

San Juan Unified School District

Jun 1, 2021 thru Jun 30, 2021

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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Generated on: 5/27/2021 10:12:49 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 06/01/2021							
ECE LUNCH	Total						
PM PIZZA, CHEESE (WILD MIKES)	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		550-650	1230				

Wed - 06/02/2021							
ECE 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		550-650	1230				

Thu - 06/03/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
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		359	395	*29	*17.41	57.03	*7.30
% of Calories				*32.4%	*19.4%	63.5%	*18.3%
Nutrient Guideline		550-650	1230				

Fri - 06/04/2021							
ECE LUNCH	Total						
PM CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2C	360	590	*3	18.5	43.88	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		559	761	*29	*31.41	76.63	*16.01
% of Calories				*20.4%	*22.5%	54.8%	*25.8%
Nutrient Guideline		550-650	1230				

Mon - 06/07/2021							
ECE LUNCH	Total						
PM PIZZA, CHEESE (WILD MIKES)	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

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		581	697	*29 *20.0%	*32.61 *22.5%	72.43 49.9%	*19.90 *30.8%
Nutrient Guideline		550-650	1230				

Tue - 06/08/2021							
ECE LUNCH	Total						
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 % of Calories		614	776	*30 *19.6%	*31.35 *20.4%	88.83 57.8%	*16.89 *24.7%
Nutrient Guideline		550-650	1230				

Thu - 06/10/2021							
ECE LUNCH	Total						
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
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		560	882	*37 *26.2%	*34.40 *24.6%	77.91 55.7%	*13.67 *22.0%
Nutrient Guideline		550-650	1230				

Fri - 06/11/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
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 % of Calories		392	384	*32 *32.7%	*18.65 *19.0%	64.55 65.8%	*8.16 *18.7%
Nutrient Guideline		550-650	1230				

Mon - 06/14/2021							
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 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 % of Calories		554	638	*30 *21.9%	*32.64 *23.6%	63.70 46.0%	*19.92 *32.4%
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 - 06/15/2021							
ECE LUNCH	Total						
PM 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		609	671	*36	*27.85	85.95	*17.76
% of Calories				*23.7%	*18.3%	56.4%	*26.2%
Nutrient Guideline		550-650	1230				

Wed - 06/16/2021							
ECE LUNCH	Total						
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
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		365	419	*27	*21.80	58.23	*6.14
% of Calories				*29.7%	*23.9%	63.8%	*15.1%
Nutrient Guideline		550-650	1230				

Thu - 06/17/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
PM PIZZA, CHEESE (WILD MIKES)	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		550-650	1230				

Fri - 06/18/2021							
ECE LUNCH	Total						
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
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		631	1017	*37	*31.45	87.76	*18.96
% of Calories				*23.3%	*19.9%	55.6%	*27.0%
Nutrient Guideline		550-650	1230				

Mon - 06/21/2021							
ECE LUNCH	Total						
PKD CHKN PATTY S/WICH	1 EACH	400	910	5	22.0	43.0	17.0
PM PIZZA, CHEESE (WILD MIKES)	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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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		591	1001	*30	*34.51	73.95	*19.89
% of Calories				*20.5%	*23.3%	50.0%	*30.3%
Nutrient Guideline		550-650	1230				

Tue - 06/22/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & 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		550-650	1230				

Wed - 06/23/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
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
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		632	878	29	35.38	78.65	20.68
% of Calories				18.4%	22.4%	49.8%	29.5%
Nutrient Guideline		550-650	1230				

Thu - 06/24/2021							
ECE LUNCH	Total						
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		550-650	1230				

Fri - 06/25/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
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		417	509	*35	*20.65	65.55	*8.16
% of Calories				*33.6%	*19.8%	62.8%	*17.6%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 06/28/2021							
ECE LUNCH	Total						
PKD CHKN PATTY S/WICH	1 EACH	400	910	5	22.0	43.0	17.0
PM PIZZA, CHEESE (WILD MIKES)	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		591	1001	*30	*34.51	73.95	*19.89
% of Calories				*20.5%	*23.3%	50.0%	*30.3%
Nutrient Guideline		550-650	1230				

Tue - 06/29/2021							
ECE LUNCH	Total						
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		365	421	*27	*21.90	57.05	*6.71
% of Calories				*29.7%	*24.0%	62.5%	*16.5%
Nutrient Guideline		550-650	1230				

Wed - 06/30/2021							
ECE LUNCH	Total						
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	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
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		351	421	*31	*19.35	55.53	*6.39
% of Calories				*35.8%	*22.0%	63.2%	*16.4%
Nutrient Guideline		550-650	1230				

Weighted Average		537	720	*31	*29.31	73.78	*15.41
				*51.5%	*21.8%	55.0%	*25.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	537		550 - 650	98%		13		Correction Required - Calories are Low
Sodium 1 (mg)	720		1230					
Sodium 2 (mg)	720		935					
Sugars (g)	31	22.91%			Missing			
Protein (g)	29.31	21.83%			Missing			
Carbohydrate (g)	73.78	54.97%						
Total Fat (g)	15.41	25.83%			Missing			

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