

San Juan Unified School District

Sep 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 1

Generated on: 8/26/2019 10:41:14 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 09/09/2019							
6-12 LA VISTA LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	500	780	18.0	60.0	18.0	5.00
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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		815	1191	27.95	108.50	28.57	6.98
% of Calories				13.7%	53.3%	31.6%	7.7%
Nutrient Guideline		750-850	1420				<10.00

Tue - 09/10/2019							
6-12 LA VISTA LUNCH	Total						
POPCORN CHICKEN & ROLL	SVG(15 PC &1R	360	950	17.0	30.0	18.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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 RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
FRUIT CKTAIL,CND,EXTRA LT SYRUP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
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		833	1448	28.85	114.25	29.31	6.06
% of Calories				13.9%	54.9%	31.7%	6.6%
Nutrient Guideline		750-850	1420				<10.00

Wed - 09/11/2019							
6-12 LA VISTA LUNCH	Total						
SEASONED BEEF & TORTILLA CHIPS	SVG (4.8 OZ)	436	436	26.18	46.87	18.02	4.22
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 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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,UNSWTND	1/2 CUP	51	2	0.0	14.0	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		841	960	35.20	102.45	34.62	10.55
% of Calories				16.7%	48.7%	37.0%	11.3%
Nutrient Guideline		750-850	1420				<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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 2

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/12/2019							
6-12 LA VISTA LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	31.0	18.5	7.50
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
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		787	977	29.02	109.21	27.49	7.69
% of Calories				14.7%	55.5%	31.4%	8.8%
Nutrient Guideline		750-850	1420				<10.00

Fri - 09/13/2019							
6-12 LA VISTA LUNCH	Total						
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
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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,2.6 OZ PKG (R/OR) 1/2C	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
MANAGER'S FRESH VEG VARIETY	1/2 CUP	14	24	0.68	3.02	0.08	0.02
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	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		781	953	30.28	99.83	30.27	10.50
% of Calories				15.5%	51.2%	34.9%	12.1%
Nutrient Guideline		750-850	1420				<10.00

Mon - 09/16/2019							
6-12 LA VISTA LUNCH	Total						
CHICKEN NUGGETS & ROLL	SVG (7 NG&1RL	444	690	24.4	37.4	22.0	3.50
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	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
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
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

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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 3

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		813	1381	32.15 15.8%	99.44 48.9%	32.03 35.5%	7.13 7.9%
Nutrient Guideline		750-850	1420				<10.00

Tue - 09/17/2019							
6-12 LA VISTA LUNCH	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	262	303	6.06	38.35	10.09	1.51
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)	356	380	14.85	54.25	9.0	2.90
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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 RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	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 % of Calories		910	1251	34.84 15.3%	124.20 54.6%	32.22 31.8%	7.69 7.6%
Nutrient Guideline		750-850	1420				<10.00

Wed - 09/18/2019							
6-12 LA VISTA LUNCH	Total						
POPCORN CHICKEN & ROLL	SVG(15 PC &1R	360	950	17.0	30.0	18.0	3.00
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
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
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	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		844	1150	29.60 14.0%	116.55 55.2%	31.18 33.3%	6.98 7.4%
Nutrient Guideline		750-850	1420				<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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 4

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/19/2019							
6-12 LA VISTA LUNCH	Total						
CHICKEN PATTY MELT SANDWICH,LR	1 EACH	440	1060	25.0	44.0	19.5	4.50
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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 RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
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		803	1334	31.64	109.61	27.96	6.18
% of Calories				15.8%	54.6%	31.3%	6.9%
Nutrient Guideline		750-850	1420				<10.00

Fri - 09/20/2019							
6-12 LA VISTA LUNCH	Total						
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
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
MANAGER'S FRESH VEG VARIETY	1/2 CUP	14	24	0.68	3.02	0.08	0.02
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	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		781	953	30.28	99.83	30.27	10.50
% of Calories				15.5%	51.2%	34.9%	12.1%
Nutrient Guideline		750-850	1420				<10.00

Mon - 09/23/2019							
6-12 LA VISTA LUNCH	Total						
TERIYAKI BEEF NUGGET & ROLLS	4 EA & 2 ROLL	320	700	18.0	36.0	10.0	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
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
Weighted Daily Average		814	1329	29.42	112.39	28.07	7.23
% of Calories				14.5%	55.2%	31.0%	8.0%
Nutrient Guideline		750-850	1420				<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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 5

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 09/24/2019							
6-12 LA VISTA LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 5 NUG	460	620	20.0	51.0	20.0	4.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	356	380	14.85	54.25	9.0	2.90
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
CELERY STIX (OTH) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	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		896	1155	29.31	135.44	28.15	5.94
% of Calories				13.1%	60.4%	28.3%	6.0%
Nutrient Guideline		750-850	1420				<10.00

