

San Juan Unified School District

Jul 1, 2021 thru Aug 6, 2021

Base Menu Spreadsheet

HYBRID/CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 07/01/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN NUG,CRACKRS	SVG	360	570	1	18.0	30.0	19.0
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		585	743	*26	*30.21	71.63	*21.10
% of Calories				*18.1%	*20.7%	49.0%	*32.5%
Nutrient Guideline		600-650	1230				

Fri - 07/02/2021							
HYBRID/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
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		572	1148	*34	29.56	76.71	17.10
% of Calories				*23.8%	20.7%	53.7%	26.9%
Nutrient Guideline		600-650	1230				

Tue - 07/06/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
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		548	765	*29	*31.14	67.77	*19.42
% of Calories				*21.1%	*22.7%	49.4%	*31.9%
Nutrient Guideline		600-650	1230				

Wed - 07/07/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM VEG FR RICE & CHSY BSTICK	SVG	430	812	5	20.0	57.0	14.5
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
FR CUP,MIX BERRY FROZEN	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		720	1070	*35	37.75	106.68	17.47
% of Calories				*19.4%	21.0%	59.3%	21.8%
Nutrient Guideline		600-650	1230				

Thu - 07/08/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN NUG,CRACKRS	SVG	360	570	1	18.0	30.0	19.0
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

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

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San Juan Unified School District

Jul 1, 2021 thru Aug 6, 2021

Base Menu Spreadsheet

HYBRID/CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		614	734	*30	*32.25	76.76	*22.36
% of Calories				*19.3%	*21.0%	50.0%	*32.8%
Nutrient Guideline		600-650	1230				

Fri - 07/09/2021							
HYBRID/CURBSIDE LUNCH	Total						
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		480	751	*31	*31.46	63.71	*12.80
% of Calories				*26.0%	*26.2%	53.1%	*24.0%
Nutrient Guideline		600-650	1230				

Mon - 07/12/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN PATTY MELT SWICH	1 EACH	440	1060	6	25.0	44.0	19.5
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		623	1121	*31	*36.91	74.75	*21.89
% of Calories				*20.0%	*23.7%	48.0%	*31.6%
Nutrient Guideline		600-650	1230				

Tue - 07/13/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHICKEN DRUMSTK & ROLL	SVG (1 DM&1 R	380	800	3	24.0	40.0	15.0
PM 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	927	*28	*35.01	79.63	*17.90
% of Calories				*18.7%	*23.3%	53.0%	*26.8%
Nutrient Guideline		600-650	1230				

Wed - 07/14/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS 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 BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FR CUP, MIX BERRY FROZEN	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		659	768	35	37.98	83.45	20.28
% of Calories				21.4%	23.1%	50.7%	27.7%
Nutrient Guideline		600-650	1230				

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

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San Juan Unified School District

Jul 1, 2021 thru Aug 6, 2021

Base Menu Spreadsheet

HYBRID/CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 07/15/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
CS PEAS, GREEN,CND	1/2 CUP	90	140	6	4.0	16.0	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		560	*881	39	*33.55	76.96	*13.41
% of Calories				27.6%	*24.0%	54.9%	*21.5%
Nutrient Guideline		600-650	1230				

Fri - 07/16/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TERIYAKI BEEF NUGGT & ROLL	4 EA & 1 ROLL (SWICH & CH)	320	710	7	19.0	40.0	10.0
CS SUNBTTR SWICH, ST CHEESE		370	520	12	16.0	33.0	18.0
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		584	848	*36	*32.25	84.56	*15.36
% of Calories				*24.7%	*22.1%	57.9%	*23.7%
Nutrient Guideline		600-650	1230				

Mon - 07/19/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN PATTY MELT SWICH	1 EACH	440	1060	6	25.0	44.0	19.5
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		623	1121	*31	*36.91	74.75	*21.89
% of Calories				*20.0%	*23.7%	48.0%	*31.6%
Nutrient Guideline		600-650	1230				

Tue - 07/20/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN CORN DOG	1 EACH	240	470	5	9.0	30.0	9.0
CS NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
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		557	797	*31	*29.10	81.06	*13.91
% of Calories				*22.4%	*20.9%	58.2%	*22.5%
Nutrient Guideline		600-650	1230				

