

San Juan Unified School District

2018 - 2019

Base Menu Spreadsheet

9-12 HS BORDER CAFE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2018 - 2019							
9-12 HS BORDER CAFE LU	Total						
B CHEESE NACHOS	1 EACH	562	988	19.49	44.0	33.11	15.27
B CHICKEN & CHEESE NACHOS	1 EACH	509	1110	21.44	45.0	26.01	10.20
B BEEF & CHEESE NACHOS	1 EACH	531	969	23.49	48.44	27.01	10.31
AB GRANDE BEEF BURRITO	BURRITO	391	760	19.06	51.84	12.09	5.17
B BEEF TOSTADA	1 EACH	402	781	20.04	53.91	12.2	5.18
B CHICKEN TOSTADA	1 EACH	415	990	22.61	52.33	12.45	5.54
B BEEF SOFT TACOS (2)	2 TACOS	359	716	23.61	31.17	16.8	8.15
B CHICKEN SOFT TACOS (2)	2 TACOS	384	1134	28.74	28.01	17.31	8.87
B GRANDE CHICKEN BURRITO	BURRITO	404	969	21.63	50.26	12.34	5.52
B BEAN & RICE BURRITO	1 EACH	463	995	18.09	68.75	12.59	5.52
REFRIED BEANS (LE) 1/2 CUP VEG	1/2 CUP	160	480	9.0	27.0	2.5	1.00
SPANISH RICE	1/2 CUP	114	25	2.52	23.51	0.88	0.18
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
SHREDDED LETTUCE-TACO CNDMT	1 CUP	5	10	0.49	1.03	0.05	0.01
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
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
JALAPENO PEPPERS	1 TABLESPOO	2	170	0.0	0.33	0.0	0.00
RANCH DRESSING, 1 OZ	1 OUNCE	182	304	0.0	4.05	18.22	3.04
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
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		774	1391	34.45	104.51	24.89	9.33
% of Calories				17.8%	54.0%	28.9%	10.9%
Nutrient Guideline		750-850	1420				<10.00

Weighted Average		774	1391	34.45 17.8%	104.51 54.0%	24.89 28.9%	9.33 10.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	774		750 - 850					
Sodium 1 (mg)	1391		1420					
Sodium 2 (mg)	1391		1080					
Protein (g)	34.45	17.81%						
Carbohydrate (g)	104.51	54.02%						
Total Fat (g)	24.89	28.95%						
Saturated Fat (g)	9.33	10.85%	<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.