

# San Juan Unified School District

2018 - 2019

## Base Menu Spreadsheet

6-8 MIDDLE SCHOOL LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2018 - 2019							
6-8 MIDDLE SCHOOL LUN	Total						
L BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
AL BROCCOLI BEEF & RICE	4 EACH & 1 CU	386	460	20.1	52.58	9.88	3.88
L BUFFALO CHICKEN SALAD	1 SALAD	299	462	23.65	21.69	13.79	4.45
L CHEESY BREADSTCKS & MARINARA	2 EACH & 1/4 C	360	742	14.5	37.0	16.0	5.50
L CHICKEN NUGGETS (SECONDARY)	SVG (7 NUGGETS)	364	560	22.4	22.4	21.0	3.50
L CHICKEN PATTY SANDWICH	1 EACH	410	910	22.0	44.0	17.0	3.00
L CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
L COUNTRY CHICKEN BOWL	1 BOWL	448	1483	18.0	44.55	21.51	4.00
AL GENERAL TSO CHICKEN & RICE	3.8 OZ & 1 CUP	395	391	16.65	69.06	4.93	0.89
L HAMBURGER (ADVANCE PIERRE)	1 EACH	340	285	17.0	31.0	16.0	6.00
L HOT & SPICY CHICKN (SECNDRY)	SVG (5 BITES)	200	340	19.0	10.0	10.0	2.00
L ORANGE CHICKEN & RICE	4.6 OZ & 1 CUP	408	368	19.09	69.06	5.59	1.00
L CHEESE PIZZA (BIG DADDY)	1 SLICE	340	500	18.0	35.0	14.0	6.00
L PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	560	19.0	35.0	15.0	6.00
L POPCORN CHICKN (SECONDRY)	SVG (15 PIECE)	280	820	15.0	15.0	17.0	3.00
L CHEESE QUESADILLA	1 QUESADILLA	497	904	23.43	30.0	29.69	17.80
L CHICKEN QUESADILLA	1 QUESADILLA	410	971	23.25	31.0	19.85	10.90
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
L SPICY CHIX PATTY SANDWICH	1 EACH	440	600	22.0	48.0	17.0	3.00
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	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
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
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
GREEN BEANS (OTH) 1/2 CUP	1/2 CUP	16	140	1.0	3.0	0.0	0.00
LETT CUP + PICKLE (OTH) 1 CUP	1 CUP	18	75	0.57	4.03	0.11	0.02
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
SALSA (R/O) 1/2 CUP	1/2 CUP	40	140	0.0	8.0	0.0	0.00
TOMATO, CHOPPED (R/OR) 1/2 CUP	1/2 CUP	24	10	0.96	5.26	0.37	0.05
VEGETABLE VARIETY	1/2 CUP	30	20	1.95	5.09	0.03	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, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
RANCH DRESSING, 1 OZ	1 OUNCE	182	304	0.0	4.05	18.22	3.04
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
JALAPENO PEPPERS	1 TABLESPOO	2	170	0.0	0.33	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	50	0.0	4.0	0.0	0.00
MAYONNAISE PACKT (PORTION PAC)	1 PACKET	70	55	0.0	0.0	7.0	1.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
TACO SAUCE PACKETS	2 PACKETS	10	190	0.0	2.0	0.0	0.00
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

\*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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2018 - 2019

Base Menu Spreadsheet

6-8 MIDDLE SCHOOL 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 % of Calories		700	1226	32.77 17.7%	96.26 51.9%	25.31 30.7%	6.83 8.3%
Nutrient Guideline		600-700	1360				<10.00

Weighted Average		700	1226	32.77 17.7%	96.26 51.9%	25.31 30.7%	6.83 8.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	700		600 - 700					
Sodium 1 (mg)	1226		1360					
Sodium 2 (mg)	1226		1035					
Protein (g)	32.77	17.66%						
Carbohydrate (g)	96.26	51.87%						
Total Fat (g)	25.31	30.68%						
Saturated Fat (g)	6.83	8.28%	<10.00%					

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

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

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