

San Juan Unified School District

Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet

CURBSIDE LUNCH

Portion Values - Detailed

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Generated on: 12/21/2020 10:07:05 AM

| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-------------|-----------|------------|-----------|----------|-----------|
| Tue - 01/05/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS WG GRILL CHEESE IW | 1 EACH | 280 | 581 | 6 | 18.55 | 30.96 | 9.91 |
| JUICE, PARADISE PUNCH (SUNCUP) | 1 EACH | 40 | 10 | 8 | 0.0 | 9.0 | 0.0 |
| APPLESAUCE IW CUP (USDA) | 1 EACH | 51 | 2 | 11 | 0.0 | 14.0 | 0.0 |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 501 | 753 | 40 | 29.55 | 69.96 | 12.41 |
| % of Calories | | | | 31.6% | 23.6% | 55.8% | 22.3% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|--------------------------------|----------------|---------|------|--------|-------|-------|-------|
| Wed - 01/06/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHICKEN DRUMSTK & ROLL | SVG (1 DM&1 R | 300 | 660 | 2 | 21.0 | 21.0 | 14.0 |
| CS CHEESY BREADSTICKS/MARINARA | 2 EACH & 1/2 C | 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,MIX BERRY CUP | 1 EACH | 70 | 0 | 14 | 1.0 | 18.0 | 0.0 |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 577 | 823 | *34 | 34.30 | 74.38 | 17.32 |
| % of Calories | | | | *23.6% | 23.8% | 51.6% | 27.0% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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|-----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Thu - 01/07/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHEESEBURGER (AD PIERRE) | 1 EACH | 370 | 435 | 5 | 20.0 | 31.0 | 18.5 |
| CS TWIN CHEESE SLIDERS | pkg | 327 | 578 | 4 | 18.53 | 29.34 | 16.52 |
| 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 | 634 | *30 | *32.61 | 63.42 | *20.99 |
| % of Calories | | | | *21.7% | *23.3% | 45.2% | *33.7% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|-----------------------------|---------------|---------|------|--------|--------|--------|--------|
| Fri - 01/08/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS TACO BEEF , CHIPS,CH CUP | SVG | 626 | 1006 | 13 | 36.18 | 60.87 | 28.02 |
| CS NACHO PRETZL PCKT | 1 EACH | 360 | 600 | 3 | 19.0 | 38.0 | 16.0 |
| CS SALSA (1/2 CUP) | 1/2 CUP | 45 | 139 | *N/A* | 1.86 | 8.66 | 0.25 |
| 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 | | 911 | 1365 | *37 | *52.70 | 114.41 | *29.38 |
| % of Calories | | | | *16.4% | *23.1% | 50.2% | *29.0% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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

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San Juan Unified School District

Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet

CURBSIDE LUNCH

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Sat - 01/09/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS WG GRILL CHEESE IW | 1 EACH | 280 | 581 | 6 | 18.55 | 30.96 | 9.91 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 59 | 1 | *10 | *0.85 | 14.95 | *0.26 |
| CARROTS, PKG | 2.6 OZ PK | 32 | 26 | *N/A* | 0.76 | 7.47 | 0.14 |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 501 | 768 | *31 | *31.16 | 69.39 | *12.81 |
| % of Calories | | | | *24.5% | *24.9% | 55.4% | *23.0% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|-------------------------------|-----------|---------|-------|--------|--------|-------|--------|
| Sun - 01/10/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS BEAN BURRITO | 1 EACH | 380 | 500 | 3 | 16.0 | 46.0 | 15.0 |
| SUNFLOWER SEEDS, LIGHTLY SALT | PACKAGE | 170 | 110 | *N/A* | 6.0 | 4.0 | 16.0 |
| JUICE, STRAWBRY KIWI (suncup) | 1 EACH | 60 | *N/A* | 12 | *N/A* | 14.0 | *N/A* |
| CARROTS, PKG | 2.6 OZ PK | 32 | 26 | *N/A* | 0.76 | 7.47 | 0.14 |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 772 | *796 | *30 | *33.76 | 87.47 | *33.64 |
| % of Calories | | | | *15.6% | *17.5% | 45.3% | *39.2% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|--------------------------------|---------------|---------|------|--------|--------|-------|--------|
| Mon - 01/11/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS TERIYAKI BEEF NUGGT & ROLLS | 4 EA & 2 ROLL | 320 | 700 | 8 | 18.0 | 36.0 | 10.0 |
| CS TWIN CHEESE SLIDERS | pkg | 327 | 578 | 4 | 18.53 | 29.34 | 16.52 |
| 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 | | 527 | 977 | *33 | *30.95 | 68.62 | *14.07 |
| % of Calories | | | | *25.2% | *23.5% | 52.1% | *24.0% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Tue - 01/12/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS PIZZA, PEPPERONI | SLICE | 370 | 550 | 3 | 21.0 | 33.0 | 17.0 |
| CS PIZZA, CHEESE | SLICE | 360 | 510 | 4 | 20.0 | 34.0 | 17.0 |
| 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 | | 619 | 706 | *32 | *34.35 | 79.46 | *20.76 |
| % of Calories | | | | *20.4% | *22.2% | 51.3% | *30.2% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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

