

San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/01/2018							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
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		670	1078	35.89	81.16	22.51	7.57
% of Calories				21.4%	48.5%	30.3%	10.2%

Tue - 10/02/2018							
K-6 ELEMENTARY 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
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
Weighted Daily Average		671	1056	28.74	96.00	20.24	5.33
% of Calories				17.1%	57.2%	27.1%	7.2%

Wed - 10/03/2018							
K-6 ELEMENTARY 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
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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		677	1035	27.07	99.03	20.40	6.43
% of Calories				16.0%	58.5%	27.1%	8.5%

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

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Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/04/2018							
K-6 ELEMENTARY 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
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
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		675	1255	33.19	93.32	19.60	3.64
% of Calories				19.7%	55.3%	26.1%	4.9%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/09/2018							
K-6 ELEMENTARY 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
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
Weighted Daily Average		635	839	24.61	99.99	15.67	3.22
% of Calories				15.5%	63.0%	22.2%	4.6%

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Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/10/2018							
K-6 ELEMENTARY LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
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
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	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		597	897	24.86	79.54	18.06	7.60
% of Calories				16.7%	53.3%	27.2%	11.5%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/11/2018							
K-6 ELEMENTARY LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	435	20.0	32.0	18.5	7.50
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
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		676	850	31.89	86.93	22.39	8.30
% of Calories				18.9%	51.4%	29.8%	11.0%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/12/2018							
K-6 ELEMENTARY 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
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	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

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Oct 1, 2018 thru Oct 31, 2018

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K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average		654	870	32.61	86.98	20.94	8.86
% of Calories				19.9%	53.2%	28.8%	12.2%

Mon - 10/15/2018							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
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
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	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
GOLDFISH, CHEDDAR (CAMPBELL'S)	1 PACKAGE	100	170	2.0	14.0	4.0	0.50
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		628	930	29.72	82.34	21.12	3.63
% of Calories				18.9%	52.4%	30.3%	5.2%

Tue - 10/16/2018							
K-6 ELEMENTARY 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
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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	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
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
Weighted Daily Average		599	887	23.69	92.16	16.63	4.14
% of Calories				15.8%	61.5%	25.0%	6.2%

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Page 5

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Wed - 10/17/2018							
K-6 ELEMENTARY 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
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
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
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
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11
Weighted Daily Average		686	1001	27.34	99.80	19.55	6.22
% of Calories				15.9%	58.2%	25.6%	8.2%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/18/2018							
K-6 ELEMENTARY 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
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
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
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	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		656	1280	33.16	88.90	19.56	3.66
% of Calories				20.2%	54.2%	26.8%	5.0%

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/19/2018							
K-6 ELEMENTARY 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
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	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
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
Weighted Daily Average		681	846	33.33	93.13	21.39	8.84
% of Calories				19.6%	54.7%	28.3%	11.7%

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San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 6

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/22/2018							
K-6 ELEMENTARY LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	240	390	9.0	30.0	8.0	2.50
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
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		522	774	20.15	80.72	11.80	3.34
% of Calories				15.4%	61.8%	20.3%	5.8%

Tue - 10/23/2018							
K-6 ELEMENTARY LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
POTATOES MSH, FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
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
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
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
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
Weighted Daily Average		649	1198	28.71	83.83	22.27	5.45
% of Calories				17.7%	51.7%	30.9%	7.6%

Wed - 10/24/2018							
K-6 ELEMENTARY LUNCH	Total						
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
SALSA, POUCH, COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
PEARS, CND, EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04

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San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-6 ELEMENTARY 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		673	865	28.24	98.36	18.63	6.85
% of Calories				16.8%	58.5%	24.9%	9.2%

Thu - 10/25/2018							
K-6 ELEMENTARY LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	380	435	20.0	32.0	18.5	7.50
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
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	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
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
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		676	797	29.52	91.20	21.52	7.33
% of Calories				17.5%	53.9%	28.6%	9.8%

Fri - 10/26/2018							
K-6 ELEMENTARY 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
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
Weighted Daily Average		664	851	32.71	89.37	20.96	8.85
% of Calories				19.7%	53.8%	28.4%	12.0%

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San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/29/2018							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
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
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, 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
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		689	1061	34.22	80.90	25.95	7.10
% of Calories				19.9%	47.0%	33.9%	9.3%

Tue - 10/30/2018							
K-6 ELEMENTARY 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, 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
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
Weighted Daily Average		609	826	23.82	94.31	16.82	4.22
% of Calories				15.6%	62.0%	24.9%	6.2%

Wed - 10/31/2018							
K-6 ELEMENTARY 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
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
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
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,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
BANANAS, FRESH (ELEMENTARY)	1 EACH	90	1	1.1	23.07	0.33	0.11

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San Juan Unified School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		648	1003	26.59 16.4%	91.61 56.5%	19.19 26.7%	6.11 8.5%

Weighted Average		649	962	29.05 17.9%	89.98 55.4%	19.77 27.4%	6.03 8.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	649		600 - 650	100%				
Sodium 1 (mg)	962		1230					
Protein (g)	29.05	17.90%						
Carbohydrate (g)	89.98	55.43%						
Total Fat (g)	19.77	27.40%						
Saturated Fat (g)	6.03	8.36%	<10.00%					

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