

# San Juan Unified School District

Apr 2, 2018 thru Apr 30, 2018

## 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)	S-Fat (g)
Mon - 04/02/2018							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		419	713	19.54	56.56	10.54	4.02
% of Calories				18.7%	54.0%	22.7%	8.6%
Nutrient Guideline							

Tue - 04/03/2018							
ECE LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
POTATOES MSH,FROZEN (ST) 1/2 C	1/2 CUP	110	340	2.0	18.0	3.5	1.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
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		604	1176	24.50	74.20	22.39	5.35
% of Calories				16.2%	49.1%	33.3%	8.0%
Nutrient Guideline							

Wed - 04/04/2018							
ECE LUNCH	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		564	606	28.07	64.15	21.42	6.64
% of Calories				19.9%	45.5%	34.2%	10.6%
Nutrient Guideline							

Thu - 04/05/2018							
ECE LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	32.0	13.0	3.00
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00

\*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

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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)	S-Fat (g)
Weighted Daily Average		487	1243	23.66	58.21	18.61	5.09
% of Calories				19.5%	47.9%	34.4%	9.4%
Nutrient Guideline							

Fri - 04/06/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
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, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		554	947	29.74	68.49	18.50	8.13
% of Calories				21.5%	49.5%	30.1%	13.2%
Nutrient Guideline							

Mon - 04/09/2018							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES, CND, EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
Weighted Daily Average		497	780	26.40	57.50	18.15	4.10
% of Calories				21.2%	46.3%	32.9%	7.4%
Nutrient Guideline							

Tue - 04/10/2018							
ECE LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	195	225	4.5	28.5	7.5	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
APPLESAUCE, CND, SWTND, WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
Weighted Daily Average		521	957	26.43	54.55	22.17	6.60
% of Calories				20.3%	41.9%	38.3%	11.4%
Nutrient Guideline							

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## Base Menu Spreadsheet

ECE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/11/2018							
ECE LUNCH	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		554	706	26.07	77.15	15.92	8.64
% of Calories				18.8%	55.7%	25.9%	14.0%
Nutrient Guideline							

Thu - 04/12/2018							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		575	1204	32.57	78.54	15.95	3.64
% of Calories				22.6%	54.6%	24.9%	5.7%
Nutrient Guideline							

Fri - 04/13/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		496	876	29.28	59.48	15.30	7.58
% of Calories				23.6%	48.0%	27.8%	13.8%
Nutrient Guideline							

Mon - 04/16/2018							
ECE LUNCH	Total						
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		421	745	26.15	48.13	11.65	5.10
% of Calories				24.9%	45.8%	24.9%	10.9%
Nutrient Guideline							

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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)	S-Fat (g)
Tue - 04/17/2018							
ECE LUNCH	Total						
WAFFLES, MINI MAPLE (EGGO)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
CHICKEN NUGGETS (TYSON)	3 NUGGETS	156	240	9.6	9.6	9.0	1.50
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES, CND. EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
Weighted Daily Average		568	730	24.00	80.10	17.15	4.60
% of Calories				16.9%	56.4%	27.2%	7.3%
Nutrient Guideline							

Wed - 04/18/2018							
ECE LUNCH	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		574	686	27.59	62.23	24.38	7.13
% of Calories				19.2%	43.4%	38.2%	11.2%
Nutrient Guideline							

Thu - 04/19/2018							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL, CND, LT SYRUP, SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		537	683	29.64	57.02	21.18	9.10
% of Calories				22.1%	42.5%	35.5%	15.3%
Nutrient Guideline							

Fri - 04/20/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04

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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)	S-Fat (g)
Weighted Daily Average		530	878	30.21	68.12	15.58	7.62
% of Calories				22.8%	51.4%	26.4%	12.9%
Nutrient Guideline							

Mon - 04/23/2018							
ECE LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		538	807	30.20	60.50	18.65	5.00
% of Calories				22.4%	44.9%	31.2%	8.4%
Nutrient Guideline							

Tue - 04/24/2018							
ECE LUNCH	Total						
TORTILLA 8" (MI RANCHO)	1 TORTILLA	160	340	4.0	24.0	5.0	1.50
CHICKEN FAJITA STRIPS (USDA)	SVG (#12 SCO OP)	68	340	10.1	1.12	2.24	1.12
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
Weighted Daily Average		471	972	29.02	49.06	16.34	8.48
% of Calories				24.6%	41.7%	31.2%	16.2%
Nutrient Guideline							

Wed - 04/25/2018							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	780	14.0	32.0	14.0	4.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		548	996	24.83	68.02	18.92	6.14
% of Calories				18.1%	49.7%	31.1%	10.1%
Nutrient Guideline							

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**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Thu - 04/26/2018</b>							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		542	1203	31.64	69.52	15.68	3.60
% of Calories				23.3%	51.3%	26.0%	6.0%
Nutrient Guideline							

<b>Mon - 04/30/2018</b>							
ECE LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
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		668	1405	25.20	86.50	23.62	5.70
% of Calories				15.1%	51.8%	31.8%	7.7%
Nutrient Guideline							

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*\*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.**