

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 2021

Base Menu Spreadsheet

CURBSIDE 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							
CURBSIDE LUNCH	Total						
CS CHEESEBURGER SLIDERS	SERVING	272	355	3	19.7	31.3	7.8
CS 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		504	618	*32	*27.80	73.77	*11.67
% of Calories				*25.3%	*22.1%	58.6%	*20.8%
Nutrient Guideline		600-650	1230				

Mon - 10/04/2021							
CURBSIDE LUNCH	Total						
CS CHKN NUG, CRACKRS	SVG	100	170	0	2.0	14.0	4.0
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		550	586	*40	*20.60	74.62	*19.18
% of Calories				*29.1%	*15.0%	54.3%	*31.4%
Nutrient Guideline		600-650	1230				

Tue - 10/05/2021							
CURBSIDE LUNCH	Total						
CS CHICKEN DRUMSTK & ROLL	SVG (1 DM&1 R	380	800	3	24.0	40.0	15.0
CS CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2 C	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
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		655	*987	*36	*36.50	96.06	*14.81
% of Calories				*22.0%	*22.3%	58.6%	*20.3%
Nutrient Guideline		600-650	1230				

Wed - 10/06/2021							
CURBSIDE LUNCH	Total						
CS 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		558	691	*32	*25.95	81.12	*15.27
% of Calories				*22.7%	*18.6%	58.2%	*24.6%
Nutrient Guideline		600-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/07/2021							
CURBSIDE LUNCH	Total						
CS PEPP PIZZA STUFFED SWICH	1 EACH	290	630	4	18.0	31.0	11.0
CS TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
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*
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		486	774	37	*27.32	68.87	*11.09
% of Calories				30.3%	*22.5%	56.6%	*20.5%
Nutrient Guideline		600-650	1230				

Mon - 10/11/2021							
CURBSIDE LUNCH	Total						
CS CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2 C	360	590	*3	18.5	43.88	13.12
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	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, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		675	801	*61	*29.10	112.49	*13.30
% of Calories				*36.2%	*17.2%	66.7%	*17.7%
Nutrient Guideline		600-650	1230				

Tue - 10/12/2021							
CURBSIDE LUNCH	Total						
CS CHKN CORN DOG	1 EACH	240	470	5	9.0	30.0	9.0
CS WG GRILL CHEESE IW	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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		446	816	*34	*24.37	67.10	*9.63
% of Calories				*30.8%	*21.9%	60.2%	*19.4%
Nutrient Guideline		600-650	1230				

Wed - 10/13/2021							
CURBSIDE LUNCH	Total						
CS CHEESEBURGER SLIDERS	SERVING	272	355	3	19.7	31.3	7.8
CS 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 VARIETY, BOX	CARTONS	61	*2	13	*0.0	14.62	*0.0
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		515	*619	36	*27.20	75.77	*11.49
% of Calories				27.6%	*21.1%	58.8%	*20.1%
Nutrient Guideline		600-650	1230				

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Base Menu Spreadsheet

CURBSIDE 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							
CURBSIDE LUNCH	Total						
CS CHKN NUG,CRACKRS	SVG	100	170	0	2.0	14.0	4.0
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	590	18	20.0	56.0	34.0
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
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		566	542	47	20.00	79.00	19.00
% of Calories				33.2%	14.1%	55.8%	30.2%
Nutrient Guideline		600-650	1230				

Fri - 10/15/2021							
CURBSIDE LUNCH	Total						
CS PEPP PIZZA STUFFED SWICH	1 EACH	290	630	4	18.0	31.0	11.0
CS TWIN CHEESE SLIDERS	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
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
Weighted Daily Average		586	929	32	35.57	80.38	14.33
% of Calories				22.1%	24.3%	54.8%	22.0%
Nutrient Guideline		600-650	1230				

Mon - 10/18/2021							
CURBSIDE LUNCH	Total						
TURKEY HAM & CHEESE SWICH ,IW	1 EACH	250	810	4	19.0	28.0	8.0
CS CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2 C	360	590	*3	18.5	43.88	13.12
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, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		500	906	*34	*28.35	75.55	*10.74
% of Calories				*27.6%	*22.7%	60.5%	*19.3%
Nutrient Guideline		600-650	1230				

