

San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

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 ¹ (g)
Mon - 05/01/2017												
9-12 LAUREL RUFF LUNC	Total											
TERIYAKI BEEF NUGGETS, LR (8)	8 EACH	320	80	880	2.00	2.88	40.0	28.0	12.0	16.0	7.00	1.00
RICE, BROWN (USDA)	1 CUP	216	0	10	3.60	0.82	20.0	5.04	44.78	1.76	0.36	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
Weighted Daily Average		859	87	1228	13.19	4.72	422.6	44.69	117.95	21.52	8.20	*1.00
% of Calories								20.8%	54.9%	22.5%	8.6%	*1.0%
Nutrient Guideline												

	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 ¹ (g)
Tue - 05/02/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	50	450	1.00	1.08	20.0	16.0	5.0	11.0	2.50	0.00
BISCUIT (PILLSBURY)	1 EACH	220	0	490	2.00	1.08	100.0	5.0	28.0	10.0	5.00	0.00
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	0	140	6.00	0.00	0.0	6.0	18.0	1.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		759	57	1387	8.33	2.84	475.3	33.45	101.12	25.33	8.34	*0.00
% of Calories								17.6%	53.3%	30.0%	9.9%	*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

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San Juan Unified School District

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Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

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 ¹ (g)
Wed - 05/03/2017												
9-12 LAUREL RUFF LUNC	Total											
CHEESE PIZZA (BIG DADDY)	1 SLICE	340	30	590	4.00	1.80	300.0	19.0	36.0	14.0	6.00	0.00
CHEESY BREADSTICK (1)	1 EACH	150	5	370	2.00	1.08	150.0	7.0	17.0	6.0	2.00	0.00
MARINARA SC COND (R/OR) 1/4 CUP	1/4 CUP	80	0	125	1.00	0.00	0.0	1.0	10.0	4.0	1.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEACHES, COND, 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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		905	52	1598	12.99	3.97	841.5	42.81	122.02	28.14	9.99	*0.00
% of Calories								18.9%	54.0%	28.0%	9.9%	*0.0%
Nutrient Guideline												

Thu - 05/04/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN PATTY MELT SANDWICH, LR	1 EACH	400	63	1060	4.00	3.69	295.0	25.0	45.0	15.5	3.50	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	0	29	2.00	0.00	0.0	2.0	5.5	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEARS, COND, 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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00

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9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 3

	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 ¹ (g)
Weighted Daily Average		759	70	1609	12.13	4.55	660.3	38.53	113.46	19.35	4.35	*0.00
% of Calories								20.3%	59.8%	23.0%	5.2%	*0.0%
Nutrient Guideline												

Fri - 05/05/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	35	560	4.20	2.52	0.0	22.4	22.4	21.0	3.50	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
MANAGER CAN/FROZEN VEG VARIET	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
MANAGER CANNED FRUIT, VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CRACKER VARIETY	PACKAGE	97	2	173	1.00	0.60	40.0	2.33	14.67	2.83	0.67	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		846	50	1439	13.18	*4.53	*526.3	36.40	118.34	25.97	6.02	*0.03
% of Calories								17.2%	55.9%	27.6%	6.4%	*0.0%
Nutrient Guideline												

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Portion Values - Detailed

Page 4

	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 ¹ (g)
Mon - 05/08/2017												
9-12 LAUREL RUFF LUNC	Total											
FRENCH TOAST STICKS, (5) LR	SVG (5 STI CKS)	337	0	350	3.75	2.50	293.8	7.5	43.75	15.0	2.50	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EAC	140	40	480	0.00	0.72	0.0	12.0	2.0	9.0	3.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	0	26	2.21	0.37	19.9	0.76	7.47	0.14	0.02	*N/A*
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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	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
Weighted Daily Average		895	57	1298	10.32	4.60	663.8	35.03	126.54	28.08	6.48	
% of Calories								15.6%	56.5%	28.2%	6.5%	
Nutrient Guideline												

