

San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 10

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/30/2018							
6-8 FOR K-8 LUNCH	Total						
POPCORN CHICKEN 6-8 (TYSON)	SVG (12 PIECE	224	656	12.0	12.0	13.6	2.40
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		711	1130	28.00	94.95	24.78	7.31
% of Calories				15.8%	53.4%	31.4%	9.3%
Nutrient Guideline		600-700	1360				<10.00

Weighted Average		694	1089	31.34 18.1%	95.17 54.9%	21.11 27.4%	5.90 7.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	694		600 - 700	100%				
Sodium 1 (mg)	1089		1360					
Sodium 2 (mg)								
Protein (g)	31.34	18.07%						
Carbohydrate (g)	95.17	54.86%						
Total Fat (g)	21.11	27.37%						
Saturated Fat (g)	5.90	7.65%	<10.00%					

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.