

San Juan Unified School District

2018 - 2019

Base Menu Spreadsheet

9-12 HS ASIAN EXPRESS

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2018 - 2019							
9-12 HS ASIAN EXPRESS	Total						
X ORANGE CHICKEN & RICE	4.6 OZ & 1 CUP	408	368	19.09	69.06	5.59	1.00
AX GENERAL TSO CHICKEN & RICE	3.8 OZ & 1 CUP	395	391	16.65	69.06	4.93	0.89
X KOREAN BEEF RAMEN	SERVING	414	574	20.0	55.62	11.0	3.50
X FORTUNE COOKIE (PEKING)	1 EACH	35	10	0.0	7.0	0.0	0.00
CARROTS,2.6 OZ PKG (R/OR) 1/2C	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CELERY STICKS (OTH) 1/2 CUP	1/2 CUP	12	65	0.56	2.71	0.1	0.03
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
A FRENCH FRIES (ST) 1/2 CUP	SVG (2.1 OZ)	89	110	1.37	14.43	3.09	0.34
LETT CUP + PICKLE (OTH) 1 CUP	1 CUP	18	75	0.57	4.03	0.11	0.02
SIDE SALAD/BEAN (OTH/LE) 1 CUP	SVG	63	82	3.03	10.61	1.0	0.00
VEGETABLE VARIETY-SECONDARY	1/2 CUP	14	2	0.93	2.14	0.05	0.00
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (SECONDARY)	1 EACH	95	2	0.47	25.13	0.31	0.05
BANANAS, FRESH (SECONDARY)	1 EACH	121	1	1.48	31.06	0.45	0.15
ORANGES, FRESH (SECONDARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
FRUIT FRESH VARIETY(SECONDARY)	SVG (1/2 CUP)	52	4	0.86	13.08	0.29	0.03
ITALIAN DRESSING, 2 OZ	2 OZ	18	512	0.0	5.49	0.0	0.00
RANCH DRESSING, 2 OZ	2 OZ	364	607	0.0	8.1	36.45	6.07
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
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	170	0.0	0.0	0.0	0.00
MAYONNAISE PACKT (PORTION PAC)	1 PACKET	70	55	0.0	0.0	7.0	1.00
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
Weighted Daily Average		846	1044	32.44	131.61	20.83	4.07
% of Calories				15.3%	62.2%	22.2%	4.3%
Nutrient Guideline		750-850	1420				<10.00

Weighted Average		846	1044	32.44 15.3%	131.61 62.2%	20.83 22.2%	4.07 4.3%
------------------	--	-----	------	----------------	-----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	846		750 - 850					
Sodium 1 (mg)	1044		1420					
Sodium 2 (mg)	1044		1080					
Protein (g)	32.44	15.34%						
Carbohydrate (g)	131.61	62.25%						
Total Fat (g)	20.83	22.17%						
Saturated Fat (g)	4.07	4.33%	<10.00%					

*Data comparisons are not available for one or two day selections

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.