

San Juan Unified School District

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 9/4/2019 11:37:17 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/03/2019							
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
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	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	150	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
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
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		677	892	25.03	110.50	16.95	3.45
% of Calories				14.8%	65.3%	22.5%	4.6%
Nutrient Guideline		600-650	1230				<10.00

Wed - 09/04/2019							
K-6 ELEMENTARY 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
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	150	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
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
Weighted Daily Average		604	853	28.70	84.09	17.97	5.34
% of Calories				19.0%	55.7%	26.8%	8.0%
Nutrient Guideline		600-650	1230				<10.00

Thu - 09/05/2019							
K-6 ELEMENTARY LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	31.0	13.0	3.00
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
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	150	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
GRAPES, FRESH (ELEMENTARY)	SVG (1/2 CUP)	52	2	0.54	13.67	0.12	0.04
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 9/4/2019 11:37:17 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		644	1408	27.11 16.8%	95.01 59.0%	18.96 26.5%	4.35 6.1%
Nutrient Guideline		600-650	1230				<10.00

Fri - 09/06/2019							
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	22	43	0.56	4.28	0.13	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	150	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)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average % of Calories		649	825	32.00 19.7%	86.79 53.5%	20.90 29.0%	8.85 12.3%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/09/2019							
K-6 ELEMENTARY LUNCH	Total						
CORN DOG (FOSTER FARMS)	1 EACH	250	390	9.0	30.0	9.0	2.50
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
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	150	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
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
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 % of Calories		563	926	23.68 16.8%	83.46 59.3%	14.20 22.7%	4.08 6.5%
Nutrient Guideline		600-650	1230				<10.00

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 9/4/2019 11:37:17 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/10/2019							
K-6 ELEMENTARY LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	334	13.4	34.5	6.25	2.45
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	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
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	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
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	170	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		781	1312	30.85	108.72	25.09	7.89
% of Calories				15.8%	55.6%	28.9%	9.1%
Nutrient Guideline		600-650	1230				<10.00

Wed - 09/11/2019							
K-6 ELEMENTARY LUNCH	Total						
SEASONED BEEF & TORTILLA CHIPS	SVG	353	273	15.09	42.44	15.01	3.11
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
PINTO BEANS HOT (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
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
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
SALSA,CAN,COMMODITY (R/OR)	1/4 CUP	22	69	0.93	4.33	0.12	0.02
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	150	9.0	21.0	0.0	0.00
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
PEACHES,FRESH (ELEMENTARY)	1 EACH	59	0	1.37	14.31	0.38	0.03
Weighted Daily Average		744	859	33.04	99.93	25.92	9.65
% of Calories				17.8%	53.7%	31.3%	11.7%
Nutrient Guideline		600-650	1230				<10.00

Thu - 09/12/2019							
K-6 ELEMENTARY LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	31.0	18.5	7.50
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	334	13.4	34.5	6.25	2.45
POTATO WEDGES (MCCAIN)	SERVING	135	193	0.96	19.29	5.79	0.96
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	150	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
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01
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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 9/4/2019 11:37:17 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		691	1001	28.68 16.6%	95.89 55.5%	21.96 28.6%	6.77 8.8%
Nutrient Guideline		600-650	1230				<10.00

Fri - 09/13/2019							
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	22	43	0.56	4.28	0.13	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	150	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)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average % of Calories		666	859	32.45 19.5%	90.21 54.2%	21.00 28.4%	8.85 12.0%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/16/2019							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	400	16.0	16.0	15.0	2.50
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
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, 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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	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
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	170	0.0	4.0	0.0	0.00
Weighted Daily Average % of Calories		709	1304	30.65 17.3%	96.85 54.6%	21.94 27.8%	5.36 6.8%
Nutrient Guideline		600-650	1230				<10.00

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 5

Generated on: 9/4/2019 11:37:17 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/17/2019							
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
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	334	13.4	34.5	6.25	2.45
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	150	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		691	1080	33.07	98.11	19.79	5.90
% of Calories				19.1%	56.8%	25.8%	7.7%
Nutrient Guideline		600-650	1230				<10.00

Wed - 09/18/2019							
K-6 ELEMENTARY LUNCH	Total						
POPCORN CHICKEN (TYSON)	11 PIECES	205	601	11.0	11.0	12.47	2.20
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
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
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
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	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
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
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		843	1223	33.10	113.93	29.59	10.09
% of Calories				15.7%	54.1%	31.6%	10.8%
Nutrient Guideline		600-650	1230				<10.00

