

San Juan Unified School District

2018 - 2019

Base Menu Spreadsheet

9-12 HS LINE LUNCH

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 LINE LUNCH | Total | | | | | | |
| L CHICKEN NUGGETS (SECONDARY) | SVG (7 NGT&1 RL) | 444 | 690 | 24.4 | 37.4 | 22.0 | 3.50 |
| L SPICY CHIX PATTY SANDWICH | 1 EACH | 440 | 600 | 22.0 | 48.0 | 17.0 | 3.00 |
| L PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 560 | 19.0 | 35.0 | 15.0 | 6.00 |
| L CHICKEN PATTY SANDWICH | 1 EACH | 410 | 910 | 22.0 | 44.0 | 17.0 | 3.00 |
| L CHEESE PIZZA (BIG DADDY) | 1 SLICE | 340 | 500 | 18.0 | 35.0 | 14.0 | 6.00 |
| L WRAP-BUFFALO CHICKEN | 1 EACH | 443 | 925 | 27.25 | 41.52 | 18.53 | 5.50 |
| L BUFFALO CHICKEN SALAD | 1 SVG (SLD&1R) | 379 | 592 | 25.65 | 36.69 | 14.78 | 4.45 |
| L HOT & SPCY CHIKN (SECONDARY) | SVG(5 BT & 1R) | 280 | 470 | 21.0 | 25.0 | 11.0 | 2.00 |
| L POPCORN CHICKEN & ROLL | SVG(15 PC &1R) | 360 | 950 | 17.0 | 30.0 | 18.0 | 3.00 |
| L CORN DOG (FOSTER FARMS) | SVG (2 EACH) | 480 | 780 | 18.0 | 60.0 | 16.0 | 5.00 |
| L HAMBURGER (ADVANCE PIERRE) | 1 EACH | 340 | 285 | 17.0 | 31.0 | 16.0 | 6.00 |
| L CHEESY BREADSTCKS & MARINARA | 2 EACH & 1/4 C | 360 | 742 | 14.5 | 37.0 | 16.0 | 5.50 |
| L COUNTRY CHICKEN BOWL | BOWL | 528 | 1613 | 20.0 | 59.55 | 22.51 | 4.00 |
| AL TURKEY & CHEESE SANDWICH | 1 EACH | 353 | 945 | 31.25 | 32.52 | 11.53 | 4.50 |
| AL TURKEY HM & CHS SANDWICH | 1 EACH | 343 | 1135 | 29.24 | 33.52 | 11.53 | 4.50 |
| AL CLUB SANDWICH | 1 EACH | 329 | 1023 | 28.41 | 32.02 | 10.28 | 2.75 |
| L CHICKEN SALAD | SALAD | 459 | 1072 | 21.65 | 41.69 | 21.79 | 5.45 |
| 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 | 0 | 130 | 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 | | 833 | 1459 | 37.40 | 106.29 | 29.63 | 6.71 |
| % of Calories | | | | 18.0% | 51.0% | 32.0% | 7.2% |
| Nutrient Guideline | | 750-850 | | | | | <10.00 |

| | | | | | | | |
|------------------|--|-----|------|----------------|-----------------|----------------|--------------|
| Weighted Average | | 833 | 1459 | 37.40 18.0% | 106.29 51.0% | 29.63 32.0% | 6.71 7.2% |
|------------------|--|-----|------|----------------|-----------------|----------------|--------------|

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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Base Menu Spreadsheet

9-12 HS LINE LUNCH

Portion Values - Detailed

Page 2

| Nutrient | Menu AVG | % of Cals | Portion Size Weekly Target | Cals (kcal) % of Target* | Sodm (mg) Miss Data | Protn (g) Shortfall* | Carb (g) Overage* | T-Fat (g) | S-Fat (g) | Error Messages (if any)* |
|-------------------|----------|-----------|-------------------------------|-----------------------------|------------------------|-------------------------|----------------------|-----------|-----------|--------------------------|
| Calories | 833 | | 750 - 850 | | | | | | | |
| Sodium 1 (mg) | 1459 | | 1420 | | | | | | | |
| Sodium 2 (mg) | 1459 | | 1080 | | | | | | | |
| Protein (g) | 37.40 | 17.96% | | | | | | | | |
| Carbohydrate (g) | 106.29 | 51.04% | | | | | | | | |
| Total Fat (g) | 29.63 | 32.01% | | | | | | | | |
| Saturated Fat (g) | 6.71 | 7.25% | <10.00% | | | | | | | |

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

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