

San Juan Unified School District

Jul 1, 2021 thru Aug 6, 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)
Thu - 07/01/2021							
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
Weighted Daily Average		585	743	*26	*30.21	71.63	*21.10
% of Calories				*18.1%	*20.7%	49.0%	*32.5%
Nutrient Guideline		550-650	1230				

Fri - 07/02/2021							
ECE LUNCH	Total						
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
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		625	1098	37	31.00	89.00	18.00
% of Calories				23.7%	19.8%	57.0%	25.9%
Nutrient Guideline		550-650	1230				

Tue - 07/06/2021							
ECE LUNCH	Total						
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		516	785	*29	*31.26	69.18	*14.07
% of Calories				*22.4%	*24.2%	53.7%	*24.6%
Nutrient Guideline		550-650	1230				

Wed - 07/07/2021							
ECE LUNCH	Total						
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
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		365	421	*27	*21.60	58.03	*6.14
% of Calories				*29.5%	*23.7%	63.5%	*15.1%
Nutrient Guideline		550-650	1230				

Thu - 07/08/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
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

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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)
Weighted Daily Average % of Calories		614	734	*30 *19.3%	*32.25 *21.0%	76.76 50.0%	*22.36 *32.8%
Nutrient Guideline		550-650	1230				

Fri - 07/09/2021							
ECE LUNCH	Total						
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		550-650	1230				

Mon - 07/12/2021							
ECE LUNCH	Total						
PKD CHKN PATTY S/WICH	1 EACH	400	910	5	22.0	43.0	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 % of Calories		591	1001	*30 *20.5%	*34.51 *23.3%	73.95 50.0%	*19.89 *30.3%
Nutrient Guideline		550-650	1230				

Tue - 07/13/2021							
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
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		537	815	*27 *20.3%	*32.61 *24.3%	64.43 48.0%	*17.10 *28.7%
Nutrient Guideline		550-650	1230				

Wed - 07/14/2021							
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
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		648	769	*31 *19.3%	*37.83 *23.3%	80.40 49.6%	*20.55 *28.5%
Nutrient Guideline		550-650	1230				

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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)
Thu - 07/15/2021							
ECE LUNCH	Total						
WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
CS PEAS, GREEN,CND	1/2 CUP	90	140	6	4.0	16.0	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		560	882	*37	*34.40	77.91	*13.67
% of Calories				*26.2%	*24.6%	55.7%	*22.0%
Nutrient Guideline		550-650	1230				

Fri - 07/16/2021							
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 - 07/19/2021							
ECE LUNCH	Total						
PKD CHKN PATTY S/WICH	1 EACH	400	910	5	22.0	43.0	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		591	1001	*30	*34.51	73.95	*19.89
% of Calories				*20.5%	*23.3%	50.0%	*30.3%
Nutrient Guideline		550-650	1230				

Tue - 07/20/2021							
ECE LUNCH	Total						
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
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		365	421	*27	*21.90	57.05	*6.71
% of Calories				*29.7%	*24.0%	62.5%	*16.5%
Nutrient Guideline		550-650	1230				

Wed - 07/21/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
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

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ECE LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		390	400	*30	*18.95	66.53	*7.19
% of Calories				*30.8%	*19.4%	68.2%	*16.6%
Nutrient Guideline		550-650	1230				

Thu - 07/22/2021							
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
Weighted Daily Average		585	743	*26	*30.21	71.63	*21.10
% of Calories				*18.1%	*20.7%	49.0%	*32.5%
Nutrient Guideline		550-650	1230				

Fri - 07/23/2021							
ECE LUNCH	Total						
PM TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
CS PEAS, GREEN,CND	1/2 CUP	90	140	6	4.0	16.0	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		566	900	36	33.65	76.75	14.67
% of Calories				25.3%	23.8%	54.3%	23.3%
Nutrient Guideline		550-650	1230				

Mon - 07/26/2021							
ECE LUNCH	Total						
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
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		271	291	*26	*16.71	40.35	*6.09
% of Calories				*38.6%	*24.6%	59.5%	*20.2%
Nutrient Guideline		550-650	1230				

Tue - 07/27/2021							
ECE LUNCH	Total						
PKD CHKN PATTY S/WICH	1 EACH	400	910	5	22.0	43.0	17.0
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
Weighted Daily Average		617	1015	*30	*33.41	82.03	*19.50
% of Calories				*19.2%	*21.7%	53.2%	*28.5%
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 - 07/28/2021							
ECE LUNCH	Total						
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
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		653	901	*29	*35.60	92.33	*16.64
% of Calories				*17.5%	*21.8%	56.5%	*22.9%
Nutrient Guideline		550-650	1230				

Thu - 07/29/2021							
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 - 07/30/2021							
ECE LUNCH	Total						
WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
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		535	757	*34	*32.40	76.92	*13.67
% of Calories				*25.2%	*24.2%	57.5%	*23.0%
Nutrient Guideline		550-650	1230				

Weighted Average		527	741	*30	*29.68	71.24	*15.29
				*51.5%	*22.5%	54.1%	*26.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	527		550 - 650	96%		23		Correction Required - Calories are Low
Sodium 1 (mg)	741		1230					
Sodium 2 (mg)	741		935					
Sugars (g)	30	22.91%			Missing			
Protein (g)	29.68	22.52%			Missing			
Carbohydrate (g)	71.24	54.06%						
Total Fat (g)	15.29	26.10%			Missing			

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