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Tue - 05/09/2017												
9-12 LAUREL RUFF LUNC	Total											
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	40	560	4.00	2.70	250.0	19.0	36.0	15.0	6.00	0.00
CHEESY BREADSTICK (1)	1 EACH	150	5	370	2.00	1.08	150.0	7.0	17.0	6.0	2.00	0.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	80	0	125	1.00	0.00	0.0	1.0	10.0	4.0	1.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
JICAMA STIX (ST) 1/4 CUP-3 STX	SVG (3 STI CKS)	12	0	1	1.59	0.20	3.9	0.23	2.87	0.03	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1 /4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
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
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
Weighted Daily Average		902	52	1430	16.48	4.87	824.0	39.07	125.44	28.81	9.86	*0.00
% of Calories								17.3%	55.6%	28.7%	9.8%	*0.0%
Nutrient Guideline												

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Wed - 05/10/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	25	400	3.00	1.80	0.0	16.0	16.0	15.0	2.50	0.00
WAFFLES, MINI MAPLE (EGGO)	POUCH	200	0	220	4.00	2.70	100.0	4.0	35.0	5.0	1.50	0.00
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	0	140	6.00	0.00	0.0	6.0	18.0	1.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
TOMATOES CHERRY (R/OR) 1/4 CUP	SVG (3 TO MATO)	8	0	3	0.41	0.17	1.9	0.32	1.74	0.12	0.02	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		842	32	1105	11.74	5.35	457.2	31.77	127.86	23.96	4.86	*0.00
% of Calories								15.1%	60.7%	25.6%	5.2%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 7

	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 ¹ (g)
Thu - 05/11/2017												
9-12 LAUREL RUFF LUNC	Total											
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	48	435	3.00	2.97	275.0	20.0	32.0	18.5	7.50	0.00
POTATO WEDGES (MCCAIN)	SERVING	120	0	140	2.00	0.36	0.0	2.0	20.0	4.0	0.50	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1 /4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		822	55	1092	11.40	4.49	670.0	34.09	114.17	26.46	8.88	*0.00
% of Calories								16.6%	55.6%	29.0%	9.7%	*0.0%
Nutrient Guideline												

Fri - 05/12/2017												
9-12 LAUREL RUFF LUNC	Total											
HOT DOG (JENNIE O TURKEY)	1 EACH	270	45	1010	4.00	2.16	120.0	14.0	24.0	13.0	3.50	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
MANAGER CAN/FROZEN VEG VARIET	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
MANAGER LEGUME VARIETY	1/4 CUP	52	0	70	3.25	0.10	2.4	3.13	9.25	0.38	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CHEEZ ITS (KELLOG'S)	1 PACKAGE	100	5	150	1.00	0.72	100.0	2.0	14.0	3.5	1.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 8

	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 ¹ (g)
Weighted Daily Average		777	58	1543	11.70	*4.16	*614.5	31.44	110.61	22.55	6.33	*0.03
% of Calories								16.2%	57.0%	26.1%	7.3%	*0.0%
Nutrient Guideline												

Mon - 05/15/2017												
9-12 LAUREL RUFF LUNC	Total											
POPCORN CHICKEN (TYSON) 18	18 PIECES	336	48	984	2.40	2.16	0.0	18.0	18.0	20.4	3.60	0.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	0	340	2.00	0.36	20.0	2.0	18.0	3.5	1.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	11	91	1.50	1.10	15.0	2.8	23.0	5.0	0.90	0.00
Weighted Daily Average		920	66	1789	12.52	4.48	409.8	34.88	120.52	33.20	6.36	*0.00
% of Calories								15.2%	52.4%	32.5%	6.2%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 9

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN TACO W/RICE, LR	1 EACH	352	94	869	5.90	3.24	86.0	27.94	35.41	11.32	3.62	0.00
REFRIED BEANS (LE) 1/2 CUP	1/2 CUP	160	0	480	8.00	2.70	40.0	9.0	27.0	2.5	1.00	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	21	128	0.00	0.13	144.6	4.96	0.0	6.38	4.25	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
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	0	10	0.47	0.31	13.0	0.49	1.03	0.05	0.01	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
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
FRUIT, FRESH VARIETY (ELEMENT)	1 EACH	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		745	122	1367	11.97	4.25	591.7	44.32	94.24	21.67	8.76	*0.00
% of Calories								23.8%	50.6%	26.2%	10.6%	*0.0%
Nutrient Guideline												

