

# San Juan Unified School District

May 1, 2018 thru Jun 5, 2018

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/01/2018							
ECE LUNCH	Total						
WAFFLES, MINI MAPLE (EGGO)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
CHICKEN NUGGETS (TYSON)	3 NUGGETS	156	240	9.6	9.6	9.0	1.50
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	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
Weighted Daily Average		587	855	23.75	83.73	16.65	4.60
% of Calories				16.2%	57.1%	25.5%	7.1%
Nutrient Guideline							

Wed - 05/02/2018							
ECE LUNCH	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
Weighted Daily Average		531	784	24.66	66.21	18.61	9.09
% of Calories				18.6%	49.9%	31.5%	15.4%
Nutrient Guideline							

Thu - 05/03/2018							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
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
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
Weighted Daily Average		566	777	29.93	58.06	24.17	9.60
% of Calories				21.1%	41.0%	38.4%	15.3%
Nutrient Guideline							

Fri - 05/04/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Juan Unified School District

May 1, 2018 thru Jun 5, 2018

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		493	875	28.96	59.30	15.19	7.32
% of Calories				23.5%	48.1%	27.7%	13.4%
Nutrient Guideline							

Mon - 05/07/2018							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	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
Weighted Daily Average		470	691	27.40	50.50	17.65	4.10
% of Calories				23.3%	42.9%	33.8%	7.8%
Nutrient Guideline							

Tue - 05/08/2018							
ECE LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS	195	225	4.5	28.5	7.5	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
Weighted Daily Average		493	926	26.40	54.00	19.15	6.10
% of Calories				21.4%	43.8%	35.0%	11.1%
Nutrient Guideline							

Wed - 05/09/2018							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	780	14.0	32.0	14.0	4.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		548	996	24.83	68.02	18.92	6.14
% of Calories				18.1%	49.7%	31.1%	10.1%
Nutrient Guideline							

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# San Juan Unified School District

May 1, 2018 thru Jun 5, 2018

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/10/2018							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL, CND, LT SYRUP, SO	1/4 CUP	30	2	0.0	7.5	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
Weighted Daily Average		542	1203	31.64	70.02	15.68	3.60
% of Calories				23.3%	51.7%	26.0%	6.0%
Nutrient Guideline							

Fri - 05/11/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		540	939	29.30	65.63	18.32	7.85
% of Calories				21.7%	48.6%	30.5%	13.1%
Nutrient Guideline							

Mon - 05/14/2018							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
GREEN BEANS, CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES, CND, EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	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
Weighted Daily Average		412	702	18.90	55.50	10.65	4.10
% of Calories				18.3%	53.8%	23.2%	8.9%
Nutrient Guideline							

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**San Juan Unified School District**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/15/2018							
ECE LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
POTATOES MSH,FROZEN (ST) 1/2 C	1/2 CUP	110	340	2.0	18.0	3.5	1.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
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		604	1176	24.50	74.20	22.39	5.35
% of Calories				16.2%	49.1%	33.3%	8.0%
Nutrient Guideline							

Wed - 05/16/2018							
ECE LUNCH	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		564	606	28.07	64.15	21.42	6.64
% of Calories				19.9%	45.5%	34.2%	10.6%
Nutrient Guideline							

Thu - 05/17/2018							
ECE LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	32.0	13.0	3.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	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
Weighted Daily Average		487	1243	23.66	58.21	18.61	5.09
% of Calories				19.5%	47.9%	34.4%	9.4%
Nutrient Guideline							

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ECE LUNCH

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Page 5

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/18/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		551	946	29.42	68.31	18.39	7.86
% of Calories				21.4%	49.6%	30.0%	12.8%
Nutrient Guideline							

Mon - 05/21/2018							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES, CND. EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	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
Weighted Daily Average		497	780	26.40	57.50	18.15	4.10
% of Calories				21.2%	46.3%	32.9%	7.4%
Nutrient Guideline							

Tue - 05/22/2018							
ECE LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	195	225	4.5	28.5	7.5	1.50
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
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
Weighted Daily Average		521	957	26.43	54.55	22.17	6.60
% of Calories				20.3%	41.9%	38.3%	11.4%
Nutrient Guideline							

Wed - 05/23/2018							
ECE LUNCH	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04

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ECE LUNCH

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Page 6

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		554	706	26.07	77.15	15.92	8.64
% of Calories				18.8%	55.7%	25.9%	14.0%
Nutrient Guideline							

Thu - 05/24/2018							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
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
Weighted Daily Average		575	1204	32.57	78.54	15.95	3.64
% of Calories				22.6%	54.6%	24.9%	5.7%
Nutrient Guideline							

Fri - 05/25/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		493	875	28.96	59.30	15.19	7.32
% of Calories				23.5%	48.1%	27.7%	13.4%
Nutrient Guideline							

Tue - 05/29/2018							
ECE LUNCH	Total						
WAFFLES, MINI MAPLE (EGGO)	1 PACKAGE	200	220	4.0	35.0	5.0	1.50
CHICKEN NUGGETS (TYSON)	3 NUGGETS	156	240	9.6	9.6	9.0	1.50
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	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
Weighted Daily Average		538	801	24.99	72.84	16.48	4.90
% of Calories				18.6%	54.1%	27.5%	8.2%
Nutrient Guideline							

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# San Juan Unified School District

May 1, 2018 thru Jun 5, 2018

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

Page 7

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/30/2018							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	780	14.0	32.0	14.0	4.00
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		547	972	25.36	65.72	20.21	6.18
% of Calories				18.5%	48.0%	33.2%	10.2%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/31/2018							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT COCKTAIL, CND, LT SYRUP, SO	1/4 CUP	30	2	0.0	7.5	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
Weighted Daily Average		501	766	27.43	56.06	18.25	7.15
% of Calories				21.9%	44.8%	32.8%	12.9%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 06/01/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		528	877	29.89	67.94	15.47	7.36
% of Calories				22.7%	51.5%	26.4%	12.6%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Sat - 06/02/2018							
ECE LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLAS)	1 EACH	323	606	18.79	31.87	13.77	6.22
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04

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**San Juan Unified School District**

**May 1, 2018 thru Jun 5, 2018**

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		536	888	30.81	69.12	15.43	7.52
% of Calories				23.0%	51.6%	25.9%	12.6%
Nutrient Guideline							

Mon - 06/04/2018							
ECE LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	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
Weighted Daily Average		489	792	27.19	57.54	16.48	4.65
% of Calories				22.2%	47.1%	30.3%	8.6%
Nutrient Guideline							

Tue - 06/05/2018							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
MANAGER'S CHOICE ECE LUNCH	1 SERVING	297	602	15.57	30.08	12.65	3.60
VEGETABLE VARIETY	PORTIONS	39	55	2.08	7.22	0.26	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	60	4.0	6.0	4.0	2.50
FRUIT VARIETY	1/2 CUP	132	14	0.46	33.01	0.14	0.02
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
Weighted Daily Average		574	804	24.23	87.27	13.37	4.67
% of Calories				16.9%	60.8%	21.0%	7.3%
Nutrient Guideline							

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