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 6

Generated on: 9/4/2019 11:37:18 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/19/2019							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	400	910	22.0	43.0	17.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	334	13.4	34.5	6.25	2.45
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	150	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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
PEACHES,FRESH (ELEMENTARY)	1 EACH	59	0	1.37	14.31	0.38	0.03
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		594	1072	29.83	87.41	15.64	3.57
% of Calories				20.1%	58.8%	23.7%	5.4%
Nutrient Guideline		600-650	1230				<10.00

Fri - 09/20/2019							
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	22	43	0.56	4.28	0.13	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	150	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)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		666	859	32.45	90.21	21.00	8.85
% of Calories				19.5%	54.2%	28.4%	12.0%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/23/2019							
K-6 ELEMENTARY LUNCH	Total						
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
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	150	9.0	21.0	0.0	0.00
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1/4 CUP (1 BAG)	16	13	0.38	3.74	0.07	0.01
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
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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 7

Generated on: 9/4/2019 11:37:18 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		682	1195	29.83 17.5%	100.79 59.1%	18.26 24.1%	5.59 7.4%
Nutrient Guideline		600-650	1230				<10.00

Tue - 09/24/2019							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 3 NUG	356	460	13.6	44.6	14.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	334	13.4	34.5	6.25	2.45
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	150	9.0	21.0	0.0	0.00
CARROTS,1.3 OZ BAG (R/OR) 1/4C	1/4 CUP (1 BAG	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
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
BBQ SAUCE PACKETS (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 % of Calories		659	952	25.49 15.5%	111.01 67.4%	13.85 18.9%	3.56 4.9%
Nutrient Guideline		600-650	1230				<10.00

Wed - 09/25/2019							
K-6 ELEMENTARY LUNCH	Total						
SEASONED BEEF & TORTILLA CHIPS	SVG	353	273	15.09	42.44	15.01	3.11
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
PINTO BEANS HOT (LE) 1/2 CUP	1/2 CUP	98	140	6.0	18.0	1.0	0.00
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
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
SALSA,CAN,COMMODITY (R/OR)	1/4 CUP	22	69	0.93	4.33	0.12	0.02
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	150	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
PLUMS, FRESH (ELEMENTARY)	1 EACH	30	0	0.46	7.54	0.18	0.01
Weighted Daily Average % of Calories		721	861	32.13 17.8%	93.66 52.0%	25.73 32.1%	9.63 12.0%
Nutrient Guideline		600-650	1230				<10.00

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

Generated on: 9/4/2019 11:37:18 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/26/2019							
K-6 ELEMENTARY LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	31.0	13.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	247	334	13.4	34.5	6.25	2.45
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
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	150	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
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
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		667	1233	28.43	99.32	17.15	4.58
% of Calories				17.0%	59.6%	23.1%	6.2%
Nutrient Guideline		600-650	1230				<10.00

Fri - 09/27/2019							
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	22	43	0.56	4.28	0.13	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	150	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)	67	1	0.94	17.11	0.29	0.04
Weighted Daily Average		666	859	32.45	90.21	21.00	8.85
% of Calories				19.5%	54.2%	28.4%	12.0%
Nutrient Guideline		600-650	1230				<10.00

Mon - 09/30/2019							
K-6 ELEMENTARY LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	220	530	19.0	6.0	13.0	3.00
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
MIXED VEGGIES HOT (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	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
MILK, CHOC NONFAT (PRODUCERS)	1 CARTON	120	150	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
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

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

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

K-6 ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

Generated on: 9/4/2019 11:37:18 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		706	1157	34.71 19.7%	87.64 49.6%	23.56 30.0%	8.59 10.9%
Nutrient Guideline		600-650	1230				<10.00

Weighted Average		681	1036	30.18 17.7%	96.19 56.5%	20.52 27.1%	6.69 8.8%
------------------	--	-----	------	----------------	----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	681		600 - 650	105%			31	Correction Required - Calories too High
Sodium 1 (mg)	1036		1230					
Sodium 2 (mg)	1036		935				101	Correction Required - Sodium too High
Protein (g)	30.18	17.72%						
Carbohydrate (g)	96.19	56.48%						
Total Fat (g)	20.52	27.11%						
Saturated Fat (g)	6.69	8.84%	<10.00%					

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.