

San Juan Unified School District

Jun 1, 2021 thru Jun 30, 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)
Tue - 06/01/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS PIZZA, CHEESE	SLICE	360	510	4	20.0	34.0	17.0
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		581	697	*29	*32.61	72.43	*19.90
% of Calories				*20.0%	*22.5%	49.9%	*30.8%
Nutrient Guideline		600-650	1230				

Wed - 06/02/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM VEG FR RICE & CHSY BSTICK	SVG	430	812	5	20.0	57.0	14.5
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		723	1113	*32	*38.10	106.46	*18.01
% of Calories				*17.4%	*21.1%	58.9%	*22.4%
Nutrient Guideline		600-650	1230				

Thu - 06/03/2021							
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 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		531	898	*33	*30.81	72.27	*14.47
% of Calories				*24.9%	*23.2%	54.4%	*24.5%
Nutrient Guideline		600-650	1230				

Fri - 06/04/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2 C	360	590	*3	18.5	43.88	13.12
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
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	*760	*31	*30.56	75.67	*15.75
% of Calories				*21.8%	*21.8%	54.1%	*25.3%
Nutrient Guideline		600-650	1230				

Sat - 06/05/2021							
HYBRID/CURBSIDE LUNCH	Total						
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

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San Juan Unified School District

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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)
Weighted Daily Average		609	671	*36	*27.85	85.95	*17.76
% of Calories				*23.7%	*18.3%	56.4%	*26.2%
Nutrient Guideline		600-650	1230				

Sun - 06/06/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
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		501	768	*31	*31.16	69.39	*12.81
% of Calories				*24.5%	*24.9%	55.4%	*23.0%
Nutrient Guideline		600-650	1230				

Mon - 06/07/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS PIZZA, CHEESE	SLICE	360	510	4	20.0	34.0	17.0
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		561	736	*29	*32.41	67.67	*19.87
% of Calories				*20.7%	*23.1%	48.2%	*31.9%
Nutrient Guideline		600-650	1230				

Tue - 06/08/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2 C	360	590	*3	18.5	43.88	13.12
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
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		582	*776	*30	*30.26	81.35	*15.76
% of Calories				*20.6%	*20.8%	55.9%	*24.4%
Nutrient Guideline		600-650	1230				

Thu - 06/10/2021							
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
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				

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HYBRID/CURBSIDE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 06/11/2021							
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		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 - 06/14/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
CS TTILLA CHIPS ,CHS,salsa	(CHIP & CHS)	565	1019	*10	22.86	61.66	25.25
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		608	722	*32	*33.48	69.88	*22.74
% of Calories				*20.8%	*22.0%	46.0%	*33.7%
Nutrient Guideline		600-650	1230				

Tue - 06/15/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS (SUNOPTA)	BAG	170	110	1	6.0	6.0	14.0
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		779	781	*37	*33.85	91.95	*31.76
% of Calories				*19.0%	*17.4%	47.2%	*36.7%
Nutrient Guideline		600-650	1230				

Wed - 06/16/2021							
HYBRID/CURBSIDE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2C	360	590	*3	18.5	43.88	13.12
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FR POP, PEACH ,FRZN	1 EA	80	0	19	1.0	21.0	0.0
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		695	1257	*36	44.57	97.67	15.83
% of Calories				*20.8%	25.6%	56.2%	20.5%
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)
Thu - 06/17/2021							
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
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		581	745	*27	*31.01	69.23	*21.50
% of Calories				*18.3%	*21.3%	47.7%	*33.3%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 06/18/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS MAC & CH w/CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CS SUNBTR 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		631	1017	*37	*31.45	87.76	*18.96
% of Calories				*23.3%	*19.9%	55.6%	*27.0%
Nutrient Guideline		600-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 06/21/2021							
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				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 06/22/2021							
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
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		634	916	*31	*36.25	87.16	*18.76
% of Calories				*19.6%	*22.9%	55.0%	*26.6%
Nutrient Guideline		600-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 06/23/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS TACO BEEF , CHIPS,CH CUP	SVG	626	1006	13	36.18	60.87	28.02
CS TTILLA CHIPS ,CHS,salsa	(CHIP & CHS)	565	1019	*10	22.86	61.66	25.25
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		918	1309	*43	51.76	113.53	30.71
% of Calories				*18.6%	22.6%	49.5%	30.1%
Nutrient Guideline		600-650	1230				

Thu - 06/24/2021							
HYBRID/CURBSIDE LUNCH	Total						
CS 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		581	787	*28	*31.61	76.43	*18.90
% of Calories				*19.3%	*21.8%	52.6%	*29.3%
Nutrient Guideline		600-650	1230				

Fri - 06/25/2021							
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 PEAS, GREEN,CND	1/2 CUP	90	140	6	4.0	16.0	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		609	973	*39	*34.25	85.55	*15.36
% of Calories				*25.6%	*22.5%	56.2%	*22.7%
Nutrient Guideline		600-650	1230				

Mon - 06/28/2021							
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				

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Tue - 06/29/2021							
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				

Wed - 06/30/2021							
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 PEAS, GREEN,CND	1/2 CUP	90	140	6	4.0	16.0	1.0
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		706	1070	*39	35.50	104.18	17.72
% of Calories				*22.3%	20.1%	59.0%	22.6%
Nutrient Guideline		600-650	1230				

Weighted Average		620	*899	*33 *47.9%	*34.07 *22.0%	82.36 53.1%	*18.80 *27.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		600 - 650	100%				
Sodium 1 (mg)	899		1230		Missing			
Sodium 2 (mg)	899		935		Missing			
Sugars (g)	33	21.28%			Missing			
Protein (g)	34.07	21.98%			Missing			
Carbohydrate (g)	82.36	53.13%						
Total Fat (g)	18.80	27.29%			Missing			

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