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| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Wed - 01/13/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHICKEN TACO | SVG (1 EACH) | 342 | 910 | *0 | 26.41 | 33.09 | 12.19 |
| CS MAC & CH w/CHEEZ ITS | 1 EACH | 379 | 921 | 8 | 18.0 | 44.0 | 14.5 |
| CS SALSA (1/2 CUP) | 1/2 CUP | 45 | 139 | *N/A* | 1.86 | 8.66 | 0.25 |
| 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 | | 593 | 1222 | *27 | *39.50 | 76.68 | *15.79 |
| % of Calories | | | | *18.3% | *26.6% | 51.7% | *24.0% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Thu - 01/14/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHKN NUGTS & CRACKERS | SVG | 360 | 570 | 1 | 18.0 | 30.0 | 19.0 |
| CS WG GRILL CHEESE IW | 1 EACH | 280 | 581 | 6 | 18.55 | 30.96 | 9.91 |
| CS CELERY STIX 1/2 CUP | 1/2 CUP | 12 | 65 | *N/A* | 0.56 | 2.71 | 0.1 |
| 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 | | 545 | 798 | *27 | *30.52 | 63.86 | *20.05 |
| % of Calories | | | | *19.8% | *22.4% | 46.8% | *33.1% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|--------------------------------|----------------|---------|-------|--------|--------|-------|--------|
| Fri - 01/15/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHKN CORN DOG | 1 EACH | 250 | 390 | 5 | 9.0 | 30.0 | 9.0 |
| CS CHEESY BREADSTICKS/MARINARA | 2 EACH & 1/2 C | 360 | 600 | *2 | 17.5 | 42.88 | 13.12 |
| CS BEAN VARIETY | 1/2 CUP | 104 | 140 | 2 | 6.25 | 18.5 | 0.75 |
| JUICE, STRAWBRY KIWI (suncup) | 1 EACH | 60 | *N/A* | 12 | *N/A* | 14.0 | *N/A* |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 566 | *732 | *33 | *27.95 | 81.08 | *13.07 |
| % of Calories | | | | *23.3% | *19.8% | 57.3% | *20.8% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|--------------------------------|---------------|---------|------|--------|--------|-------|--------|
| Sat - 01/16/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| SUNBUTTER SANDWICH, STRAWBERRY | 1 EACH | 310 | 320 | 12 | 9.0 | 32.0 | 15.0 |
| CHEESE, STRING (LAND O LAKES) | 1 EACH | 60 | 200 | 0 | 7.0 | 1.0 | 3.0 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 59 | 1 | *10 | *0.85 | 14.95 | *0.26 |
| CARROTS, PKG | 2.6 OZ PK | 32 | 26 | *N/A* | 0.76 | 7.47 | 0.14 |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 591 | 707 | *37 | *28.61 | 71.43 | *20.90 |
| % of Calories | | | | *25.1% | *19.4% | 48.3% | *31.8% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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

