

# San Juan Unified School District

Aug 19, 2019 thru Aug 19, 2019

Base Menu Spreadsheet

9-12 HS LINE 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 - 08/19/2019							
9-12 HS LINE LUNCH	Total						
L CHICKEN NUGGETS (SECONDARY)	SVG (7 NGT&1 RL)	444	690	24.4	37.4	22.0	3.50
L HOT & SPCY CHIKN (SECONDARY)	SVG(5 BT & 1R)	280	470	21.0	25.0	11.0	2.00
L POPCORN CHICKEN & ROLL	SVG(15 PC &1R)	360	950	17.0	30.0	18.0	3.00
L SPICY CHIX PATTY SANDWICH	1 EACH	430	600	22.0	47.0	17.0	3.00
L CORN DOG (FOSTER FARMS)	SVG (2 EACH)	500	780	18.0	60.0	18.0	5.00
L HAMBURGER (ADVANCE PIERRE)	1 EACH	330	285	17.0	30.0	16.0	6.00
L CHICKEN PATTY SANDWICH	1 EACH	400	910	22.0	43.0	17.0	3.00
L CHEESY BREADSTCKS & MARINARA	2 EACH & 1/4 C	340	523	16.5	37.0	14.0	4.50
AL CHEESEBURGER SLIDERS	SERVING	272	355	19.7	31.3	7.8	2.90
L COUNTRY CHICKEN BOWL	BOWL	528	1613	20.0	59.55	22.51	4.00
AL TURKEY & CHEESE SANDWICH	1 EACH	353	975	31.25	34.52	11.53	4.00
AL TURKEY HM & CHS SANDWICH	1 EACH	343	1095	28.24	35.52	12.03	4.50
AL CLUB SANDWICH	1 EACH	329	1043	27.91	34.02	11.53	3.59
L BUFFALO CHICKEN SALAD	1 SVG (SLD&1R)	377	596	25.24	36.69	14.78	4.45
L PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	570	19.0	34.0	17.0	8.00
L CHEESE PIZZA (BIG DADDY)	SLICE	360	470	18.0	35.0	16.0	8.00
L CHICKEN SALAD	SALAD	457	1076	21.24	41.69	21.79	5.45
L WRAP-BUFFALO CHICKEN	1 EACH	443	925	27.25	41.52	18.53	5.50
AL VEGGIE BURGER (ADV PIERRE)	1 EACH	310	670	17.0	42.0	9.0	0.50
SIDE SALAD/BEAN (OTH/LE) 1 CUP	SVG	63	82	3.03	10.61	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
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
LETT CUP + PICKLE (OTH) 1 CUP	1 CUP	7	125	0.56	1.37	0.1	0.02
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, 2 OZ	2 OZ	364	607	0.0	8.1	36.45	6.07
ITALIAN DRESSING, 2 OZ	2 OZ	18	512	0.0	5.49	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
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	0	130	0.0	0.0	0.0	0.00
MAYONNAISE PACKET (PORTION PAC)	PACKET	60	55	0.0	0.0	7.0	1.00
Weighted Daily Average		845	1362	34.22	107.36	32.79	7.22
% of Calories				16.2%	50.8%	34.9%	7.7%
Nutrient Guideline		750-850	1420				<10.00

Weighted Average		845	1362	34.22	107.36	32.79	7.22
				16.2%	50.8%	34.9%	7.7%

\*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.

**San Juan Unified School District**

**Aug 19, 2019 thru Aug 19, 2019**

Base Menu Spreadsheet

9-12 HS LINE LUNCH

Portion Values - Detailed

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Generated on: 7/22/2019 10:27:58 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target*	Sodm (mg) Miss Data	Protn (g) Shortfall*	Carb (g) Overage*	T-Fat (g)	S-Fat (g) Error Messages (if any)*
Calories	845		750 - 850						
Sodium 1 (mg)	1362		1420						
Sodium 2 (mg)	1362		1080						
Protein (g)	34.22	16.21%							
Carbohydrate (g)	107.36	50.84%							
Total Fat (g)	32.79	34.93%							
Saturated Fat (g)	7.22	7.70%	<10.00%						

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

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