

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/01/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHEESEBURGER ,MINIS	SVG	272	355	3	19.7	31.3	7.8
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
TATER TOTS	8 PIECES	140	190	0	1.0	16.0	7.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	95	1	0.0	1.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
COOKIE, DOUBLE CHOC (IW)	1 EACH	139	99	12	2.0	24.4	4.3
Weighted Daily Average		712	862	*45	*29.97	105.71	*19.02
% of Calories				*25.4%	*16.8%	59.4%	*24.0%
Nutrient Guideline		600-650	1230				

Mon - 10/04/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN NUGGETS &CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	590	18	20.0	56.0	34.0
PEAS, GREEN,CND	1/2 CUP	90	140	6	4.0	16.0	1.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
BBQ SAUCE PACKET	1 OZ.	15	85	2	0.0	4.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
Weighted Daily Average		787	968	*53	*30.09	102.23	*29.86
% of Calories				*27.0%	*15.3%	52.0%	*34.2%
Nutrient Guideline		600-650	1230				

Tue - 10/05/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	380	800	3	24.0	40.0	15.0
CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2C	360	590	*3	18.5	43.88	13.12
BEAN VARIETY,CND COLD	1/2 CUP	104	140	2	6.25	18.5	0.75
FR CUP, STRAWBERRY FROZEN	1 EACH	80	1	16	0.0	21.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
BBQ SAUCE PACKET	1 OZ.	15	85	2	0.0	4.0	0.0
Weighted Daily Average		625	1044	*38	*33.87	92.50	*14.78
% of Calories				*24.2%	*21.7%	59.2%	*21.3%
Nutrient Guideline		600-650	1230				

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San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/06/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
ORANGE CHICKEN & RICE	SERVING	408	368	*13	19.09	69.06	5.59
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
JUICE, VEG TR TRIO(COOLTROPIC)	1 EACH	80	5	17	0.0	20.0	0.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	95	1	0.0	1.0	0.0
Weighted Daily Average		634	629	*49	*28.14	109.37	*9.25
% of Calories				*31.0%	*17.8%	69.0%	*13.1%
Nutrient Guideline		600-650	1230				

Thu - 10/07/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
TWIN CHEESE SLIDERS ,IW	pkg	295	598	4	18.65	30.75	11.17
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
Weighted Daily Average		520	825	*35	*28.25	68.37	*15.62
% of Calories				*27.3%	*21.7%	52.6%	*27.1%
Nutrient Guideline		600-650	1230				

Fri - 10/08/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
GRILLED CHEESE SANDWICH	1 EACH	280	581	6	18.55	30.96	9.91
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		477	789	*36	*28.55	69.58	*10.59
% of Calories				*30.0%	*23.9%	58.3%	*20.0%
Nutrient Guideline		600-650	1230				

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Base Menu Spreadsheet

K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/11/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
ROTINI BEEF W/CRACKERS	1 BOWL& 1 PK	439	528	6	21.0	43.0	19.5
CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2C	360	590	*3	18.5	43.88	13.12
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
Weighted Daily Average		746	828	*61	*30.50	111.05	*20.49
% of Calories				*32.7%	*16.3%	59.5%	*24.7%
Nutrient Guideline		600-650	1230				

Tue - 10/12/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
GRILLED CHEESE SANDWICH	1 EACH	280	581	6	18.55	30.96	9.91
GREEN BEANS,CANNED	1/2 CUP	16	140	1	1.0	3.0	0.0
TATER TOTS	8 PIECES	140	190	0	1.0	16.0	7.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		478	901	*33	*24.52	68.26	*11.79
% of Calories				*27.5%	*20.5%	57.1%	*22.2%
Nutrient Guideline		600-650	1230				

Wed - 10/13/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHEESEBURGER ,MINIS	SVG	272	355	3	19.7	31.3	7.8
3 BEAN CHILI (VEG) & CHIPS	8OZ&1BAG	532	647	6	16.0	76.0	19.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
JUICE VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		633	*739	*44	*27.87	99.56	*14.08
% of Calories				*27.6%	*17.6%	63.0%	*20.0%
Nutrient Guideline		600-650	1230				

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K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/14/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN NUGGETS & CRACKERS	SVG	310	490	1	15.0	27.0	16.0
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	590	18	20.0	56.0	34.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
BBQ SAUCE PACKET	1 OZ.	15	85	2	0.0	4.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
Weighted Daily Average		685	861	*51	*26.25	91.52	*24.68
% of Calories				*29.8%	*15.3%	53.4%	*32.4%
Nutrient Guideline		600-650	1230				

Fri - 10/15/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
TWIN CHEESE SLIDERS ,IW	pkg	295	598	4	18.65	30.75	11.17
BEAN VARIETY, CND COLD	1/2 CUP	104	140	2	6.25	18.5	0.75
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
JUICE, 100% FRUIT SLUSH	1 each	60	15	12	0.0	15.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		569	876	*35	*35.04	81.67	*12.95
% of Calories				*24.7%	*24.6%	57.4%	*20.5%
Nutrient Guideline		600-650	1230				

Mon - 10/18/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
TURKEY HAM & CHEESE SWICH ,IW	1 EACH	250	810	4	19.0	28.0	8.0
CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2C	360	590	*3	18.5	43.88	13.12
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
MAYONNAISE PACKT (PORTION PAC)	PACKET	60	55	0	0.0	0.0	7.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
Weighted Daily Average		536	*975	*35	*28.62	75.13	*14.70
% of Calories				*26.2%	*21.3%	56.0%	*24.7%
Nutrient Guideline		600-650	1230				

