

# San Juan Unified School District

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

K-6 LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/01/2018							
K-6 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
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, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
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 COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
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		661	1386	33.56	97.38	16.94	2.87
% of Calories				20.3%	58.9%	23.1%	3.9%
Nutrient Guideline							

Fri - 03/02/2018							
K-6 LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
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
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,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
MANAGER'S CHOICE 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
Weighted Daily Average		590	1008	30.49	81.45	16.43	6.83
% of Calories				20.7%	55.2%	25.1%	10.4%
Nutrient Guideline							

Mon - 03/05/2018							
K-6 LUNCH	Total						
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
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, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
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
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
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

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

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Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

K-6 LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		638	1239	29.38	91.12	16.26	5.34
% of Calories				18.4%	57.1%	22.9%	7.5%
Nutrient Guideline							

Tue - 03/06/2018							
K-6 LUNCH	Total						
BURRITO, BEAN (LOS CABOS)	1 EACH	296	499	15.12	40.86	8.94	4.05
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	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
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		562	715	27.62	94.82	10.78	4.40
% of Calories				19.7%	67.5%	17.3%	7.0%
Nutrient Guideline							

Wed - 03/07/2018							
K-6 LUNCH	Total						
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
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
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
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		561	640	28.56	69.75	19.47	5.37
% of Calories				20.4%	49.7%	31.2%	8.6%
Nutrient Guideline							

Thu - 03/08/2018							
K-6 LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
BBQ SAUCE PACKET (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		598	945	29.06	77.67	19.95	3.38
% of Calories				19.4%	52.0%	30.0%	5.1%
Nutrient Guideline							

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## Base Menu Spreadsheet

K-6 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/09/2018							
K-6 LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	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
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
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		461	695	20.13	72.81	8.92	2.85
% of Calories				17.5%	63.1%	17.4%	5.6%
Nutrient Guideline							

Mon - 03/12/2018							
K-6 LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
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
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, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	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
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		686	1047	35.51	80.31	24.76	8.16
% of Calories				20.7%	46.8%	32.5%	10.7%
Nutrient Guideline							

Tue - 03/13/2018							
K-6 LUNCH	Total						
TORTILLA 8" (MI RANCHO)	1 TORTILLA	160	340	4.0	24.0	5.0	1.50
CHICKEN FAJITA STRIPS (USDA)	SVG (#12 SCO OP)	68	340	10.1	1.12	2.24	1.12
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
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	0.0	0.00
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,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
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	1 EACH	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		583	1176	29.74	74.44	17.42	7.71
% of Calories				20.4%	51.1%	26.9%	11.9%
Nutrient Guideline							

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Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

K-6 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 - 03/14/2018							
K-6 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
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,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
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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		651	1178	26.70	91.19	20.34	5.35
% of Calories				16.4%	56.1%	28.1%	7.4%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/15/2018							
K-6 LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	370	910	22.0	44.0	13.0	2.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
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,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
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
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
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
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		686	1383	35.28	101.03	16.89	2.85
% of Calories				20.6%	58.9%	22.2%	3.7%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/16/2018							
K-6 LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	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
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
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, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MANAGER'S CHOICE 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

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Weighted Daily Average		610	1102	31.17	85.40	16.45	6.83
% of Calories				20.4%	56.0%	24.3%	10.1%
Nutrient Guideline							

Mon - 03/19/2018							
K-6 LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
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
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, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
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 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		739	1384	28.45	97.75	26.34	7.03
% of Calories				15.4%	52.9%	32.1%	8.6%
Nutrient Guideline							

Tue - 03/20/2018							
K-6 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
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,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
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, 1.5 FL OZ	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
Weighted Daily Average		770	1085	26.01	126.69	17.67	3.82
% of Calories				13.5%	65.8%	20.6%	4.5%
Nutrient Guideline							

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# San Juan Unified School District

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

K-6 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 - 03/21/2018							
K-6 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
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	0.0	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
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,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
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		724	1027	31.35	97.93	23.61	12.08
% of Calories				17.3%	54.1%	29.3%	15.0%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 03/22/2018							
K-6 LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
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,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
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 PKG (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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
HAPPY BIRTHDAY COOKIE	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	0	130	0.0	0.0	0.0	0.00
Weighted Daily Average		762	941	33.41	100.07	26.75	9.20
% of Calories				17.5%	52.5%	31.6%	10.9%
Nutrient Guideline							

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 03/23/2018							
K-6 LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	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
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
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, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MANAGER'S CHOICE 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

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**San Juan Unified School District**

**Mar 1, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 7

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		607	1039	30.98	84.83	16.48	6.83
% of Calories				20.4%	55.9%	24.4%	10.1%
Nutrient Guideline							

Weighted Average		641	1058	29.85	89.69	18.56	5.93
				18.6%	56.0%	26.1%	8.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	641		600 - 650	100%				
Sodium 1 (mg)	1058		1230					
Sodium 2 (mg)								
Protein (g)	29.85	18.64%						
Carbohydrate (g)	89.69	56.00%						
Total Fat (g)	18.56	26.07%						
Saturated Fat (g)	5.93	8.34%	<10.00%					

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