Wed - 05/17/2017												
9-12 LAUREL RUFF LUNC	Total											
CORN DOG (FOSTER FARMS)	SVG (2 EAC	480	80	780	10.00	3.60	160.0	18.0	60.0	16.0	5.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
JICAMA STIX (ST) 1/2 CUP	SVG (6 STI CKS)	25	0	3	3.19	0.39	7.8	0.47	5.73	0.06	0.01	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
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, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 10

	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 ¹ (g)
Weighted Daily Average		832	87	1300	19.17	5.35	554.3	30.03	128.00	19.95	5.88	*0.00
% of Calories								14.4%	61.6%	21.6%	6.4%	*0.0%
Nutrient Guideline												

Thu - 05/18/2017												
9-12 LAUREL RUFF LUNC	Total											
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	40	560	4.00	2.70	250.0	19.0	36.0	15.0	6.00	0.00
CHEESY BREADSTICK (1)	1 EACH	150	5	370	2.00	1.08	150.0	7.0	17.0	6.0	2.00	0.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	80	0	125	1.00	0.00	0.0	1.0	10.0	4.0	1.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	0	140	6.00	0.00	0.0	6.0	18.0	1.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		913	62	1515	12.43	4.73	770.3	43.08	122.11	29.15	9.97	*0.00
% of Calories								18.9%	53.5%	28.8%	9.8%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 11

	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 ¹ (g)
Fri - 05/19/2017												
9-12 LAUREL RUFF LUNC	Total											
TURKEY & CHEESE SANDWICH	1 SANDWIC	293	45	783	3.00	1.50	190.0	22.67	28.67	9.67	4.50	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	0	26	2.21	0.37	19.9	0.76	7.47	0.14	0.02	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CRACKER VARIETY	PACKAGE	97	2	173	1.00	0.60	40.0	2.33	14.67	2.83	0.67	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
MAYONNAISE PACKET (PORTION PAC)	1 PACKET	70	5	55	0.00	0.00	0.0	0.0	0.0	7.0	1.00	0.00
Weighted Daily Average		687	56	1408	9.57	3.00	615.9	36.41	89.23	19.96	6.54	*0.00
% of Calories								21.2%	51.9%	26.1%	8.6%	*0.0%
Nutrient Guideline												

	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 ¹ (g)
Mon - 05/22/2017												
9-12 LAUREL RUFF LUNC	Total											
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	0.00
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	0	110	4.00	0.80	40.0	4.0	38.0	10.0	2.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	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
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS, PKG (R/OR) 1/2 CUP	1.3 oz PK 1/2 C	32	0	26	2.21	0.37	19.9	0.76	7.47	0.14	0.02	*N/A*
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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
Weighted Daily Average		950	32	1133	16.16	3.10	501.5	34.00	140.64	27.02	9.97	*0.00
% of Calories								14.3%	59.2%	25.6%	9.4%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 12

	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 ¹ (g)
Tue - 05/23/2017												
9-12 LAUREL RUFF LUNC	Total											
TERIYAKI BEEF NUGGETS, LR (8)	8 EACH	320	80	880	2.00	2.88	40.0	28.0	12.0	16.0	7.00	1.00
RICE, BROWN (USDA)	1 CUP	216	0	10	3.60	0.82	20.0	5.04	44.78	1.76	0.36	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
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
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
Weighted Daily Average		865	87	1232	12.76	5.08	466.4	45.60	117.66	21.50	8.19	*1.00
% of Calories								21.1%	54.4%	22.4%	8.5%	*1.0%
Nutrient Guideline												

