

# San Juan Unified School District

Mar 1, 2019 thru Mar 29, 2019

## Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/01/2019							
6-8 FOR K-8 LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	1 SLICE	360	510	20.0	34.0	17.0	8.00
PIZZA, PEPPERONI (WILD MIKES)	1 SLICE	370	550	21.0	33.0	17.0	8.00
SPICY CHIX PATTY SANDWICH	1 EACH	440	600	22.0	48.0	17.0	3.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY DRESSING VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK, PLAIN 1% (PRODUCERS)	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1 CARTON	120	140	9.0	21.0	0.0	0.00
MANAGER'S FRESH VEG VARIETY	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER CANNED FRUIT VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
FRUIT, FRESH VARIETY (ELEMENT)	1/4 CUP	29	2	0.0	7.37	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		694	917	33.01	96.27	20.96	7.35
% of Calories				19.0%	55.5%	27.2%	9.5%

Mon - 03/04/2019							
6-8 FOR K-8 LUNCH	Total						
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
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
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1/4 CUP (1 BAG	16	13	0.38	3.74	0.07	0.01
PEACHES, CND. EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
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
Weighted Daily Average		831	1378	34.96	112.31	27.46	6.11
% of Calories				16.8%	54.1%	29.8%	6.6%

Tue - 03/05/2019							
6-8 FOR K-8 LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
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
Weighted Daily Average		854	1300	34.77	133.10	17.69	5.42
% of Calories				16.3%	62.4%	18.7%	5.7%

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# San Juan Unified School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019							
6-8 FOR K-8 LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	680	14.0	32.0	14.0	5.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
RAISINS (ELEMENTARY)	BOX	113	4	1.0	30.0	0.0	0.00
Weighted Daily Average		581	850	25.84	87.53	14.69	5.33
% of Calories				17.8%	60.3%	22.8%	8.3%

Thu - 03/07/2019							
6-8 FOR K-8 LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	32.0	13.0	3.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
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
Weighted Daily Average		595	1347	27.00	85.10	17.35	4.36
% of Calories				18.1%	57.2%	26.2%	6.6%

Fri - 03/08/2019							
6-8 FOR K-8 LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CELERY STICKS (OTH) 1/2 CUP	1/2 CUP	12	65	0.56	2.71	0.1	0.03
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
Weighted Daily Average		636	808	27.98	99.56	15.92	6.38
% of Calories				17.6%	62.6%	22.5%	9.0%

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Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/11/2019							
6-8 FOR K-8 LUNCH	Total						
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
APRICOTS, DICED (USDA) 1/4 CUP	1/4 CUP	30	5	0.0	7.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		687	1332	28.77	96.11	19.73	5.83
% of Calories				16.7%	55.9%	25.8%	7.6%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/12/2019							
6-8 FOR K-8 LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 3 NUG	356	460	13.6	44.6	14.0	3.00
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
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
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
Weighted Daily Average		775	1012	29.41	125.02	18.66	5.33
% of Calories				15.2%	64.6%	21.7%	6.2%

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Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/13/2019							
6-8 FOR K-8 LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
HOT & SPICY CHICKEN (TYSON)	SVG (5 BITES)	200	340	19.0	10.0	10.0	2.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
Weighted Daily Average		623	920	30.01	90.40	16.29	4.91
% of Calories				19.3%	58.0%	23.5%	7.1%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/14/2019							
6-8 FOR K-8 LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	410	910	22.0	44.0	17.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	344	14.4	34.5	5.75	2.45
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
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
Weighted Daily Average		658	1036	29.67	103.52	15.29	3.59
% of Calories				18.0%	62.9%	20.9%	4.9%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/15/2019							
6-8 FOR K-8 LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	1 SLICE	360	510	20.0	34.0	17.0	8.00
PIZZA, PEPPERONI (WILD MIKES)	1 SLICE	370	550	21.0	33.0	17.0	8.00
SPICY CHIX PATTY SANDWICH	1 EACH	440	600	22.0	48.0	17.0	3.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S FRESH VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00

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6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 5

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		694	917	33.01	96.27	20.96	7.35
% of Calories				19.0%	55.5%	27.2%	9.5%

Mon - 03/18/2019							
6-8 FOR K-8 LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		755	1275	35.14	97.16	25.01	8.57
% of Calories				18.6%	51.5%	29.8%	10.2%

