

San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ECE 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 - 10/01/2018							
ECE LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
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		477	857	31.04	53.57	14.54	4.02
% of Calories				26.0%	44.9%	27.4%	7.6%

Tue - 10/02/2018							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
Weighted Daily Average		532	969	28.07	56.12	22.06	6.53
% of Calories				21.1%	42.2%	37.3%	11.0%

Wed - 10/03/2018							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	680	14.0	32.0	14.0	5.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		516	904	25.54	60.07	18.54	7.02
% of Calories				19.8%	46.5%	32.3%	12.2%

Thu - 10/04/2018							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	410	910	22.0	44.0	17.0	3.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
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		660	1187	33.93	89.69	19.82	4.57
% of Calories				20.6%	54.4%	27.0%	6.2%

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/09/2018							
ECE LUNCH	Total						
WAFFLES, MINI MAPLE (KELLOGGS)	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
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, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		578	835	24.90	76.88	19.50	5.02
% of Calories				17.2%	53.2%	30.3%	7.8%

Wed - 10/10/2018							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
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, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
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
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
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		492	769	21.59	67.62	13.72	4.55
% of Calories				17.6%	55.0%	25.1%	8.3%

Thu - 10/11/2018							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	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
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		554	712	31.28	57.58	21.07	9.03
% of Calories				22.6%	41.6%	34.2%	14.7%

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Fri - 10/12/2018							
ECE 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
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
MANAGER CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		561	794	31.80	59.15	22.50	10.02
% of Calories				22.7%	42.2%	36.1%	16.1%

Mon - 10/15/2018							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		477	702	29.04	51.57	17.54	4.02
% of Calories				24.4%	43.3%	33.1%	7.6%

Tue - 10/16/2018							
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
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		528	968	27.80	55.78	22.00	6.52
% of Calories				21.1%	42.3%	37.5%	11.1%

Wed - 10/17/2018							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	680	14.0	32.0	14.0	5.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		521	906	25.54	60.07	18.54	7.02
% of Calories				19.6%	46.1%	32.0%	12.1%

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/18/2018							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	410	910	22.0	44.0	17.0	3.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		622	1190	34.21	78.60	19.84	4.57
% of Calories				22.0%	50.6%	28.7%	6.6%

Fri - 10/19/2018							
ECE 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
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		591	702	33.47	73.09	20.31	9.56
% of Calories				22.6%	49.4%	30.9%	14.5%

Mon - 10/22/2018							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
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, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		452	764	20.57	57.12	13.56	4.53
% of Calories				18.2%	50.5%	27.0%	9.0%

Tue - 10/23/2018							
ECE LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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 PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00

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Weighted Daily Average		649	1305	26.84	81.57	23.51	5.62
% of Calories				16.5%	50.3%	32.6%	7.8%

Wed - 10/24/2018							
ECE LUNCH	Total						
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	490	17.0	45.0	15.0	6.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	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		600	677	29.72	81.21	17.81	7.56
% of Calories				19.8%	54.1%	26.7%	11.3%

Thu - 10/25/2018							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	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
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	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	10	170	0.0	0.0	0.0	0.00
Weighted Daily Average		554	712	31.28	57.58	21.07	9.03
% of Calories				22.6%	41.6%	34.2%	14.7%

Fri - 10/26/2018							
ECE 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
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, WHOLE (PRODUCERS)	SERVING (4 OZ	80	63	4.0	6.5	4.0	2.50
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 CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		572	802	31.92	61.83	22.57	10.03
% of Calories				22.3%	43.3%	35.5%	15.8%

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Mon - 10/29/2018							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		503	791	28.04	58.57	18.04	4.02
% of Calories				22.3%	46.5%	32.3%	7.2%

Tue - 10/30/2018							
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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	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		528	967	28.07	55.62	22.06	6.53
% of Calories				21.3%	42.2%	37.6%	11.1%

Wed - 10/31/2018							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	320	680	14.0	32.0	14.0	5.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MILK, WHOLE (PRODUCERS)	SERVING (4 OZ)	80	63	4.0	6.5	4.0	2.50
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
Weighted Daily Average		521	906	25.54	61.07	18.54	7.02
% of Calories				19.6%	46.9%	32.0%	12.1%

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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.