

San Juan Unified School District

Feb 1, 2018 thru Feb 28, 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)
Thu - 02/01/2018							
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
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		548	1213	32.28	70.58	15.57	3.53
% of Calories				23.5%	51.5%	25.5%	5.8%
Nutrient Guideline							

Fri - 02/02/2018							
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		521	918	30.50	66.16	15.37	7.55
% of Calories				23.4%	50.8%	26.6%	13.0%
Nutrient Guideline							

Mon - 02/05/2018							
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 COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
Weighted Daily Average		521	1006	24.54	60.56	18.54	6.02
% of Calories				18.8%	46.5%	32.0%	10.4%
Nutrient Guideline							

Tue - 02/06/2018							
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
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
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

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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		593	866	24.39	84.79	16.54	4.52
% of Calories				16.5%	57.2%	25.1%	6.9%
Nutrient Guideline							

Wed - 02/07/2018							
ECE LUNCH	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
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
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
Weighted Daily Average		537	795	25.30	67.27	18.50	9.02
% of Calories				18.8%	50.1%	31.0%	15.1%
Nutrient Guideline							

Thu - 02/08/2018							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
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
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		572	787	30.57	59.12	24.06	9.53
% of Calories				21.4%	41.3%	37.8%	15.0%
Nutrient Guideline							

Fri - 02/09/2018							
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		502	886	29.92	60.54	15.19	7.51
% of Calories				23.8%	48.2%	27.2%	13.5%
Nutrient Guideline							

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 02/12/2018							
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,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
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	28.04	51.56	17.54	4.02
% of Calories				23.5%	43.3%	33.1%	7.6%
Nutrient Guideline							

Tue - 02/13/2018							
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
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
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
Weighted Daily Average		395	809	19.04	42.26	17.04	4.82
% of Calories				19.3%	42.8%	38.8%	11.0%
Nutrient Guideline							

Wed - 02/14/2018							
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		554	1007	25.47	69.08	18.81	6.06
% of Calories				18.4%	49.9%	30.6%	9.8%
Nutrient Guideline							

Thu - 02/15/2018							
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 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		548	1213	32.28	71.08	15.57	3.53
% of Calories				23.5%	51.8%	25.5%	5.8%
Nutrient Guideline							

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 02/16/2018							
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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		549	950	30.26	66.87	18.32	8.04
% of Calories				22.0%	48.7%	30.0%	13.2%
Nutrient Guideline							

Mon - 02/26/2018							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	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
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
Weighted Daily Average		453	741	20.04	64.56	11.04	4.02
% of Calories				17.7%	57.0%	21.9%	8.0%
Nutrient Guideline							

Tue - 02/27/2018							
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		527	967	27.07	55.61	22.06	6.53
% of Calories				20.5%	42.2%	37.6%	11.1%
Nutrient Guideline							

Wed - 02/28/2018							
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

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		560	717	26.71	78.21	15.81	8.56
% of Calories				19.1%	55.8%	25.4%	13.8%
Nutrient Guideline							

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