Wed - 09/25/2019							
6-12 LA VISTA LUNCH	Total						
SEASONED BEEF & TORTILLA CHIPS	SVG (4.8 OZ)	436	436	26.18	46.87	18.02	4.22
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 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
CHEESE, SHREDDED CHEDDAR	1/8 CUP	78	135	4.25	0.0	6.38	4.25
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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 CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	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		874	1004	36.48	103.45	36.54	11.83
% of Calories				16.7%	47.4%	37.6%	12.2%
Nutrient Guideline		750-850	1420				<10.00

Thu - 09/26/2019							
6-12 LA VISTA 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)	356	380	14.85	54.25	9.0	2.90
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	67	1	0.94	17.11	0.29	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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 6

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		832	1398	28.38 13.6%	117.21 56.3%	28.27 30.6%	6.46 7.0%
Nutrient Guideline		750-850	1420				<10.00

Fri - 09/27/2019							
6-12 LA VISTA LUNCH	Total						
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
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
MANAGER'S FRESH VEG VARIETY	1/2 CUP	14	24	0.68	3.02	0.08	0.02
MANAGER CANNED FRUIT VARIETY	1/2 CUP	58	4	0.0	14.75	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		781	953	30.28 15.5%	99.83 51.2%	30.27 34.9%	10.50 12.1%
Nutrient Guideline		750-850	1420				<10.00

Mon - 09/30/2019							
6-12 LA VISTA LUNCH	Total						
CHICKEN DRUMSTICK & ROLLS	SVG (1 DM&2 R	380	790	23.0	36.0	15.0	3.00
CHEESY BREADSTICKS (THE MAX)	2 EACH	300	460	16.0	32.0	12.0	4.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	0.0	0.00
RANCH DRESSING, 1 OZ	1 OZ	182	304	0.0	4.05	18.22	3.04
ITALIAN DRESSING, 1 OZ	1 OZ	9	256	0.0	2.74	0.0	0.00
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) 1/2 CUP	SVG (6 STICKS)	12	65	0.56	2.71	0.1	0.03
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average % of Calories		742	1234	30.25 16.3%	96.43 52.0%	27.03 32.8%	5.98 7.3%
Nutrient Guideline		750-850	1420				<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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 7

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/01/2019							
6-12 LA VISTA LUNCH	Total						
FRENCH TOAST STICKS (RICH'S)	SVG (5 STICKS)	325	375	7.5	47.5	12.5	2.50
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)	356	380	14.85	54.25	9.0	2.90
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	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		868	1238	36.06	130.67	23.56	6.54
% of Calories				16.6%	60.2%	24.4%	6.8%
Nutrient Guideline		750-850	1420				<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 10/02/2019							
6-12 LA VISTA LUNCH	Total						
CHICKEN NUGGETS & ROLL	SVG (7 NG&1RL	444	690	24.4	37.4	22.0	3.50
BEAN BURRITO (ARIZONA GOLD)	1 EACH	380	500	16.0	46.0	15.0	6.00
SALAD MIX (OTH) 1 CUP	1 CUP	11	12	0.53	2.11	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
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
NECTARINES, FRESH (ELEMENTARY)	1 EACH	62	0	1.51	14.98	0.45	0.04
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		784	1092	33.67	116.28	23.10	5.61
% of Calories				17.2%	59.3%	26.5%	6.4%
Nutrient Guideline		750-850	1420				<10.00

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/03/2019							
6-12 LA VISTA 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)	356	380	14.85	54.25	9.0	2.90
LETTUCE SHRED (OTH) 1 CUP	1 CUP	5	10	0.49	1.03	0.05	0.01
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
CARROTS, PKG (R/OR) 1/2 CUP	1/2 CUP(2 BAG	32	26	0.76	7.47	0.14	0.02
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	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 9, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

6-12 LA VISTA LUNCH

Portion Values - Detailed

Page 8

Generated on: 8/26/2019 10:41:15 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average % of Calories		679	1096	30.38 17.9%	103.65 61.1%	16.94 22.5%	3.79 5.0%
Nutrient Guideline		750-850	1420				<10.00

Weighted Average		815	1163	31.27 15.4%	110.49 54.3%	28.73 31.7%	7.59 8.4%
------------------	--	-----	------	----------------	-----------------	----------------	--------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	815		750 - 850	100%				
Sodium 1 (mg)	1163		1420					
Sodium 2 (mg)	1163		1080				83	Correction Required - Sodium too High
Protein (g)	31.27	15.35%						
Carbohydrate (g)	110.49	54.25%						
Total Fat (g)	28.73	31.74%						
Saturated Fat (g)	7.59	8.38%	<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.