0.27	16.1	0.86	13.08	0.29	0.03	0.00
APPLESAUCE,CND,SWTND,WO/SALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	2.00	0.00	0.0	0.0	16.0	0.0	0.00	0.00
PINEAPPLE TIDBITS,CND,JUICE	1/2 CUP	60	0	10	1.00	0.36	0.0	0.0	15.0	0.0	0.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
CREAM CHEESE PACKET (KRAFT)	1 PACKET	70	20	115	0.00	0.00	40.0	1.0	1.0	7.0	4.00	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
SALSA,CMDTY,POUCH (R/OR) 1/8 C	1/8 CUP	10	0	35	1.00	0.00	0.0	0.0	2.0	0.0	0.00	0.00
TACO MILD SAUCE (PORTION PAC)	1 PACKET	5	0	95	0.00	0.00	0.0	0.0	1.0	0.0	0.00	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average		520	73	586	5.89	3.99	443.9	19.62	88.33	9.95	2.72	*0.00
% of Calories								15.1%	68.0%	17.2%	4.7%	*0.0%
Nutrient Guideline												

\*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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Base Menu Spreadsheet

9-12 HS BREAKFAST

Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average		520	73	586	5.89	3.99	443.9	19.62 15.1%	88.33 68.0%	9.95 17.2%	2.72 4.7%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	520		450 - 600					
Cholesterol (mg)	73							
Sodium (mg)	586		640					
Fiber (g)	5.89							
Iron (mg)	3.99							
Calcium (mg)	443.9							
Protein (g)	19.62	15.11%						
Carbohydrate (g)	88.33	68.01%						
Total Fat (g)	9.95	17.24%						
Saturated Fat (g)	2.72	4.71%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*Data comparisons are not available for one or two day selections

**\*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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