

San Juan Unified School District

Aug 16, 2021 thru Aug 20, 2021

Base Menu Spreadsheet

MS and HS LUNCH

Portion Values - Detailed

Page 1

Generated on: 8/12/2021 4:37:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 08/16/2021							
MS and HS LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CHICKEN NUGGETS & CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
CHICKEN PATTY SANDWICH, CRISPY	1 EACH	400	910	5	22.0	43.0	17.0
CHICKEN PATTY SANDWICH, SPICY	1 EACH	430	600	5	22.0	47.0	17.0
CHEESEBURGER, MINIS	SVG	272	355	3	19.7	31.3	7.8
NACHO PRETZL POCKET	1 EACH	360	600	3	19.0	38.0	16.0
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
BUFFALO CHICKEN SALAD	1 SVG (SLD&1R)	261	423	*3	18.05	27.22	9.0
SOUTHWEST VEGETARIAN SALAD	SVG	410	568	*7	15.3	73.72	7.75
ORANGE CHICKEN & RICE	SERVING	408	368	*13	19.09	69.06	5.59
CHICKEN DRUMSTICK W/WAFFLES	SVG	420	750	10	23.0	41.0	18.0
TATER TOTS	8 PIECES	140	190	0	1.0	16.0	7.0
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
MIXED FRUIT, CANNED	1/2 CUP	60	5	12	0.0	15.0	0.0
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		708	935	*39	*31.87	99.70	*20.37
% of Calories				*22.2%	*18.0%	56.3%	*25.9%
Nutrient Guideline		600-700	1360				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 08/17/2021							
MS and HS LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CHICKEN NUGGETS & CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
CHICKEN PATTY SANDWICH, CRISPY	1 EACH	400	910	5	22.0	43.0	17.0
CHICKEN PATTY SANDWICH, SPICY	1 EACH	430	600	5	22.0	47.0	17.0
CHEESEBURGER, MINIS	SVG	272	355	3	19.7	31.3	7.8
NACHO PRETZL POCKET	1 EACH	360	600	3	19.0	38.0	16.0
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
BUFFALO CHICKEN SALAD	1 SVG (SLD&1R)	261	423	*3	18.05	27.22	9.0
SOUTHWEST VEGETARIAN SALAD	SVG	410	568	*7	15.3	73.72	7.75
SPICY CHICKEN W/ROLL	SVG	240	400	3	17.0	23.0	9.0
ROTINI BEEF W/CRACKERS	SERVING	439	528	6	21.0	43.0	19.5
BROCCOLI FRESH	1/2 CUP	23	22	1	2.44	4.15	0.29
CORN, CANNED	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
PEARS, CANNED	1/2 CUP	60	5	12	0.0	16.0	0.0
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		632	779	*39	*33.47	92.30	*16.66
% of Calories				*24.5%	*21.2%	58.4%	*23.7%
Nutrient Guideline		600-700	1360				

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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Base Menu Spreadsheet

