

San Juan Unified School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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)
Mon - 04/01/2019							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
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		477	702	29.04	51.57	17.54	4.02
% of Calories				24.4%	43.3%	33.1%	7.6%

Tue - 04/02/2019							
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
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
Weighted Daily Average		528	968	27.80	55.78	22.00	6.52
% of Calories				21.1%	42.3%	37.5%	11.1%

Wed - 04/03/2019							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	680	14.0	32.0	14.0	5.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
PEACHES,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
Weighted Daily Average		521	906	25.54	60.07	18.54	7.02
% of Calories				19.6%	46.1%	32.0%	12.1%

Thu - 04/04/2019							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	410	910	22.0	44.0	17.0	3.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		611	1187	33.55	76.53	19.74	4.56
% of Calories				22.0%	50.1%	29.1%	6.7%

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Fri - 04/05/2019							
ECE LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	1 SLICE	360	510	20.0	34.0	17.0	8.00
PIZZA, PEPPERONI (WILD MIKES)	1 SLICE	370	550	21.0	33.0	17.0	8.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	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		591	702	33.47	73.09	20.31	9.56
% of Calories				22.6%	49.4%	30.9%	14.5%

Mon - 04/08/2019							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	4.0	2.50
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		452	764	20.57	57.12	13.56	4.53
% of Calories				18.2%	50.5%	27.0%	9.0%

Tue - 04/09/2019							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	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		649	1305	26.84	81.57	23.51	5.62
% of Calories				16.5%	50.3%	32.6%	7.8%

Wed - 04/10/2019							
ECE LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	4.0	2.50
STRAWBERRIES,FRESH (ELEMENTRY)	1/2 CUP	23	1	0.48	5.53	0.22	0.01

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Base Menu Spreadsheet

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		560	674	29.27	70.72	17.76	7.54
% of Calories				20.9%	50.5%	28.5%	12.1%

Thu - 04/11/2019							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		554	712	31.28	57.58	21.07	9.03
% of Calories				22.6%	41.6%	34.2%	14.7%

Fri - 04/12/2019							
ECE LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	1 SLICE	360	510	20.0	34.0	17.0	8.00
PIZZA, PEPPERONI (WILD MIKES)	1 SLICE	370	550	21.0	33.0	17.0	8.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		572	802	31.92	61.83	22.57	10.03
% of Calories				22.3%	43.3%	35.5%	15.8%

Mon - 04/22/2019							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		442	686	20.79	60.19	10.54	4.02
% of Calories				18.8%	54.5%	21.5%	8.2%

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/23/2019							
ECE LUNCH	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
BBQ SAUCE PACKTS (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		574	741	25.64	81.17	17.04	4.52
% of Calories				17.9%	56.5%	26.7%	7.1%

Wed - 04/24/2019							
ECE LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
KIWI, FRESH (ELEMENTARY)	SVG (2 EACH)	84	4	1.57	20.23	0.72	0.04
Weighted Daily Average		603	725	30.11	82.80	18.26	7.56
% of Calories				20.0%	54.9%	27.3%	11.3%

Thu - 04/25/2019							
ECE LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	32.0	13.0	3.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		502	1274	25.57	59.62	18.56	5.03
% of Calories				20.4%	47.5%	33.3%	9.0%

Fri - 04/26/2019							
ECE LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	1 SLICE	360	510	20.0	34.0	17.0	8.00
PIZZA, PEPPERONI (WILD MIKES)	1 SLICE	370	550	21.0	33.0	17.0	8.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
MANAGER CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		548	733	32.39	61.47	19.64	9.52
% of Calories				23.6%	44.8%	32.2%	15.6%

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Mon - 04/29/2019							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	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
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		477	857	31.04	53.57	14.54	4.02
% of Calories				26.0%	44.9%	27.4%	7.6%

Tue - 04/30/2019							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	4.0	2.50
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
Weighted Daily Average		532	969	28.07	56.12	22.06	6.53
% of Calories				21.1%	42.2%	37.3%	11.0%

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