Wed - 05/24/2017												
9-12 LAUREL RUFF LUNC	Total											
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	40	560	4.00	2.70	250.0	19.0	36.0	15.0	6.00	0.00
CHEESY BREADSTICK (1)	1 EACH	150	5	370	2.00	1.08	150.0	7.0	17.0	6.0	2.00	0.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	80	0	125	1.00	0.00	0.0	1.0	10.0	4.0	1.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
JICAMA STIX (ST) 1/4 CUP-3 STX	SVG (3 STI CKS)	12	0	1	1.59	0.20	3.9	0.23	2.87	0.03	0.01	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 13

	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 ¹ (g)
Weighted Daily Average		921	52	1429	14.48	4.79	780.4	39.41	128.90	29.35	9.86	*0.00
% of Calories								17.1%	56.0%	28.7%	9.6%	*0.0%
Nutrient Guideline												

Thu - 05/25/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	360	55	910	4.00	3.60	220.0	22.0	44.0	13.0	2.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		692	62	1427	11.40	4.76	615.0	34.09	108.17	16.96	2.88	*0.00
% of Calories								19.7%	62.5%	22.1%	3.7%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 14

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017												
9-12 LAUREL RUFF LUNC	Total											
HOT DOG (JENNIE O TURKEY)	1 EACH	270	45	1010	4.00	2.16	120.0	14.0	24.0	13.0	3.50	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
MANAGER CAN/FROZEN VEG VARIET	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
MANAGER LEGUME VARIETY	1/4 CUP	52	0	70	3.25	0.10	2.4	3.13	9.25	0.38	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CHEEZ ITS (KELLOG'S)	1 PACKAGE	100	5	150	1.00	0.72	100.0	2.0	14.0	3.5	1.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		777	58	1543	11.70	*4.16	*614.5	31.44	110.61	22.55	6.33	*0.03
% of Calories								16.2%	57.0%	26.1%	7.3%	*0.0%
Nutrient Guideline												

Tue - 05/30/2017												
9-12 LAUREL RUFF LUNC	Total											
CHEESE PIZZA (BIG DADDY)	1 SLICE	340	30	590	4.00	1.80	300.0	19.0	36.0	14.0	6.00	0.00
CHEESY BREADSTICK (1)	1 EACH	150	5	370	2.00	1.08	150.0	7.0	17.0	6.0	2.00	0.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	80	0	125	1.00	0.00	0.0	1.0	10.0	4.0	1.00	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1 /4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
APPLESAUCE,CND,UNSWTND,WO/S ALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 15

	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 ¹ (g)
Weighted Daily Average		898	42	1477	15.01	4.04	882.6	39.64	124.49	27.91	9.92	*0.00
% of Calories								17.7%	55.5%	28.0%	9.9%	*0.0%
Nutrient Guideline												

Wed - 05/31/2017												
9-12 LAUREL RUFF LUNC	Total											
FRENCH TOAST STICKS, (5) LR	SVG (5 STI CKS)	337	0	350	3.75	2.50	293.8	7.5	43.75	15.0	2.50	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EAC	140	40	480	0.00	0.72	0.0	12.0	2.0	9.0	3.00	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	21	128	0.00	0.13	144.6	4.96	0.0	6.38	4.25	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	0	70	1.00	0.00	0.0	0.5	1.5	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	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, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*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
Weighted Daily Average		888	54	1170	8.78	4.14	793.7	31.91	120.52	31.01	9.54	*0.00
% of Calories								14.4%	54.3%	31.4%	9.7%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 16

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/01/2017												
9-12 LAUREL RUFF LUNC	Total											
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	48	435	3.00	2.97	275.0	20.0	32.0	18.5	7.50	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
TOMATOES CHERRY (R/OR) 1/4 CUP	SVG (3 TO MATO)	8	0	3	0.41	0.17	1.9	0.32	1.74	0.12	0.02	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		702	55	1010	8.70	4.11	661.9	32.03	94.67	22.51	8.38	*0.00
% of Calories								18.3%	54.0%	28.9%	10.8%	*0.0%
Nutrient Guideline												

