

San Juan Unified School District

Mar 1, 2021 thru Apr 3, 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)
Mon - 03/01/2021							
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 - 03/02/2021							
CURBSIDE LUNCH	Total						
CS CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
CS MAC & CH w/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		600-650	1230				

Wed - 03/03/2021							
CURBSIDE LUNCH	Total						
CS PEPP PIZZA STUFFED SWICH	1 EACH	300	590	5	19.0	31.0	12.0
CS PIZZA, CHEESE	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
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		616	874	35	37.45	84.10	16.25
% of Calories				22.9%	24.3%	54.6%	23.7%
Nutrient Guideline		600-650	1230				

Thu - 03/04/2021							
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
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		563	786	*28	*30.01	64.27	*21.67
% of Calories				*20.1%	*21.3%	45.6%	*34.6%
Nutrient Guideline		600-650	1230				

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San Juan Unified School District

Mar 1, 2021 thru Apr 3, 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)
Fri - 03/05/2021							
CURBSIDE LUNCH	Total						
CS CHKN PATTY MELT SWICH	1 EACH	440	1060	6	25.0	44.0	19.5
CS CHEESY BREADSTICKS/MARINARA	2 EACH & 1/2 C	360	600	*2	17.5	42.88	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		624	*1138	*33	*35.56	75.57	*20.85
% of Calories				*21.0%	*22.8%	48.4%	*30.1%
Nutrient Guideline		600-650	1230				

Sat - 03/06/2021							
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
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		510	752	*39	*30.40	70.91	*12.67
% of Calories				*30.4%	*23.9%	55.7%	*22.4%
Nutrient Guideline		600-650	1230				

Sun - 03/07/2021							
CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	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 - 03/08/2021							
CURBSIDE LUNCH	Total						
CS NACHO PRETZL PKT	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		509	667	*27	*27.81	68.83	*15.70
% of Calories				*21.6%	*21.9%	54.1%	*27.8%
Nutrient Guideline		600-650	1230				

Tue - 03/09/2021							
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

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San Juan Unified School District

Mar 1, 2021 thru Apr 3, 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)
Weighted Daily Average % of Calories		567	*823	*32 *22.6%	*33.30 *23.5%	70.38 49.6%	*17.32 *27.5%
Nutrient Guideline		600-650	1230				

Wed - 03/10/2021							
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
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 % of Calories		879	1291	*45 *20.6%	*46.85 *21.3%	107.91 49.1%	*30.43 *31.2%
Nutrient Guideline		600-650	1230				

Thu - 03/11/2021							
CURBSIDE LUNCH	Total						
CS TURKEY HAM&CHEESE SNDWICH	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 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 % of Calories		511	1147	*31 *24.6%	*35.07 *27.5%	68.60 53.8%	*13.53 *23.9%
Nutrient Guideline		600-650	1230				

Fri - 03/12/2021							
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 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 % of Calories		615	977	*34 *21.9%	*36.20 *23.6%	84.12 54.7%	*14.82 *21.7%
Nutrient Guideline		600-650	1230				

Sat - 03/13/2021							
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 % of Calories		480	751	*31 *26.0%	*31.46 *26.2%	63.71 53.1%	*12.80 *24.0%
Nutrient Guideline		600-650	1230				

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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 - 03/14/2021							
CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	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 - 03/15/2021							
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				

Tue - 03/16/2021							
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, 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		600-650	1230				

Wed - 03/17/2021							
CURBSIDE LUNCH	Total						
CS CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
CS MAC & CH w/CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
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		585	*1193	*29	*38.27	73.99	*15.48
% of Calories				*19.9%	*26.2%	50.6%	*23.8%
Nutrient Guideline		600-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/18/2021							
CURBSIDE LUNCH	Total						
CS PEPP PIZZA STUFFED SWICH	1 EACH	300	590	5	19.0	31.0	12.0
CS 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		600-650	1230				

Fri - 03/19/2021							
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
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		591	731	*36	*29.45	70.56	*21.56
% of Calories				*24.5%	*19.9%	47.7%	*32.8%
Nutrient Guideline		600-650	1230				

Sat - 03/20/2021							
CURBSIDE LUNCH	Total						
CS NACHO PRETZL PKCT	1 EACH	360	600	3	19.0	38.0	16.0
CS MIX VEGGIES	1/2 CUP	59	32	3	2.6	11.91	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		608	793	*31	*33.45	80.87	*18.90
% of Calories				*20.3%	*22.0%	53.2%	*28.0%
Nutrient Guideline		600-650	1230				

Sun - 03/21/2021							
CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	PACKAGE	170	110	*N/A*	6.0	4.0	16.0
CS MIX VEGGIES	1/2 CUP	59	32	3	2.6	11.91	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		798	803	*31	*36.45	92.87	*33.90
% of Calories				*15.5%	*18.3%	46.5%	*38.2%
Nutrient Guideline		600-650	1230				

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Mon - 03/22/2021							
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 - 03/23/2021							
CURBSIDE LUNCH	Total						
CS CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
CS MAC & CH w/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		600-650	1230				

Wed - 03/24/2021							
CURBSIDE LUNCH	Total						
CS PEPP PIZZA STUFFED SWICH	1 EACH	300	590	5	19.0	31.0	12.0
CS PIZZA, CHEESE	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
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		616	874	35	37.45	84.10	16.25
% of Calories				22.9%	24.3%	54.6%	23.7%
Nutrient Guideline		600-650	1230				

Thu - 03/25/2021							
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
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		563	786	*28	*30.01	64.27	*21.67
% of Calories				*20.1%	*21.3%	45.6%	*34.6%
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

Mar 1, 2021 thru Apr 3, 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)
Fri - 03/26/2021							
CURBSIDE LUNCH	Total						
CS CHKN PATTY MELT SWICH	1 EACH	440	1060	6	25.0	44.0	19.5
CS CHEESY BREADSTICKS/MARINARA	2 EACH & 1/2 C	360	600	*2	17.5	42.88	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		624	*1138	*33	*35.56	75.57	*20.85
% of Calories				*21.0%	*22.8%	48.4%	*30.1%
Nutrient Guideline		600-650	1230				

Sat - 03/27/2021							
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
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		510	752	*39	*30.40	70.91	*12.67
% of Calories				*30.4%	*23.9%	55.7%	*22.4%
Nutrient Guideline		600-650	1230				

Sun - 03/28/2021							
CURBSIDE LUNCH	Total						
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
SUNFLOWER SEEDS,PKT	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				

Weighted Average		610	*908	*32	*34.13	76.89	*19.78
				*47.4%	*22.4%	50.4%	*29.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	610		600 - 650	100%				
Sodium 1 (mg)	908		1230		Missing			
Sodium 2 (mg)	908		935		Missing			
Sugars (g)	32	21.05%			Missing			
Protein (g)	34.13	22.39%			Missing			
Carbohydrate (g)	76.89	50.43%						
Total Fat (g)	19.78	29.19%			Missing			

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