

San Juan Unified School District

Aug 3, 2020 thru Aug 31, 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)	S-Fat (g)
Mon - 08/03/2020							
ECE LUNCH	Total						
CHKN PATTY S/WICH	1 EACH	400	910	22.0	43.0	17.0	3.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		640	1081	*33.94	85.78	*19.79	4.53
% of Calories				*21.2%	53.6%	*27.8%	6.4%
Nutrient Guideline		550-650	1230				<10.00

Tue - 08/04/2020							
ECE LUNCH	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		482	997	*31.70	69.25	*10.93	5.06
% of Calories				*26.3%	57.5%	*20.4%	9.4%
Nutrient Guideline		550-650	1230				<10.00

Wed - 08/05/2020							
ECE LUNCH	Total						
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
CHEESE DIP CUP	1 EACH	190	570	10.0	14.0	10.0	6.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
SALSA CUP	1 CUP	20	300	*N/A*	4.0	0.0	0.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		750	1351	*34.00	92.57	*27.91	11.55
% of Calories				*18.1%	49.4%	*33.5%	13.9%
Nutrient Guideline		550-650	1230				<10.00

Thu - 08/06/2020							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
APPLES, SLICED (ELEMENTARY)	1/2 CUP	34	0	*N/A*	8.0	*N/A*	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		569	705	*31.00	70.00	*19.50	4.00
% of Calories				*21.8%	49.2%	*30.8%	6.3%
Nutrient Guideline		550-650	1230				<10.00

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San Juan Unified School District

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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)
Fri - 08/07/2020							
ECE LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		684	791	*35.19	97.28	*18.54	7.53
% of Calories				*20.6%	56.9%	*24.4%	9.9%
Nutrient Guideline		550-650	1230				<10.00

Mon - 08/10/2020							
ECE LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	20.0	34.0	17.0	8.00
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		592	697	*32.70	75.25	*19.93	9.56
% of Calories				*22.1%	50.9%	*30.3%	14.5%
Nutrient Guideline		550-650	1230				<10.00

Tue - 08/11/2020							
ECE LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	529	1197	25.98	51.85	25.47	8.99
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
APPLES, SLICED (ELEMENTARY)	1/2 CUP	34	0	*N/A*	8.0	*N/A*	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		783	1497	*40.04	92.65	*29.10	10.51
% of Calories				*20.5%	47.3%	*33.4%	12.1%
Nutrient Guideline		550-650	1230				<10.00

Wed - 08/12/2020							
ECE LUNCH	Total						
POPCORN CHICKEN & CORN STAR	SVG (15 CHX&1	428	911	17.8	38.0	22.0	3.90
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		693	1087	*31.74	86.78	*25.79	5.43
% of Calories				*18.3%	50.1%	*33.5%	7.1%
Nutrient Guideline		550-650	1230				<10.00

Thu - 08/13/2020							
ECE LUNCH	Total						
SUNBUTTER SANDWICH, STRAWBERRY	1 EACH	310	320	9.0	32.0	15.0	2.00
GOLDFISH, CHEDDAR (CAMPBELL'S)	PACKAGE	100	170	2.0	14.0	4.0	0.50
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50

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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)
Weighted Daily Average		710	861	*29.94	89.78	*24.79	6.04
% of Calories				*16.9%	50.6%	*31.4%	7.6%
Nutrient Guideline		550-650	1230				<10.00

Fri - 08/14/2020							
ECE LUNCH	Total						
NACHO PRETZL PKCT	1 EACH	360	600	19.0	38.0	16.0	8.00
BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		664	901	*37.20	90.28	*19.54	9.53
% of Calories				*22.4%	54.4%	*26.5%	12.9%
Nutrient Guideline		550-650	1230				<10.00

Mon - 08/17/2020							
ECE LUNCH	Total						
TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2.0	15.0	1.0	0.00
CARROTS,2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		312	317	*14.70	56.25	*3.93	1.56
% of Calories				*18.9%	72.2%	*11.3%	4.5%
Nutrient Guideline		550-650	1230				<10.00

Tue - 08/18/2020							
ECE LUNCH	Total						
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
CHEESE DIP CUP	1 EACH	190	570	10.0	14.0	10.0	6.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
SALSA CUP	1 CUP	20	300	*N/A*	4.0	0.0	0.00
BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		844	1481	*39.19	109.28	*28.54	11.53
% of Calories				*18.6%	51.8%	*30.4%	12.3%
Nutrient Guideline		550-650	1230				<10.00