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Base Menu Spreadsheet

HYBRID/CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 07/21/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TERIYAKI BEEF NUGGT & ROLL	4 EA & 1 ROLL	320	710	7	19.0	40.0	10.0
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, 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		582	864	*34	*32.55	86.53	*14.39
% of Calories				*23.4%	*22.4%	59.4%	*22.2%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 07/22/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN NUG, CRACKRS	SVG	360	570	1	18.0	30.0	19.0
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		585	743	*26	*30.21	71.63	*21.10
% of Calories				*18.1%	*20.7%	49.0%	*32.5%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 07/23/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
CS CELERY STIX 1/2 CUP	1/2 CUP	12	65	*N/A*	0.56	2.71	0.1
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		520	804	*30	30.09	62.05	19.12
% of Calories				*23.0%	23.1%	47.7%	33.1%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 07/26/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
CS NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
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	639	*30	*32.71	65.15	*20.89
% of Calories				*21.3%	*23.1%	45.9%	*33.1%
Nutrient Guideline		600-650	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)
Tue - 07/27/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN PATTY MELT SWICH	1 EACH	440	1060	6	25.0	44.0	19.5
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
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		657	1119	*38	*35.05	84.35	*21.36
% of Calories				*23.4%	*21.3%	51.3%	*29.3%
Nutrient Guideline		600-650	1230				

Wed - 07/28/2021							
HYBRID/CURBSIDE LUNCH	Total						
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
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		653	901	*29	*35.60	92.33	*16.64
% of Calories				*17.5%	*21.8%	56.5%	*22.9%
Nutrient Guideline		600-650	1230				

Thu - 07/29/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN NUG, CRACKRS	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
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		600-650	1230				

Fri - 07/30/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
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		535	*756	36	*31.55	75.96	*13.41
% of Calories				26.6%	*23.6%	56.8%	*22.5%
Nutrient Guideline		600-650	1230				

Mon - 08/02/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHKN PATTY MELT SWICH	1 EACH	440	1060	6	25.0	44.0	19.5
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

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Weighted Daily Average % of Calories		623	1121	*31 *20.0%	*36.91 *23.7%	74.75 48.0%	*21.89 *31.6%
Nutrient Guideline		600-650	1230				

Tue - 08/03/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHICKEN DRUMSTK & ROLL	SVG (1 DM&1 R	380	800	3	24.0	40.0	15.0
PM 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 % of Calories		601	927	*28 *18.7%	*35.01 *23.3%	79.63 53.0%	*17.90 *26.8%
Nutrient Guideline		600-650	1230				

Wed - 08/04/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS 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 BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FR CUP,MIX BERRY FROZEN	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 % of Calories		659	768	35 21.4%	37.98 23.1%	83.45 50.7%	20.28 27.7%
Nutrient Guideline		600-650	1230				

Thu - 08/05/2021							
HYBRID/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
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 % of Calories		482	*805	*33 *27.1%	*30.11 *25.0%	63.67 52.8%	*12.51 *23.4%
Nutrient Guideline		600-650	1230				

Fri - 08/06/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TERIYAKI BEEF NUGGT & ROLL	4 EA & 1 ROLL	320	710	7	19.0	40.0	10.0
CS SUNBTTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
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 % of Calories		584	848	*36 *24.7%	*32.25 *22.1%	84.56 57.9%	*15.36 *23.7%
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

Jul 1, 2021 thru Aug 6, 2021

Base Menu Spreadsheet

HYBRID/CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average		591	*874	*32 *48.7%	*33.24 *22.5%	77.37 52.4%	*18.13 *27.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	591		600 - 650	98%		9		Correction Required - Calories are Low
Sodium 1 (mg)	874		1230		Missing			
Sodium 2 (mg)	874		935		Missing			
Sugars (g)	32	21.65%			Missing			
Protein (g)	33.24	22.51%			Missing			
Carbohydrate (g)	77.37	52.38%			Missing			
Total Fat (g)	18.13	27.63%			Missing			

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