

San Juan Unified School District

May 1, 2021 thru May 31, 2021

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)
Mon - 05/03/2021							
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
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		576	655	*30	*32.34	69.38	*19.94
% of Calories				*20.7%	*22.5%	48.2%	*31.2%
Nutrient Guideline		550-650	1230				

Tue - 05/04/2021							
ECE LUNCH	Total						
PM ENCHILADAS,CHEESE	PORTION	345	544	2	17.04	30.83	12.0
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		544	715	*28	*29.95	63.58	*14.89
% of Calories				*20.3%	*22.0%	46.7%	*24.6%
Nutrient Guideline		550-650	1230				

Wed - 05/05/2021							
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 - 05/06/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	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		550-650	1230				

Fri - 05/07/2021							
ECE LUNCH	Total						
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
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

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		626	677	32	29.00	91.00	18.50
% of Calories				20.4%	18.5%	58.1%	26.6%
Nutrient Guideline		550-650	1230				

Mon - 05/10/2021							
ECE LUNCH	Total						
PM PIZZA, CHEESE (WILD MIKES)	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		614	686	*32	*33.85	79.96	*20.76
% of Calories				*20.9%	*22.0%	52.1%	*30.4%
Nutrient Guideline		550-650	1230				

Tue - 05/11/2021							
ECE LUNCH	Total						
PKD CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
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		515	799	*28	*32.91	58.75	*17.09
% of Calories				*21.6%	*25.5%	45.6%	*29.9%
Nutrient Guideline		550-650	1230				

Wed - 05/12/2021							
ECE LUNCH	Total						
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
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		588	899	*30	*36.75	80.20	*14.68
% of Calories				*20.6%	*25.0%	54.6%	*22.5%
Nutrient Guideline		550-650	1230				

Thu - 05/13/2021							
ECE 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
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		493	769	*32	30.31	68.43	12.55
% of Calories				*25.7%	24.6%	55.5%	22.9%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/14/2021							
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		392	384	*32	*18.65	64.55	*8.16
% of Calories				*32.7%	*19.0%	65.8%	*18.7%
Nutrient Guideline		550-650	1230				

Mon - 05/17/2021							
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				

Tue - 05/18/2021							
ECE LUNCH	Total						
PM CHKN CORN DOG	1 EACH	240	470	5	9.0	30.0	9.0
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		447	663	*31	*23.82	62.94	*12.07
% of Calories				*27.5%	*21.3%	56.3%	*24.3%
Nutrient Guideline		550-650	1230				

Wed - 05/19/2021							
ECE LUNCH	Total						
PM VEG FR RICE & CHSY BSTICK	SVG	430	812	5	20.0	57.0	14.5
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		684	988	*33	*33.85	102.96	*18.27
% of Calories				*19.3%	*19.8%	60.2%	*24.0%
Nutrient Guideline		550-650	1230				

Thu - 05/20/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
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

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		585	743	*26 *18.1%	*30.21 *20.7%	71.63 49.0%	*21.10 *32.5%
Nutrient Guideline		550-650	1230				

Fri - 05/21/2021							
ECE LUNCH	Total						
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
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 % of Calories		541	775	33 24.2%	31.65 23.4%	75.75 56.0%	14.67 24.4%
Nutrient Guideline		550-650	1230				

Mon - 05/24/2021							
ECE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
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 % of Calories		589	655	*30 *20.1%	*32.41 *22.0%	70.83 48.1%	*20.90 *31.9%
Nutrient Guideline		550-650	1230				

Tue - 05/25/2021							
ECE LUNCH	Total						
PM BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
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 % of Calories		579	671	*29 *19.7%	*28.91 *20.0%	78.75 54.4%	*17.89 *27.8%
Nutrient Guideline		550-650	1230				

Wed - 05/26/2021							
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 % of Calories		365	419	*27 *29.7%	*21.80 *23.9%	58.23 63.8%	*6.14 *15.1%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/27/2021							
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				

Fri - 05/28/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	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 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		616	736	*31	*31.45	76.56	*22.56
% of Calories				*20.3%	*20.4%	49.7%	*33.0%
Nutrient Guideline		550-650	1230				

Weighted Average		561	724	*30 *48.2%	*30.57 *21.8%	74.69 53.2%	*16.99 *27.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	561		550 - 650	100%				
Sodium 1 (mg)	724		1230					
Sodium 2 (mg)	724		935					
Sugars (g)	30	21.41%			Missing			
Protein (g)	30.57	21.79%			Missing			
Carbohydrate (g)	74.69	53.24%						
Total Fat (g)	16.99	27.24%			Missing			

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