

# San Juan Unified School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/01/2020						
ECE LUNCH	Total					
PM CHICKEN DRUMSTICK	1 EACH	220	530	19.0	6.0	13.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	17.5	42.88	13.12
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
CS ROLL,MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0
Weighted Daily Average		602	882	*32.95	80.69	*16.99
% of Calories				*21.9%	53.6%	*25.4%
Nutrient Guideline		550-650	1230			

Fri - 10/02/2020						
ECE LUNCH	Total					
WG GRILL CHEESE IW	1 EACH	280	581	18.55	30.96	9.91
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0
JUICE, APPLE (suncup)	1 CARTON	60	5	*N/A*	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		535	761	*31.55	75.96	13.41
% of Calories				*23.6%	56.8%	22.5%
Nutrient Guideline		550-650	1230			

Mon - 10/05/2020						
ECE LUNCH	Total					
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		471	982	30.00	67.00	10.50
% of Calories				25.5%	56.9%	20.1%
Nutrient Guideline		550-650	1230			

Tue - 10/06/2020						
ECE LUNCH	Total					
PM BEAN BURRITO	1 EACH	380	500	16.0	46.0	15.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		422	437	*20.70	64.25	*10.43
% of Calories				*19.6%	60.9%	*22.2%
Nutrient Guideline		550-650	1230			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/07/2020						
ECE LUNCH	Total					
PM TACO BEEF ,CHIPS,CHEESE	SVG	626	1006	36.18	60.87	28.02
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	200	780	14.0	6.0	13.0
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	0.93	4.33	0.12
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		1153	2157	*69.30	123.48	*44.68
% of Calories				*24.0%	42.8%	*34.9%
Nutrient Guideline		550-650	1230			

Thu - 10/08/2020						
ECE LUNCH	Total					
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0
CS CHEESE SANDWICH	1 SANDWICH	320	900	20.0	36.0	12.0
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		529	1004	*33.14	78.38	*12.59
% of Calories				*25.1%	59.3%	*21.4%
Nutrient Guideline		550-650	1230			

Fri - 10/09/2020						
ECE LUNCH	Total					
PM CHICKEN NUGGETS & ROLL	SVG (5 NG&1RL)	340	530	18.0	31.0	16.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	17.5	42.88	13.12
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12
CS FRUIT CKTL,CND,XTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		544	719	29.96	66.17	18.05
% of Calories				22.0%	48.7%	29.9%
Nutrient Guideline		550-650	1230			

Mon - 10/12/2020						
ECE LUNCH	Total					
PM PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	20.0	34.0	17.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		592	697	*32.70	75.25	*19.93
% of Calories				*22.1%	50.9%	*30.3%
Nutrient Guideline		550-650	1230			

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## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/13/2020						
ECE LUNCH	Total					
PM HOT DOG (TURKEY)	1 EACH	290	900	14.0	31.0	13.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	17.5	42.88	13.12
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	16	140	1.0	3.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		541	1051	*28.69	73.71	*15.85
% of Calories				*21.2%	54.5%	*26.4%
Nutrient Guideline		550-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/14/2020						
ECE LUNCH	Total					
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0
CS CHEESE SANDWICH	1 SANDWICH	320	900	20.0	36.0	12.0
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		529	1004	*33.14	78.38	*12.59
% of Calories				*25.1%	59.3%	*21.4%
Nutrient Guideline		550-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/15/2020						
ECE LUNCH	Total					
PM CHICKEN TACOS,	SVG (1 EACH)	342	910	26.41	33.09	12.19
NACHO PRETZL PCKT	1 EACH	360	600	19.0	38.0	16.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	0.93	4.33	0.12
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		672	1219	*44.05	90.68	*16.62
% of Calories				*26.2%	54.0%	*22.3%
Nutrient Guideline		550-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/16/2020						
ECE LUNCH	Total					
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	200	780	14.0	6.0	13.0
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		410	951	*27.00	41.57	*15.91
% of Calories				*26.3%	40.6%	*34.9%
Nutrient Guideline		550-650	1230			

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Oct 1, 2020 thru Oct 30, 2020

