

San Juan Unified School District

Jan 1, 2021 thru Jan 31, 2021

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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Generated on: 12/21/2020 10:04:42 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/04/2021							
ECE LUNCH	Total						
PM BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
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		585	801	*29	*28.85	79.95	*17.76
% of Calories				*19.9%	*19.7%	54.6%	*27.3%
Nutrient Guideline		550-650	1230				

Tue - 01/05/2021							
ECE LUNCH	Total						
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
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		501	753	40	29.55	69.96	12.41
% of Calories				31.6%	23.6%	55.8%	22.3%
Nutrient Guideline		550-650	1230				

Wed - 01/06/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
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		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		550-650	1230				

Thu - 01/07/2021							
ECE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
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		561	634	*30	*32.61	63.42	*20.99
% of Calories				*21.7%	*23.3%	45.2%	*33.7%
Nutrient Guideline		550-650	1230				

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/08/2021							
ECE LUNCH	Total						
PM TACO BEEF ,CHIPS,CH CUP	SVG	626	1006	13	36.18	60.87	28.02
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
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		889	1296	*37	*51.77	110.08	*29.25
% of Calories				*16.8%	*23.3%	49.5%	*29.6%
Nutrient Guideline		550-650	1230				

Mon - 01/11/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
PM 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		335	521	*28	*18.15	51.82	*6.87
% of Calories				*34.0%	*21.7%	61.9%	*18.5%
Nutrient Guideline		550-650	1230				

Tue - 01/12/2021							
ECE LUNCH	Total						
PM PIZZA, PEPP (WILD MIKES)	SLICE	370	550	3	21.0	33.0	17.0
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		619	706	*32	*34.35	79.46	*20.76
% of Calories				*20.4%	*22.2%	51.3%	*30.2%
Nutrient Guideline		550-650	1230				

Wed - 01/13/2021							
ECE LUNCH	Total						
PM CHICKEN TACO	SVG (1 EACH)	342	910	*0	26.41	33.09	12.19
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
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		571	1153	*27	*38.57	72.35	*15.67
% of Calories				*19.0%	*27.0%	50.7%	*24.7%
Nutrient Guideline		550-650	1230				

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/14/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
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		545	798	*27	*30.52	63.86	*20.05
% of Calories				*19.8%	*22.4%	46.8%	*33.1%
Nutrient Guideline		550-650	1230				

Fri - 01/15/2021							
ECE LUNCH	Total						
PM CHKN CORN DOG	1 EACH	250	390	5	9.0	30.0	9.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
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		566	*732	*33	*27.95	81.08	*13.07
% of Calories				*23.3%	*19.8%	57.3%	*20.8%
Nutrient Guideline		550-650	1230				

Tue - 01/19/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
CARROTS, PKG	2.6 OZ PK 1/2C	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		517	831	*28	*33.12	61.42	*16.09
% of Calories				*21.5%	*25.6%	47.5%	*28.0%
Nutrient Guideline		550-650	1230				

Wed - 01/20/2021							
ECE LUNCH	Total						
PM CHEESEBURGER SLIDERS	SERVING	272	355	3	19.7	31.3	7.8
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
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		537	576	*32	*33.31	76.86	*13.31
% of Calories				*23.5%	*24.8%	57.2%	*22.3%
Nutrient Guideline		550-650	1230				

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Thu - 01/21/2021							
ECE LUNCH	Total						
PM CHICKEN TACO	SVG (1 EACH)	342	910	*0	26.41	33.09	12.19
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
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		665	1283	*28	*43.76	89.06	*16.29
% of Calories				*16.9%	*26.3%	53.6%	*22.0%
Nutrient Guideline		550-650	1230				

Fri - 01/22/2021							
ECE LUNCH	Total						
PM PIZZA, PEPP (WILD MIKES)	SLICE	370	550	3	21.0	33.0	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		567	713	*29	*33.71	65.95	*19.89
% of Calories				*20.3%	*23.8%	46.5%	*31.6%
Nutrient Guideline		550-650	1230				

Mon - 01/25/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
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		543	743	*28	*31.02	62.94	*20.07
% of Calories				*20.3%	*22.8%	46.3%	*33.2%
Nutrient Guideline		550-650	1230				

Tue - 01/26/2021							
ECE LUNCH	Total						
PM PIZZA, PEPP (WILD MIKES)	SLICE	370	550	3	21.0	33.0	17.0
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		589	729	*28	*33.41	71.63	*19.90
% of Calories				*19.2%	*22.7%	48.6%	*30.4%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/27/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
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		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		550-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/28/2021							
ECE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
PM 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		550-650	1230				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/29/2021							
ECE LUNCH	Total						
PM 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
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
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		921	1352	*39	*52.17	113.08	*31.05
% of Calories				*16.9%	*22.7%	49.1%	*30.4%
Nutrient Guideline		550-650	1230				

Weighted Average		590	*844	*31	*34.40	74.75	*18.39
				*47.0%	*23.3%	50.7%	*28.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	590		550 - 650	100%				
Sodium 1 (mg)	844		1230		Missing			
Sodium 2 (mg)	844		935		Missing			
Sugars (g)	31	20.88%			Missing			
Protein (g)	34.40	23.32%			Missing			
Carbohydrate (g)	74.75	50.67%						
Total Fat (g)	18.39	28.06%			Missing			

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