

San Juan Unified School District

Base Menu Spreadsheet

9-12 HS BORDER CAFE LUNCH

Portion Values - Detailed

Page 1

Generated on: 7/22/2019 10:33:10 AM

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 08/15/2019 | | | | | | | |
| 9-12 HS BORDER CAFE LU | Total | | | | | | |
| B CHEESE NACHOS | 1 EACH | 549 | 998 | 18.48 | 44.0 | 33.11 | 15.27 |
| B CHICKEN & CHEESE NACHOS | 1 EACH | 499 | 1110 | 21.44 | 45.0 | 26.01 | 10.20 |
| B BEEF & CHEESE NACHOS | 1 EACH | 521 | 969 | 23.49 | 48.44 | 27.01 | 10.31 |
| AB GRANDE BEEF BURRITO | BURRITO | 390 | 764 | 18.66 | 51.84 | 12.09 | 5.17 |
| B BEEF TOSTADA | 1 EACH | 401 | 785 | 19.64 | 53.91 | 12.2 | 5.18 |
| B CHICKEN TOSTADA | 1 EACH | 413 | 994 | 22.21 | 52.33 | 12.45 | 5.54 |
| B BEEF SOFT TACOS (2) | 2 TACOS | 356 | 724 | 22.8 | 31.17 | 16.8 | 8.15 |
| B CHICKEN SOFT TACOS (2) | 2 TACOS | 382 | 1142 | 27.93 | 28.01 | 17.31 | 8.87 |
| B GRANDE CHICKEN BURRITO | BURRITO | 403 | 973 | 21.23 | 50.26 | 12.34 | 5.52 |
| B BEAN & RICE BURRITO | 1 EACH | 461 | 999 | 17.69 | 68.75 | 12.59 | 5.52 |
| SPANISH RICE | 1/2 CUP | 114 | 25 | 2.52 | 23.51 | 0.88 | 0.18 |
| REFRIED BEANS (LE) 1/2 CUP VEG | 1/2 CUP | 160 | 480 | 9.0 | 27.0 | 2.5 | 1.00 |
| 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 |
| 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 |
| SALSA (R/O) 1/2 CUP | 1/2 CUP | 45 | 139 | 1.86 | 8.66 | 0.25 | 0.04 |
| SHREDDED LETTUCE-TACO CNDMT | 1 CUP | 5 | 10 | 0.49 | 1.03 | 0.05 | 0.01 |
| VEGETABLE VARIETY-SECONDARY | 1/2 CUP | 14 | 2 | 0.93 | 2.14 | 0.05 | 0.00 |
| APPLES, FRESH (SECONDARY) | 1 EACH | 95 | 2 | 0.47 | 25.13 | 0.31 | 0.05 |
| ORANGES, FRESH (SECONDARY) | 1 EACH | 59 | 0 | 1.17 | 14.66 | 0.15 | 0.02 |
| FRUIT FRESH VARIETY(SECONDARY) | SVG (1/2 CUP) | 63 | 4 | 0.99 | 15.91 | 0.33 | 0.05 |
| 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 |
| MILK, CHOC NONFAT (PRODUCERS) | 1 CARTON | 120 | 150 | 9.0 | 21.0 | 0.0 | 0.00 |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 11.0 | 16.0 | 2.5 | 1.50 |
| RANCH DRESSING, 1 OZ | 1 OZ | 182 | 304 | 0.0 | 4.05 | 18.22 | 3.04 |
| TACO SAUCE PACKETS | 2 PACKETS | 10 | 190 | 0.0 | 2.0 | 0.0 | 0.00 |
| JALAPENO PEPPERS | 1 TABLESPOO | 2 | 170 | 0.0 | 0.33 | 0.0 | 0.00 |
| Weighted Daily Average | | 812 | 1484 | 36.02 | 108.19 | 27.46 | 9.95 |
| % of Calories | | | | 17.7% | 53.3% | 30.4% | 11.0% |
| Nutrient Guideline | | 750-850 | 1420 | | | | <10.00 |

| | | | | | | | |
|------------------|--|-----|------|-------|--------|-------|-------|
| Weighted Average | | 812 | 1484 | 36.02 | 108.19 | 27.46 | 9.95 |
| | | | | 17.7% | 53.3% | 30.4% | 11.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target* | Miss Data | Shortfall* | Overage* | Error Messages (if any)* |
|-------------------|----------|-----------|---------------|--------------|-----------|------------|----------|--------------------------|
| Calories | 812 | | 750 - 850 | | | | | |
| Sodium 1 (mg) | 1484 | | 1420 | | | | | |
| Sodium 2 (mg) | 1484 | | 1080 | | | | | |
| Protein (g) | 36.02 | 17.75% | | | | | | |
| Carbohydrate (g) | 108.19 | 53.30% | | | | | | |
| Total Fat (g) | 27.46 | 30.44% | | | | | | |
| Saturated Fat (g) | 9.95 | 11.03% | <10.00% | | | | | |

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

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.