Fri - 06/02/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	50	450	1.00	1.08	20.0	16.0	5.0	11.0	2.50	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
MANAGER LEGUME VARIETY	1/2 CUP	104	0	140	6.50	0.20	4.7	6.25	18.5	0.75	0.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
ROLL, MINI WHEAT (SHANNON'S)	2 EACH	180	0	240	2.00	1.44	0.0	4.0	36.0	2.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 17

	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 ¹ (g)
Weighted Daily Average		836	55	1316	10.94	*4.29	*463.2	34.74	129.54	20.47	4.83	*0.03
% of Calories								16.6%	62.0%	22.0%	5.2%	*0.0%
Nutrient Guideline												

Mon - 06/05/2017												
9-12 LAUREL RUFF LUNC	Total											
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	40	560	4.00	2.70	250.0	19.0	36.0	15.0	6.00	0.00
CHEESY BREADSTICK (1)	1 EACH	150	5	370	2.00	1.08	150.0	7.0	17.0	6.0	2.00	0.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	80	0	125	1.00	0.00	0.0	1.0	10.0	4.0	1.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
KIDNEY BEANS (LE) 1/2 CUP	1/2 CUP	104	0	140	7.00	0.00	0.0	7.0	19.0	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
Weighted Daily Average		902	62	1514	12.96	*4.67	*760.1	42.50	120.03	29.01	9.97	*0.00
% of Calories								18.8%	53.2%	28.9%	9.9%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 18

	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 ¹ (g)
Tue - 06/06/2017												
9-12 LAUREL RUFF LUNC	Total											
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	0	110	4.00	0.80	40.0	4.0	38.0	10.0	2.00	0.00
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	0	70	2.00	0.00	0.0	0.0	4.0	0.0	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
Weighted Daily Average		977	38	1217	18.05	*4.02	*608.4	33.79	143.25	28.92	9.09	*0.03
% of Calories								13.8%	58.6%	26.6%	8.4%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 19

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat* (g)
Wed - 06/07/2017												
9-12 LAUREL RUFF LUNC	Total											
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	35	560	4.20	2.52	0.0	22.4	22.4	21.0	3.50	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CRACKER VARIETY	PACKAGE	97	2	173	1.00	0.60	40.0	2.33	14.67	2.83	0.67	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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		903	50	1347	11.90	*4.34	*503.6	36.52	133.00	26.33	6.00	*0.03
% of Calories								16.2%	58.9%	26.2%	6.0%	*0.0%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat* (g)
Thu - 06/08/2017												
9-12 LAUREL RUFF LUNC	Total											
CORN DOG (FOSTER FARMS)	SVG (2 EAC	480	80	780	10.00	3.60	160.0	18.0	60.0	16.0	5.00	0.00
MANAGER'S CHOICE, LUNCH LR	PORTIONS	419	47	793	5.04	3.12	196.6	20.92	44.79	17.28	5.47	0.05
VEGETABLE VARIETY	1 CUP	39	0	55	2.50	0.14	4.7	2.08	7.22	0.26	0.00	*0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	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
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
FRUIT VARIETY	1 CUP	118	0	10	3.24	*0.29	*16.3	0.9	29.64	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		775	70	1267	13.26	*3.79	*519.3	31.64	112.61	20.62	6.07	*0.03
% of Calories								16.3%	58.1%	24.0%	7.0%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF LUNCH

Portion Values - Detailed

Page 20

	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 ¹ (g)
Weighted Average		841	60	1364	12.62	*4.33	*616.7	36.55 17.4%	118.42 56.3%	24.94 26.7%	7.57 8.1%	*0.08 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	841		750 - 850	100%				
Cholesterol (mg)	60							
Sodium (mg)	1364		1420					
Fiber (g)	12.62							
Iron (mg)	4.33				Missing			
Calcium (mg)	616.7				Missing			
Protein (g)	36.55	17.38%						
Carbohydrate (g)	118.42	56.32%						
Total Fat (g)	24.94	26.69%						
Saturated Fat (g)	7.57	8.10%	<10.00%					
Trans Fat ¹ (g)	0.08	0.08%			Missing			

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