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K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/19/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
3 BEAN CHILI (VEG) & CHIPS	8OZ&1BAG	532	647	6	16.0	76.0	19.0
TATER TOTS	8 PIECES	140	190	0	1.0	16.0	7.0
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		639	670	*56	*19.44	106.09	*15.47
% of Calories				*35.1%	*12.2%	66.4%	*21.8%
Nutrient Guideline		600-650	1230				

Wed - 10/20/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
TERIYAKI BEEF & RICE	SERVINGS	376	450	*4	19.04	50.78	9.76
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	590	18	20.0	56.0	34.0
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		706	691	*45	*30.74	94.83	*22.70
% of Calories				*25.4%	*17.4%	53.7%	*28.9%
Nutrient Guideline		600-650	1230				

Thu - 10/21/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN PATTY SANDWICH	1 EACH	400	660	5	21.0	45.0	15.0
GRILLED CHEESE SANDWICH	1 EACH	280	581	6	18.55	30.96	9.91
BEAN VARIETY, CND COLD	1/2 CUP	104	140	2	6.25	18.5	0.75
CAULIFLOWER ,RAW IW	1/2 cup	13	16	1	1.03	2.66	0.15
APPLESAUCE CUP ,IW	1 EACH	51	2	11	0.0	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
Weighted Daily Average		634	1028	*38	*36.24	93.19	*13.87
% of Calories				*23.7%	*22.9%	58.8%	*19.7%
Nutrient Guideline		600-650	1230				

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K-6 ,K-8 ELEMENTARY LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/22/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHEESEBURGER ,MINIS	SVG	272	355	3	19.7	31.3	7.8
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
JUICE,VEG TR TRIO(COOLTROPIC)	1 EACH	80	5	17	0.0	20.0	0.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	95	1	0.0	1.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
Weighted Daily Average		571	690	*44	*27.87	88.19	*12.08
% of Calories				*31.0%	*19.5%	61.8%	*19.0%
Nutrient Guideline		600-650	1230				

Mon - 10/25/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN NUGGETS &CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	590	18	20.0	56.0	34.0
CORN, CANNED	1/2 CUP	65	15	3	2.0	15.0	1.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
BBQ SAUCE PACKET	1 OZ.	15	85	2	0.0	4.0	0.0
Weighted Daily Average		764	821	*50	*29.09	99.73	*29.86
% of Calories				*26.0%	*15.2%	52.2%	*35.2%
Nutrient Guideline		600-650	1230				

Tue - 10/26/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	380	800	3	24.0	40.0	15.0
CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2C	360	590	*3	18.5	43.88	13.12
BEAN VARIETY,CND COLD	1/2 CUP	104	140	2	6.25	18.5	0.75
FR CUP, STRAWBERRY FROZEN	1 EACH	80	1	16	0.0	21.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
BBQ SAUCE PACKET	1 OZ.	15	85	2	0.0	4.0	0.0
Weighted Daily Average		625	1044	*38	*33.87	92.50	*14.78
% of Calories				*24.2%	*21.7%	59.2%	*21.3%
Nutrient Guideline		600-650	1230				

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San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/27/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
ORANGE CHICKEN & RICE	SERVING	408	368	*13	19.09	69.06	5.59
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
JUICE, VEG TR TRIO(COOLTROPIC)	1 EACH	80	5	17	0.0	20.0	0.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	95	1	0.0	1.0	0.0
Weighted Daily Average		622	609	*49	*28.14	109.17	*7.85
% of Calories				*31.6%	*18.1%	70.2%	*11.4%
Nutrient Guideline		600-650	1230				

Thu - 10/28/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
TWIN CHEESE SLIDERS ,IW	pkg	295	598	4	18.65	30.75	11.17
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
JUICE, VEG PARADISE PUNCH	1 EACH	40	10	8	0.0	9.0	0.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
RANCH DRESSING	SERVING	60	100	0	0.0	1.0	7.0
Weighted Daily Average		520	825	*35	*28.25	68.37	*15.62
% of Calories				*27.3%	*21.7%	52.6%	*27.1%
Nutrient Guideline		600-650	1230				

Fri - 10/29/2021							
K-6 ,K-8 ELEMENTARY LU	Total						
CHICKEN PATTY SANDWICH	1 EACH	400	660	5	21.0	45.0	15.0
NACHO PRETZL POCKET	1 EACH	360	600	3	19.0	38.0	16.0
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
JUICE ,100% FRUIT SLUSH	1 each	60	15	12	0.0	15.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, WHITE 1%	1 CARTON	130	160	15	11.0	16.0	2.5
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
KETCHUP PACKET	1 PACKET	20	170	4	0.0	4.0	0.0
MUSTARD, I PACKET	PACKET	4	86	0	0.0	0.3	0.0
Weighted Daily Average		601	957	*38	*31.87	84.09	*15.72
% of Calories				*25.0%	*21.2%	55.9%	*23.5%
Nutrient Guideline		600-650	1230				

Weighted Average		623	*840	*43	*29.39	91.01	*16.46
				*62.4%	*18.9%	58.4%	*23.8%

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San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

K-6 ,K-8 ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Sugars (g) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	623		600 - 650	100%					
Sodium 1 (mg)	840		1230		Missing				
Sodium 2 (mg)	840		935		Missing				
Sugars (g)	43	27.74%			Missing				
Protein (g)	29.39	18.87%			Missing				
Carbohydrate (g)	91.01	58.42%							
Total Fat (g)	16.46	23.78%			Missing				

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