Wed - 08/19/2020							
ECE LUNCH	Total						
CHKN PATTY S/WICH	1 EACH	400	910	22.0	43.0	17.0	3.00
GREEN BEANS,CND (OTH) 1/2 CUP	1/2 CUP	16	140	1.0	3.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		616	1211	*34.95	79.78	*19.79	4.53
% of Calories				*22.7%	51.8%	*28.9%	6.6%
Nutrient Guideline		550-650	1230				<10.00

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ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 08/20/2020							
ECE LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	529	1197	25.98	51.85	25.47	8.99
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
APPLES, SLICED (ELEMENTARY)	1/2 CUP	34	0	*N/A*	8.0	*N/A*	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		783	1497	*40.04	92.65	*29.10	10.51
% of Calories				*20.5%	47.3%	*33.4%	12.1%
Nutrient Guideline		550-650	1230				<10.00

Fri - 08/21/2020							
ECE LUNCH	Total						
WG GRILL CHEESE IW	1 EACH	280	581	18.55	30.96	9.91	5.56
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
FRUIT JUICE VARIETY (PRODUCERS)	1 CARTON	57	2	0.33	13.83	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		532	757	31.88	75.79	13.41	7.06
% of Calories				24.0%	57.0%	22.7%	11.9%
Nutrient Guideline		550-650	1230				<10.00

Mon - 08/24/2020							
ECE LUNCH	Total						
CHKN PATTY S/WICH	1 EACH	400	910	22.0	43.0	17.0	3.00
JUICE, PARADISE PUNCH (SUNCUP)	1 EACH	40	10	0.0	9.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		640	1081	*33.94	85.78	*19.79	4.53
% of Calories				*21.2%	53.6%	*27.8%	6.4%
Nutrient Guideline		550-650	1230				<10.00

Tue - 08/25/2020							
ECE LUNCH	Total						
SANDWICH, TURKEY HAM & CHEESE	1 EACH	250	810	19.0	28.0	8.0	3.50
CARROTS, 2.6 OZ PKG	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		482	997	*31.70	69.25	*10.93	5.06
% of Calories				*26.3%	57.5%	*20.4%	9.4%
Nutrient Guideline		550-650	1230				<10.00

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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)
Wed - 08/26/2020							
ECE LUNCH	Total						
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
CHEESE DIP CUP	1 EACH	190	570	10.0	14.0	10.0	6.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	200	7.0	1.0	3.0	2.00
SALSA CUP	1 CUP	20	300	*N/A*	4.0	0.0	0.00
BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		844	1481	*39.19	109.28	*28.54	11.53
% of Calories				*18.6%	51.8%	*30.4%	12.3%
Nutrient Guideline		550-650	1230				<10.00

Thu - 08/27/2020							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
APPLES, SLICED (ELEMENTARY)	1/2 CUP	34	0	*N/A*	8.0	*N/A*	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		490	576	*29.02	55.15	*18.51	4.00
% of Calories				*23.7%	45.0%	*34.0%	7.3%
Nutrient Guideline		550-650	1230				<10.00

Fri - 08/28/2020							
ECE LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		590	661	*30.00	80.57	*17.91	7.55
% of Calories				*20.3%	54.6%	*27.3%	11.5%
Nutrient Guideline		550-650	1230				<10.00

Mon - 08/31/2020							
ECE LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	20.0	34.0	17.0	8.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	70	1	*0.94	17.78	*0.29	0.04
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		570	681	*33.00	69.57	*19.91	9.55
% of Calories				*23.2%	48.8%	*31.4%	15.1%
Nutrient Guideline		550-650	1230				<10.00

Weighted Average		632	986	*33.10	82.52	*20.29	7.20
				*21.0%	52.2%	*28.9%	10.3%

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ECE LUNCH

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g) S-Fat (g)	Error Messages (if any)
Calories	632		550 - 650	100%					
Sodium 1 (mg)	986		1230						
Sodium 2 (mg)	986		935						
Protein (g)	33.10	20.95%			Missing			51	Correction Required - Sodium too High
Carbohydrate (g)	82.52	52.24%							
Total Fat (g)	20.29	28.90%			Missing				
Saturated Fat (g)	7.20	10.25%	<10.00%						Correction Required - Sat. Fat too High

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