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CURBSIDE LUNCH

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-------------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Sun - 01/17/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS BEAN BURRITO | 1 EACH | 380 | 500 | 3 | 16.0 | 46.0 | 15.0 |
| SUNFLOWER SEEDS, LIGHTLY SALT | PACKAGE | 170 | 110 | *N/A* | 6.0 | 4.0 | 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 | | 771 | 797 | *28 | *34.61 | 88.43 | *33.90 |
| % of Calories | | | | *14.6% | *18.0% | 45.9% | *39.6% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|----------------|---------|------|--------|--------|-------|--------|
| Tue - 01/19/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHICKEN DRUMSTK & ROLL | SVG (1 DM&1 R | 300 | 660 | 2 | 21.0 | 21.0 | 14.0 |
| CS WG GRILL CHEESE IW | 1 EACH | 280 | 581 | 6 | 18.55 | 30.96 | 9.91 |
| 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 | | 517 | 831 | *28 | *33.12 | 61.42 | *16.09 |
| % of Calories | | | | *21.5% | *25.6% | 47.5% | *28.0% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Wed - 01/20/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHEESEBURGER SLIDERS | SERVING | 272 | 355 | 3 | 19.7 | 31.3 | 7.8 |
| CS TWIN CHEESE SLIDERS | pkg | 327 | 578 | 4 | 18.53 | 29.34 | 16.52 |
| 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 | | 537 | 576 | *32 | *33.31 | 76.86 | *13.31 |
| % of Calories | | | | *23.5% | *24.8% | 57.2% | *22.3% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Thu - 01/21/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHICKEN TACO | SVG (1 EACH) | 342 | 910 | *0 | 26.41 | 33.09 | 12.19 |
| CS MAC & CH w/CHEEZ ITS | 1 EACH | 379 | 921 | 8 | 18.0 | 44.0 | 14.5 |
| CS SALSA (1/2 CUP) | 1/2 CUP | 45 | 139 | *N/A* | 1.86 | 8.66 | 0.25 |
| 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 | | 687 | 1353 | *28 | *44.69 | 93.38 | *16.42 |
| % of Calories | | | | *16.4% | *26.0% | 54.3% | *21.5% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Fri - 01/22/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS PIZZA, PEPPERONI | SLICE | 370 | 550 | 3 | 21.0 | 33.0 | 17.0 |
| CS PIZZA, CHEESE | SLICE | 360 | 510 | 4 | 20.0 | 34.0 | 17.0 |
| 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 | | 567 | 713 | *29 | *33.71 | 65.95 | *19.89 |
| % of Calories | | | | *20.3% | *23.8% | 46.5% | *31.6% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Sat - 01/23/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS MAC & CH w/CHEEZ ITS | 1 EACH | 379 | 921 | 8 | 18.0 | 44.0 | 14.5 |
| CS CELERY STIX 1/2 CUP | 1/2 CUP | 12 | 65 | *N/A* | 0.56 | 2.71 | 0.1 |
| 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 | | 580 | 1147 | *33 | *30.40 | 77.67 | *17.37 |
| % of Calories | | | | *22.8% | *21.0% | 53.5% | *26.9% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|-------------------------------|---------------|---------|------|--------|--------|-------|--------|
| Sun - 01/24/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS BEAN BURRITO | 1 EACH | 380 | 500 | 3 | 16.0 | 46.0 | 15.0 |
| SUNFLOWER SEEDS, LIGHTLY SALT | PACKAGE | 170 | 110 | *N/A* | 6.0 | 4.0 | 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 | | 771 | 797 | *28 | *34.61 | 88.43 | *33.90 |
| % of Calories | | | | *14.6% | *18.0% | 45.9% | *39.6% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Mon - 01/25/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHKN NUGTS & CRACKERS | SVG | 360 | 570 | 1 | 18.0 | 30.0 | 19.0 |
| CS WG GRILL CHEESE IW | 1 EACH | 280 | 581 | 6 | 18.55 | 30.96 | 9.91 |
| 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 | | 543 | 743 | *28 | *31.02 | 62.94 | *20.07 |
| % of Calories | | | | *20.3% | *22.8% | 46.3% | *33.2% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Tue - 01/26/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS PIZZA, PEPPERONI | SLICE | 370 | 550 | 3 | 21.0 | 33.0 | 17.0 |
| CS PIZZA, CHEESE | SLICE | 360 | 510 | 4 | 20.0 | 34.0 | 17.0 |
| JUICE, PARADISE PUNCH (SUNCUP) | 1 EACH | 40 | 10 | 8 | 0.0 | 9.0 | 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 | | 597 | 713 | *36 | *32.65 | 73.15 | *19.76 |
| % of Calories | | | | *24.3% | *21.9% | 49.0% | *29.8% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|----------------|-------------|-----------|------------|-----------|----------|-----------|
| Wed - 01/27/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHICKEN DRUMSTK & ROLL | SVG (1 DM&1 R | 300 | 660 | 2 | 21.0 | 21.0 | 14.0 |
| CS CHEESY BREADSTICKS/MARINARA | 2 EACH & 1/2 C | 360 | 600 | *2 | 17.5 | 42.88 | 13.12 |
| CS CORN, CND | 1/2 CUP | 65 | 15 | 3 | 2.0 | 15.0 | 1.0 |
| JUICE, STRAWBRY KIWI (suncup) | 1 EACH | 60 | *N/A* | 12 | *N/A* | 14.0 | *N/A* |
| MILK, PLAIN 1% (PRODUCERS) | 1 CARTON | 130 | 160 | 15 | 11.0 | 16.0 | 2.5 |
| Weighted Daily Average | | 567 | *823 | *32 | *33.30 | 70.38 | *17.32 |
| % of Calories | | | | *22.6% | *23.5% | 49.6% | *27.5% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-----------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Thu - 01/28/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS CHEESEBURGER (AD PIERRE) | 1 EACH | 370 | 435 | 5 | 20.0 | 31.0 | 18.5 |
| CS TWIN CHEESE SLIDERS | pkg | 327 | 578 | 4 | 18.53 | 29.34 | 16.52 |
| 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 | | 567 | 765 | *31 | *32.55 | 64.62 | *20.87 |
| % of Calories | | | | *21.8% | *23.0% | 45.6% | *33.1% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-----------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Fri - 01/29/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS TACO BEEF , CHIPS,CH CUP | SVG | 626 | 1006 | 13 | 36.18 | 60.87 | 28.02 |
| CS TORTILLA CHIPS & CHS | (CHIP & CHS) | 520 | 880 | 10 | 21.0 | 53.0 | 25.0 |
| CS SALSA (1/2 CUP) | 1/2 CUP | 45 | 139 | *N/A* | 1.86 | 8.66 | 0.25 |
| 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 | | 943 | 1421 | *39 | *53.10 | 117.41 | *31.18 |
| % of Calories | | | | *16.5% | *22.5% | 49.8% | *29.8% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

