

San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

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 - 09/09/2019							
ECE LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	250	390	9.0	30.0	9.0	2.50
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	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
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	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		428	772	20.50	56.50	11.50	4.00
% of Calories				19.2%	52.8%	24.2%	8.4%
Nutrient Guideline		550-650	1230				<10.00

Tue - 09/10/2019							
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
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	170	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		648	1365	26.80	81.50	23.47	5.60
% of Calories				16.5%	50.3%	32.6%	7.8%
Nutrient Guideline		550-650	1230				<10.00

Wed - 09/11/2019							
ECE LUNCH	Total						
SEASONED TACO BEEF (DON LEE)	SVG (2.4 OZ)	83	163	11.09	4.44	3.01	1.11
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
Weighted Daily Average		662	670	31.53	77.22	27.16	9.39
% of Calories				19.0%	46.6%	36.9%	12.8%
Nutrient Guideline		550-650	1230				<10.00

Thu - 09/12/2019							
ECE LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	31.0	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
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	170	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		543	753	31.24	57.52	21.03	9.00
% of Calories				23.0%	42.4%	34.9%	14.9%
Nutrient Guideline		550-650	1230				<10.00

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San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/13/2019							
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
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		571	801	31.88	61.77	22.53	10.00
% of Calories				22.3%	43.3%	35.5%	15.8%
Nutrient Guideline		550-650	1230				<10.00

Mon - 09/16/2019							
ECE 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
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
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
BBQ SAUCE PACKET (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	4.0	0.0	0.00
Weighted Daily Average		507	1004	27.26	53.21	20.46	4.49
% of Calories				21.5%	42.0%	36.3%	8.0%
Nutrient Guideline		550-650	1230				<10.00

Tue - 09/17/2019							
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
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		527	967	28.03	55.55	22.02	6.50
% of Calories				21.3%	42.2%	37.6%	11.1%
Nutrient Guideline		550-650	1230				<10.00

Wed - 09/18/2019							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
PEARS,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
Weighted Daily Average		500	685	27.50	61.00	16.50	6.00
% of Calories				22.0%	48.8%	29.7%	10.8%
Nutrient Guideline		550-650	1230				<10.00

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ECE LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/19/2019							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	400	910	22.0	43.0	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	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		610	1226	34.19	78.63	19.81	4.54
% of Calories				22.4%	51.6%	29.2%	6.7%
Nutrient Guideline		550-650	1230				<10.00

Fri - 09/20/2019							
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
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	22	43	0.56	4.28	0.13	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MANAGER CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		546	735	32.06	61.16	19.62	9.50
% of Calories				23.5%	44.8%	32.4%	15.7%
Nutrient Guideline		550-650	1230				<10.00

Mon - 09/23/2019							
ECE LUNCH	Total						
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
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
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
Weighted Daily Average		437	834	27.26	47.21	14.46	5.49
% of Calories				25.0%	43.3%	29.8%	11.3%
Nutrient Guideline		550-650	1230				<10.00

Tue - 09/24/2019							
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
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	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	170	0.0	4.0	0.0	0.00
Weighted Daily Average		544	861	25.10	75.10	16.50	4.50
% of Calories				18.4%	55.2%	27.3%	7.4%
Nutrient Guideline		550-650	1230				<10.00

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ECE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 09/25/2019							
ECE LUNCH	Total						
SEASONED TACO BEEF (DON LEE)	SVG (2.4 OZ)	83	163	11.09	4.44	3.01	1.11
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
TORTILLA CHIPS (LA TAPATIA)	1 EACH	270	110	4.0	38.0	12.0	2.00
Weighted Daily Average		662	670	31.53	77.22	27.16	9.39
% of Calories				19.0%	46.6%	36.9%	12.8%
Nutrient Guideline		550-650	1230				<10.00

Thu - 09/26/2019							
ECE LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	31.0	13.0	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
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	170	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		496	1313	25.53	58.05	18.52	5.00
% of Calories				20.6%	46.8%	33.6%	9.1%
Nutrient Guideline		550-650	1230				<10.00

Fri - 09/27/2019							
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
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	22	43	0.56	4.28	0.13	0.00
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
MANAGER CANNED FRUIT VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
Weighted Daily Average		546	735	32.06	61.16	19.62	9.50
% of Calories				23.5%	44.8%	32.4%	15.7%
Nutrient Guideline		550-650	1230				<10.00

Mon - 09/30/2019							
ECE LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	220	530	19.0	6.0	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, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
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		512	1009	32.26	51.21	19.46	4.99
% of Calories				25.2%	40.0%	34.2%	8.8%
Nutrient Guideline		550-650	1230				<10.00

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Tue - 10/01/2019							
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
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		531	968	28.03	56.06	22.02	6.50
% of Calories				21.1%	42.2%	37.3%	11.0%
Nutrient Guideline		550-650	1230				<10.00

Wed - 10/02/2019							
ECE LUNCH	Total						
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MARINARA SC CND (R/OR) 1/4 CUP	1/4 CUP	40	63	0.5	5.0	2.0	0.50
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	11.0	16.0	2.5	1.50
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
Weighted Daily Average		495	684	27.50	60.00	16.50	6.00
% of Calories				22.2%	48.4%	30.0%	10.9%
Nutrient Guideline		550-650	1230				<10.00

Thu - 10/03/2019							
ECE LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	400	910	22.0	43.0	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
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	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		610	1226	34.19	78.63	19.81	4.54
% of Calories				22.4%	51.6%	29.2%	6.7%
Nutrient Guideline		550-650	1230				<10.00

Weighted Average		546	909	29.18	63.62	19.90	6.58
				21.4%	46.6%	32.8%	10.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	546		550 - 650	99%			4	Correction Required - Calories are Low
Sodium 1 (mg)	909		1230					
Sodium 2 (mg)	909		935					
Protein (g)	29.18	21.38%						
Carbohydrate (g)	63.62	46.60%						
Total Fat (g)	19.90	32.80%						
Saturated Fat (g)	6.58	10.84%	<10.00%					Correction Required - Sat. Fat too High

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