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/19/2020						
ECE LUNCH	Total					
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2.0	15.0	1.0
PKD BEAN BURRITO (AZ GOLD)	1 EACH	380	500	16.0	46.0	15.0
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	16	140	1.0	3.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		446	616	*21.94	67.28	*10.79
% of Calories				*19.7%	60.3%	*21.8%
Nutrient Guideline		550-650	1230			

Tue - 10/20/2020						
ECE LUNCH	Total					
PM TACO BEEF ,CHIPS,CHEESE	SVG	626	1006	36.18	60.87	28.02
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	200	780	14.0	6.0	13.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	0.93	4.33	0.12
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		1153	2157	*69.30	123.48	*44.68
% of Calories				*24.0%	42.8%	*34.9%
Nutrient Guideline		550-650	1230			

Wed - 10/21/2020						
ECE LUNCH	Total					
PKD CHKN PATTY S/WICH	1 EACH	400	910	22.0	43.0	17.0
CS CHEESE SANDWICH	1 SANDWICH	320	900	20.0	36.0	12.0
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		649	1084	*35.54	90.38	*19.79
% of Calories				*21.9%	55.7%	*27.4%
Nutrient Guideline		550-650	1230			

Thu - 10/22/2020						
ECE LUNCH	Total					
PM CHICKEN DRUMSTICK	1 EACH	220	530	19.0	6.0	13.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	17.5	42.88	13.12
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
CS ROLL,MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0
Weighted Daily Average		580	866	*33.25	75.01	*16.97
% of Calories				*22.9%	51.7%	*26.3%
Nutrient Guideline		550-650	1230			

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ECE LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/23/2020						
ECE LUNCH	Total					
WG GRILL CHEESE IW	1 EACH	280	581	18.55	30.96	9.91
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
JUICE, APPLE (suncup)	1 CARTON	60	5	*N/A*	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		502	772	*30.31	68.43	12.55
% of Calories				*24.2%	54.5%	22.5%
Nutrient Guideline		550-650	1230			

Mon - 10/26/2020						
ECE LUNCH	Total					
PKD CHKN PATTY S/WICH	1 EACH	400	910	22.0	43.0	17.0
NACHO PRETZL PCKT	1 EACH	360	600	19.0	38.0	16.0
CS CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		657	1024	*35.34	90.78	*20.59
% of Calories				*21.5%	55.3%	*28.2%
Nutrient Guideline		550-650	1230			

Tue - 10/27/2020						
ECE LUNCH	Total					
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0
CS CHEESE SANDWICH	1 SANDWICH	320	900	20.0	36.0	12.0
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		496	1015	*31.90	70.85	*11.73
% of Calories				*25.7%	57.2%	*21.3%
Nutrient Guideline		550-650	1230			

Wed - 10/28/2020						
ECE LUNCH	Total					
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	200	780	14.0	6.0	13.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	0.93	4.33	0.12
CS BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		526	1151	*33.13	62.60	*16.66
% of Calories				*25.2%	47.6%	*28.5%
Nutrient Guideline		550-650	1230			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Thu - 10/29/2020						
ECE LUNCH	Total					
PKD CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	17.5	42.88	13.12
CS GREEN BEANS,CND(OTH)1/2 CUP	1/2 CUP	16	140	1.0	3.0	0.0
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
CS ROLL,MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0
Weighted Daily Average		606	931	*31.69	81.21	*17.85
% of Calories				*20.9%	53.6%	*26.5%
Nutrient Guideline		550-650	1230			

Fri - 10/30/2020						
ECE LUNCH	Total					
PM BEAN BURRITO	1 EACH	380	500	16.0	46.0	15.0
CS BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12
APPLESAUCE IW CUP (USDA)	1 EACH	51	2	0.0	14.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5
Weighted Daily Average		571	672	28.06	77.80	17.62
% of Calories				19.7%	54.5%	27.8%
Nutrient Guideline		550-650	1230			

Weighted Average		599	1007	*34.71	78.33	*18.03
				*23.2%	52.3%	*27.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	599		550 - 650	100%				
Sodium 1 (mg)	1007		1230					
Sodium 2 (mg)	1007		935					
Protein (g)	34.71	23.17%			Missing		72	Correction Required - Sodium too High
Carbohydrate (g)	78.33	52.28%						
Total Fat (g)	18.03	27.08%			Missing			

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