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.

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San Juan Unified School District

Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet

CURBSIDE LUNCH

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|---------------|-------------|-----------|------------|-----------|----------|-----------|
| Sat - 01/30/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS WG GRILL CHEESE IW | 1 EACH | 280 | 581 | 6 | 18.55 | 30.96 | 9.91 |
| CS CELERY STIX 1/2 CUP | 1/2 CUP | 12 | 65 | *N/A* | 0.56 | 2.71 | 0.1 |
| 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 | | 481 | 807 | *31 | *30.96 | 64.63 | *12.78 |
| % of Calories | | | | *25.5% | *25.7% | 53.7% | *23.9% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|----------------------------|---------------|---------|------|--------|--------|-------|--------|
| Sun - 01/31/2021 | | | | | | | |
| CURBSIDE LUNCH | Total | | | | | | |
| CS BEAN BURRITO | 1 EACH | 380 | 500 | 3 | 16.0 | 46.0 | 15.0 |
| 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 | | 601 | 687 | *28 | *28.61 | 84.43 | *17.90 |
| % of Calories | | | | *18.7% | *19.0% | 56.2% | *26.8% |
| Nutrient Guideline | | 600-650 | 1230 | | | | |

| | | | | | | | |
|------------------|--|-----|------|--------|--------|-------|--------|
| Weighted Average | | 615 | *864 | *32 | *34.33 | 77.30 | *20.08 |
| | | | | *46.2% | *22.3% | 50.3% | *29.4% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 615 | | 600 - 650 | 100% | | | | |
| Sodium 1 (mg) | 864 | | 1230 | | Missing | | | |
| Sodium 2 (mg) | 864 | | 935 | | Missing | | | |
| Sugars (g) | 32 | 20.52% | | | Missing | | | |
| Protein (g) | 34.33 | 22.32% | | | Missing | | | |
| Carbohydrate (g) | 77.30 | 50.26% | | | | | | |
| Total Fat (g) | 20.08 | 29.37% | | | Missing | | | |

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

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