Tue - 10/19/2021							
CURBSIDE LUNCH	Total						
CS CHKN CORN DOG	1 EACH	240	470	5	9.0	30.0	9.0
CS BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CARROTS, PKG	2.6 OZ PK	25	55	3	0.0	6.0	0.0
RAISINS	1BOX	120	5	27	1.0	29.0	0.0
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		575	695	53	22.50	94.00	12.00
% of Calories				36.9%	15.7%	65.4%	18.8%
Nutrient Guideline		600-650	1230				

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CURBSIDE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/20/2021							
CURBSIDE LUNCH	Total						
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		803	763	*47	*32.04	93.77	*34.47
% of Calories				*23.5%	*16.0%	46.7%	*38.6%
Nutrient Guideline		600-650	1230				

Thu - 10/21/2021							
CURBSIDE LUNCH	Total						
CS CHKN PATTY SWICH	1 EACH	400	910	5	22.0	43.0	17.0
CS WG GRILL CHEESE IW	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
APPLESAUCE CUP, IW	1 EACH	51	2	11	0.0	14.0	0.0
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		615	1037	37	35.52	90.48	14.21
% of Calories				23.9%	23.1%	58.8%	20.8%
Nutrient Guideline		600-650	1230				

Fri - 10/22/2021							
CURBSIDE LUNCH	Total						
CS CHEESEBURGER SLIDERS	SERVING	272	355	3	19.7	31.3	7.8
CS 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		504	618	*32	*27.80	73.77	*11.67
% of Calories				*25.3%	*22.1%	58.6%	*20.8%
Nutrient Guideline		600-650	1230				

Mon - 10/25/2021							
CURBSIDE LUNCH	Total						
CS CHKN NUG, CRACKRS	SVG	100	170	0	2.0	14.0	4.0
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		550	586	*40	*20.60	74.62	*19.18
% of Calories				*29.1%	*15.0%	54.3%	*31.4%
Nutrient Guideline		600-650	1230				

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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)
Tue - 10/26/2021							
CURBSIDE LUNCH	Total						
CS CHICKEN DRUMSTK & ROLL	SVG (1 DM&1 R	380	800	3	24.0	40.0	15.0
CS CHSY BRDSTS (IW)/MARINARA	1 PKG & 1/2 C	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
JUICE VARIETY, BOX	CARTON	61	*2	13	*0.0	14.62	*0.0
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		655	*987	*36	*36.50	96.06	*14.81
% of Calories				*22.0%	*22.3%	58.6%	*20.3%
Nutrient Guideline		600-650	1230				

Wed - 10/27/2021							
CURBSIDE LUNCH	Total						
CS 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		558	691	*32	*25.95	81.12	*15.27
% of Calories				*22.7%	*18.6%	58.2%	*24.6%
Nutrient Guideline		600-650	1230				

Thu - 10/28/2021							
CURBSIDE LUNCH	Total						
CS PEPP PIZZA STUFFED SWICH	1 EACH	290	630	4	18.0	31.0	11.0
CS TWIN CHEESE SLIDERS	pkg	295	598	4	18.65	30.75	11.17
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*
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		486	774	37	*27.32	68.87	*11.09
% of Calories				30.3%	*22.5%	56.6%	*20.5%
Nutrient Guideline		600-650	1230				

Fri - 10/29/2021							
CURBSIDE LUNCH	Total						
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	1	*9	*0.6	12.62	*0.18
MILK, CHOC NONFAT	1 CARTON	120	150	19	9.0	21.0	0.0
Weighted Daily Average		553	773	*32	*31.04	75.77	*16.47
% of Calories				*23.3%	*22.5%	54.8%	*26.8%
Nutrient Guideline		600-650	1230				

Weighted Average		567	*760	*38	*28.10	81.66	*14.98
				*60.9%	*19.8%	57.6%	*23.8%

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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	567		600 - 650	94%			33		Correction Required - Calories are Low
Sodium 1 (mg)	760		1230		Missing				
Sodium 2 (mg)	760		935		Missing				
Sugars (g)	38	27.06%			Missing				
Protein (g)	28.10	19.82%			Missing				
Carbohydrate (g)	81.66	57.61%							
Total Fat (g)	14.98	23.78%			Missing				

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