

# San Juan Unified School District

2017 - 2018

## Base Menu Spreadsheet

9-12 HS LINE LUNCH

### Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2017 - 2018							
9-12 HS LINE LUNCH	Total						
BUFFALO CHICKEN SALAD	1 SALAD	299	462	23.65	21.69	13.79	4.45
WRAP-BUFFALO CHICKEN	1 EACH	443	925	27.25	41.52	18.53	5.50
CHICKEN SALAD	SALAD	379	942	19.65	26.69	20.79	5.45
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
CHICKEN NUGGETS (SECONDARY)	SVG (7 NUGG ETS)	364	560	22.4	22.4	21.0	3.50
CHICKEN PATTY SANDWICH	1 EACH	360	910	22.0	44.0	13.0	2.00
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
COUNTRY CHICKEN BOWL	1 BOWL	448	1483	18.0	44.55	21.51	4.00
HAMBURGER (ADVANCE PIERRE)	1 EACH	330	285	17.0	31.0	16.0	6.00
HOT & SPICY CHICKN (SECONDARY)	SVG (5 BITES)	200	340	19.0	10.0	10.0	2.00
CHEESE PIZZA (BIG DADDY)	1 SLICE	340	500	18.0	35.0	14.0	6.00
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	560	19.0	35.0	15.0	6.00
POPCORN CHICKEN (SECONDARY)	SVG (15 PIECE)	280	820	15.0	15.0	17.0	3.00
CLUB SANDWICH	1 EACH	329	1023	28.41	32.02	10.28	2.75
TURKEY & CHEESE SANDWICH	1 EACH	353	945	31.25	32.52	11.53	4.50
TURKEY HM & CHS SANDWICH	1 EACH	343	1135	29.24	33.52	11.53	4.50
SPICY CHIX PATTY SANDWICH	1 EACH	360	570	22.0	43.0	12.0	2.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
SIDE SALAD/BEAN (OTH/LE) 1 CUP	SVG	63	82	3.03	10.61	1.0	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
FRENCH FRIES (ST) 1/2 CUP	SVG (2.25 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
SALSA (R/O) 1/2 CUP	1/2 CUP	40	140	0.0	8.0	0.0	0.00
VEGETABLE VARIETY-SECONDARY	1/2 CUP	14	2	0.93	2.14	0.05	0.00
RANCH DRESSING, 1/4 CUP	1/4 CUP	364	607	0.0	8.1	36.45	6.07
ITALIAN DRESSING, 1/4 CUP	1/4 CUP	18	512	0.0	5.49	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	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)	SERVINGS	52	4	0.86	13.08	0.29	0.03
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
MAYONNAISE PACKT (PORTION PAC)	1 PACKET	70	55	0.0	0.0	7.0	1.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKET	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS	2 PACKETS	20	220	0.0	4.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
JALAPENO PEPPERS	1 TABLESPOO	2	0	0.0	0.46	0.0	0.00
Weighted Daily Average		800	1375	34.41	97.09	31.03	7.02
% of Calories				17.2%	48.6%	34.9%	7.9%
Nutrient Guideline							

\*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.

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Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		800	1375	34.41 17.2%	97.09 48.6%	31.03 34.9%	7.02 7.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	800		750 - 850					
Sodium (mg)	1375		1420					
Protein (g)	34.41	17.21%						
Carbohydrate (g)	97.09	48.56%						
Total Fat (g)	31.03	34.92%						
Saturated Fat (g)	7.02	7.90%	<10.00%					

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

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