

San Juan Unified School District

Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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Generated on: 3/31/2021 9:24:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/01/2021							
ECE LUNCH	Total						
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		516	785	*29	*31.26	69.18	*14.07
% of Calories				*22.4%	*24.2%	53.7%	*24.6%
Nutrient Guideline		550-650	1230				

Mon - 04/05/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		533	779	*30	*31.61	70.83	*15.70
% of Calories				*22.3%	*23.7%	53.2%	*26.5%
Nutrient Guideline		550-650	1230				

Tue - 04/06/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		550-650	1230				

Wed - 04/07/2021							
ECE LUNCH	Total						
PM CHKN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		539	808	*31	*24.94	77.36	*15.23
% of Calories				*23.0%	*18.5%	57.4%	*25.4%
Nutrient Guideline		550-650	1230				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Apr 1, 2021 thru Apr 30, 2021

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/08/2021							
ECE LUNCH	Total						
TURKEY HAM & CHEESE SANDWICH	1 EACH	307	927	6	23.33	34.67	10.33
CS CHEESE SANDWICH	1 SANDWICH	320	900	8	20.0	36.0	12.0
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		509	1092	*32	*35.57	67.68	*13.56
% of Calories				*25.1%	*28.0%	53.2%	*24.0%
Nutrient Guideline		550-650	1230				

Fri - 04/09/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		416	525	*29	*23.43	67.60	*6.55
% of Calories				*27.8%	*22.5%	65.0%	*14.2%
Nutrient Guideline		550-650	1230				

Mon - 04/12/2021							
ECE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		560	769	*31	*32.58	64.90	*19.80
% of Calories				*22.0%	*23.3%	46.3%	*31.8%
Nutrient Guideline		550-650	1230				

Tue - 04/13/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		550-650	1230				

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San Juan Unified School District

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Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/14/2021							
ECE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		606	1211	*27	*38.82	80.63	*15.76
% of Calories				*17.6%	*25.6%	53.2%	*23.4%
Nutrient Guideline		550-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/15/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM ENCHILADAS,CHEESE	PORTION	345	544	2	17.04	30.83	12.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		602	882	*31	*36.71	80.42	*15.51
% of Calories				*20.6%	*24.4%	53.4%	*23.2%
Nutrient Guideline		550-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/16/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		561	731	*29	*30.51	63.35	*21.69
% of Calories				*20.5%	*21.7%	45.2%	*34.8%
Nutrient Guideline		550-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/19/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		328	525	*28	*18.18	52.10	*5.80
% of Calories				*34.6%	*22.2%	63.5%	*15.9%
Nutrient Guideline		550-650	1230				

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Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/20/2021							
ECE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		604	1172	*29	*35.74	81.30	*16.38
% of Calories				*19.2%	*23.7%	53.9%	*24.4%
Nutrient Guideline		550-650	1230				

Wed - 04/21/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	4	20.0	34.0	17.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		605	875	*31	*37.30	81.06	*16.51
% of Calories				*20.7%	*24.6%	53.6%	*24.6%
Nutrient Guideline		550-650	1230				

Thu - 04/22/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		583	747	*28	*30.21	69.03	*21.70
% of Calories				*19.4%	*20.7%	47.4%	*33.5%
Nutrient Guideline		550-650	1230				

Fri - 04/23/2021							
ECE LUNCH	Total						
PKD CHKN PATTY S/WICH	1 EACH	400	910	5	22.0	43.0	17.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		591	1019	*30	*34.01	75.73	*19.11
% of Calories				*20.3%	*23.0%	51.2%	*29.1%
Nutrient Guideline		550-650	1230				

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/26/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		533	779	*30	*31.61	70.83	*15.70
% of Calories				*22.3%	*23.7%	53.2%	*26.5%
Nutrient Guideline		550-650	1230				

Tue - 04/27/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		550-650	1230				

Wed - 04/28/2021							
ECE LUNCH	Total						
PM CHKN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		539	808	*31	*24.94	77.36	*15.23
% of Calories				*23.0%	*18.5%	57.4%	*25.4%
Nutrient Guideline		550-650	1230				

Thu - 04/29/2021							
ECE LUNCH	Total						
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		494	769	*29	*31.56	63.50	*14.06
% of Calories				*23.8%	*25.6%	51.4%	*25.6%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/30/2021							
ECE LUNCH	Total						
TURKEY HAM & CHEESE SANDWICH	1 EACH	307	927	6	23.33	34.67	10.33
CS CHEESE SANDWICH	1 SANDWICH	320	900	8	20.0	36.0	12.0
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		530	1108	*31	*35.27	73.36	*13.57
% of Calories				*23.7%	*26.6%	55.3%	*23.0%
Nutrient Guideline		550-650	1230				

Weighted Average		540	850	*30 *49.7%	*31.75 *23.5%	71.44 52.9%	*15.65 *26.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	540		550 - 650	98%		10		Correction Required - Calories are Low
Sodium 1 (mg)	850		1230					
Sodium 2 (mg)	850		935					
Sugars (g)	30	22.07%			Missing			
Protein (g)	31.75	23.50%			Missing			
Carbohydrate (g)	71.44	52.87%						
Total Fat (g)	15.65	26.07%			Missing			

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