MS and HS LUNCH

Portion Values - Detailed

Page 2

Generated on: 8/12/2021 4:37:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 08/18/2021							
MS and HS LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CHICKEN NUGGETS & CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
CHICKEN PATTY SANDWICH, CRISPY	1 EACH	400	910	5	22.0	43.0	17.0
CHICKEN PATTY SANDWICH, SPICY	1 EACH	430	600	5	22.0	47.0	17.0
CHEESEBURGER, MINIS	SVG	272	355	3	19.7	31.3	7.8
NACHO PRETZL POCKET	1 EACH	360	600	3	19.0	38.0	16.0
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
BUFFALO CHICKEN SALAD	1 SVG (SLD&1R)	261	423	*3	18.05	27.22	9.0
SOUTHWEST VEGETARIAN SALAD	SVG	410	568	*7	15.3	73.72	7.75
TURKEY HAM & CHEESE SWICH, IW	1 EACH	250	810	4	19.0	28.0	8.0
3 BEAN CHILI (VEG) & CHIPS	SVG	532	647	6	16.0	76.0	19.0
CELERY STICKS	1/2 CUP	8	40	1	0.35	1.5	0.09
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
GREEN BEANS, CANNED	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
PEACHES, CANNED	1/2 CUP	60	5	13	0.0	14.0	0.0
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		612	866	*39	*30.72	88.17	*15.87
% of Calories				*25.7%	*20.1%	57.7%	*23.4%
Nutrient Guideline		600-700	1360				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 08/19/2021							
MS and HS LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CHICKEN NUGGETS & CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
CHICKEN PATTY SANDWICH, CRISPY	1 EACH	400	910	5	22.0	43.0	17.0
CHICKEN PATTY SANDWICH, SPICY	1 EACH	430	600	5	22.0	47.0	17.0
CHEESEBURGER, MINIS	SVG	272	355	3	19.7	31.3	7.8
NACHO PRETZL POCKET	1 EACH	360	600	3	19.0	38.0	16.0
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
BUFFALO CHICKEN SALAD	1 SVG (SLD&1R)	261	423	*3	18.05	27.22	9.0
SOUTHWEST VEGETARIAN SALAD	SVG	410	568	*7	15.3	73.72	7.75
SPICY CHICKEN W/ROLL	SVG	240	400	3	17.0	23.0	9.0
ORANGE CHICKEN & RICE	SERVING	408	368	*13	19.09	69.06	5.59
BEAN VARIETY, CND COLD	1/2 CUP	104	140	2	6.25	18.5	0.75
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
CUCUMBER SLICES 1/2 CUP	1/2 CUP	8	1	1	0.3	1.9	0.1
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
APPLE SAUCE, CANNED	1/2 CUP	51	2	11	0.0	14.0	0.0
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		658	863	*39	*34.95	98.87	*15.10
% of Calories				*23.6%	*21.2%	60.1%	*20.6%
Nutrient Guideline		600-700	1360				

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Page 3

Generated on: 8/12/2021 4:37:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 08/20/2021							
MS and HS LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CHICKEN NUGGETS & CRACKERS	SERVING	310	490	1	15.0	27.0	16.0
CHICKEN PATTY SANDWICH, CRISPY	1 EACH	400	910	5	22.0	43.0	17.0
CHICKEN PATTY SANDWICH, SPICY	1 EACH	430	600	5	22.0	47.0	17.0
CHEESEBURGER, MINIS	SVG	272	355	3	19.7	31.3	7.8
NACHO PRETZL POCKET	1 EACH	360	600	3	19.0	38.0	16.0
PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
BUFFALO CHICKEN SALAD	1 SVG (SLD&1R)	261	423	*3	18.05	27.22	9.0
SOUTHWEST VEGETARIAN SALAD	SVG	410	568	*7	15.3	73.72	7.75
ROTINI BEEF W/CRACKERS	SERVING	439	528	6	21.0	43.0	19.5
CHICKEN CORN DOG (IW)	1 EACH	240	470	5	9.0	30.0	9.0
TATER TOTS	8 PIECES	140	190	0	1.0	16.0	7.0
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
FRUIT VARIETY, CANNED	1/2 CUP	58	4	12	0.0	14.75	0.0
JUICE, 100% FRUIT SLUSH	1 each	60	15	12	0.0	15.0	0.0
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		692	923	*38	*30.67	95.96	*20.86
% of Calories				*22.1%	*17.7%	55.4%	*27.1%
Nutrient Guideline		600-700	1360				

Weighted Average		660	873	*39	*32.34	95.00	*17.77
				*53.0%	*19.6%	57.5%	*24.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	660		600 - 700	100%				
Sodium 1 (mg)	873		1360					
Sodium 2 (mg)	873		1035					
Sugars (g)	39	23.54%			Missing			
Protein (g)	32.34	19.58%			Missing			
Carbohydrate (g)	95.00	57.53%						
Total Fat (g)	17.77	24.22%			Missing			

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