Tue - 03/19/2019							
6-8 FOR K-8 LUNCH	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	0.0	0.00
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
Weighted Daily Average		801	1321	35.74	110.00	25.24	7.83
% of Calories				17.9%	54.9%	28.4%	8.8%

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# San Juan Unified School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/20/2019							
6-8 FOR K-8 LUNCH	Total						
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
HOT & SPICY CHICKEN (TYSON)	SVG (5 BITES)	200	340	19.0	10.0	10.0	2.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
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
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
Weighted Daily Average		640	1014	30.76	91.13	18.19	4.11
% of Calories				19.2%	57.0%	25.6%	5.8%

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/21/2019							
6-8 FOR K-8 LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	410	910	22.0	44.0	17.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	344	14.4	34.5	5.75	2.45
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
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
Weighted Daily Average		608	1010	29.33	89.43	15.20	3.57
% of Calories				19.3%	58.8%	22.5%	5.3%

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# San Juan Unified School District

Mar 1, 2019 thru Mar 29, 2019

## Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 03/25/2019							
6-8 FOR K-8 LUNCH	Total						
POPCORN CHICKEN 6-8 (TYSON)	SVG (12 PIECE	224	656	12.0	12.0	13.6	2.40
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
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		723	1314	28.12	98.85	24.35	6.60
% of Calories				15.6%	54.7%	30.3%	8.2%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 03/26/2019							
6-8 FOR K-8 LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 3 NUG	356	460	13.6	44.6	14.0	3.00
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP (MADEIRA FARM)	SVG (1.5 FL OZ)	120	30	0.0	30.0	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
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
Weighted Daily Average		691	1034	27.33	104.86	18.09	5.31
% of Calories				15.8%	60.7%	23.6%	6.9%

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# San Juan Unified School District

Mar 1, 2019 thru Mar 29, 2019

## Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/27/2019							
6-8 FOR K-8 LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
HOT & SPICY CHICKEN (TYSON)	SVG (5 BITES)	200	340	19.0	10.0	10.0	2.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
PEACHES, CND. EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
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
Weighted Daily Average		690	1066	34.37	82.41	23.11	8.61
% of Calories				19.9%	47.8%	30.2%	11.2%

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/28/2019							
6-8 FOR K-8 LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	435	20.0	32.0	18.5	7.50
PACK-YGT, ST CHS, MUFFIN	SVG (PACK)	247	344	14.4	34.5	5.75	2.45
POTATO WEDGES (MCCAIN)	SERVING	120	140	2.0	20.0	4.0	0.50
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	140	9.0	21.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS, 1.3 OZ BAG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
APPLESAUCE, CND, SWTND, WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
PEARS, FRESH (ELEMENTARY)	1 EACH	101	2	0.64	27.11	0.25	0.04
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
HAPPY BIRTHDAY COOKIE (KIDS)	1 EACH	111	76	1.85	16.19	4.31	0.83
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
Weighted Daily Average		695	897	30.18	100.31	19.72	6.44
% of Calories				17.4%	57.7%	25.5%	8.3%

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# San Juan Unified School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/29/2019							
6-8 FOR K-8 LUNCH	Total						
PIZZA, CHEESE (WILD MIKES)	1 SLICE	360	510	20.0	34.0	17.0	8.00
PIZZA, PEPPERONI (WILD MIKES)	1 SLICE	370	550	21.0	33.0	17.0	8.00
SPICY CHIX PATTY SANDWICH	1 EACH	440	600	22.0	48.0	17.0	3.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY DRESSING VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK, PLAIN 1% (PRODUCERS)	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
CELERY STIX (OTH) 1/4 CUP	1 CARTON	120	140	9.0	21.0	0.0	0.00
MANAGER'S FRESH VEG VARIETY	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
MANAGER CANNED FRUIT VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
FRUIT, FRESH VARIETY (ELEMENT)	1/4 CUP	29	2	0.0	7.37	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		690	970	32.91	95.48	20.94	7.36
% of Calories				19.1%	55.4%	27.3%	9.6%

Weighted Average		696	1086	30.92 17.8%	99.74 57.3%	19.74 25.5%	6.02 7.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	696		600 - 700	100%				
Sodium 1 (mg)	1086		1360					
Protein (g)	30.92	17.77%						
Carbohydrate (g)	99.74	57.32%						
Total Fat (g)	19.74	25.53%						
Saturated Fat (g)	6.02	7.78%	<10.00%					

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