

San Juan Unified School District

Oct 1, 2021 thru Oct 29, 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)
Fri - 10/01/2021							
ECE LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
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*
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		676	842	27	*26.40	90.00	*22.50
% of Calories				16.1%	*15.6%	53.3%	*30.0%
Nutrient Guideline		550-650	1230				

Mon - 10/04/2021							
ECE LUNCH	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
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		722	833	*43	*31.50	90.12	*26.68
% of Calories				*23.7%	*17.5%	49.9%	*33.3%
Nutrient Guideline		550-650	1230				

Tue - 10/05/2021							
ECE LUNCH	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
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		645	987	*32	*37.30	93.55	*15.24
% of Calories				*19.9%	*23.1%	58.0%	*21.3%
Nutrient Guideline		550-650	1230				

Wed - 10/06/2021							
ECE LUNCH	Total						
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
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		574	710	34	25.20	84.50	15.25
% of Calories				23.8%	17.6%	58.9%	23.9%
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 - 10/07/2021							
ECE LUNCH	Total						
TWIN CHEESE SLIDERS ,IW	pkg	295	598	4	18.65	30.75	11.17
CORN, CANNED	1/2 CUP	65	15	3	2.0	15.0	1.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
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		515	764	31	*29.85	74.25	*12.42
% of Calories				24.4%	*23.2%	57.7%	*21.7%
Nutrient Guideline		550-650	1230				

Fri - 10/08/2021							
ECE LUNCH	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		550-650	1230				

Mon - 10/11/2021							
ECE LUNCH	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
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, 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		587	852	*33	*30.75	79.05	*16.99
% of Calories				*22.3%	*20.9%	53.8%	*26.0%
Nutrient Guideline		550-650	1230				

Tue - 10/12/2021							
ECE LUNCH	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
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*
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		556	867	30	*24.17	74.48	*16.95
% of Calories				21.2%	*17.4%	53.6%	*27.4%
Nutrient Guideline		550-650	1230				

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San Juan Unified School District

Oct 1, 2021 thru Oct 29, 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)
Wed - 10/13/2021							
ECE LUNCH	Total						
3 BEAN CHILI (VEG) & CHIPS	8OZ&1BAG	532	647	6	16.0	76.0	19.0
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
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		470	484	*32	*19.00	78.12	*10.68
% of Calories				*27.0%	*16.2%	66.4%	*20.4%
Nutrient Guideline		550-650	1230				

Thu - 10/14/2021							
ECE LUNCH	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
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		582	723	*35	*26.25	72.87	*21.18
% of Calories				*24.4%	*18.0%	50.1%	*32.8%
Nutrient Guideline		550-650	1230				

Fri - 10/15/2021							
ECE LUNCH	Total						
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
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
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		555	890	29	*34.30	77.25	*12.42
% of Calories				21.3%	*24.7%	55.7%	*20.2%
Nutrient Guideline		550-650	1230				

Mon - 10/18/2021							
ECE LUNCH	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
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		502	908	*34	*28.75	74.55	*11.24
% of Calories				*26.9%	*22.9%	59.4%	*20.2%
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)
Tue - 10/19/2021							
ECE LUNCH	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
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		698	901	*33	*23.50	101.62	*21.68
% of Calories				*18.7%	*13.5%	58.2%	*28.0%
Nutrient Guideline		550-650	1230				

Wed - 10/20/2021							
ECE LUNCH	Total						
TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
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, 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		540	535	*38	*23.44	72.27	*18.47
% of Calories				*28.5%	*17.4%	53.6%	*30.8%
Nutrient Guideline		550-650	1230				

Thu - 10/21/2021							
ECE LUNCH	Total						
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
APPLESAUCE CUP ,IW	1 EACH	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		557	875	36	34.20	83.46	11.16
% of Calories				26.1%	24.5%	59.9%	18.0%
Nutrient Guideline		550-650	1230				

Fri - 10/22/2021							
ECE LUNCH	Total						
BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
GREEN BEANS, CANNED	1/2 CUP	16	140	1	1.0	3.0	0.0
APPLES, SLICED ,IW	PKT	34	0	6	*N/A*	8.0	*N/A*
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		552	792	28	*26.40	77.00	*15.50
% of Calories				20.4%	*19.1%	55.8%	*25.3%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/25/2021							
ECE LUNCH	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
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		697	708	*40	*29.50	89.12	*26.68
% of Calories				*22.8%	*16.9%	51.2%	*34.5%
Nutrient Guideline		550-650	1230				

Tue - 10/26/2021							
ECE LUNCH	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
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		646	988	*32	*37.50	93.05	*15.49
% of Calories				*19.6%	*23.2%	57.6%	*21.6%
Nutrient Guideline		550-650	1230				

Wed - 10/27/2021							
ECE LUNCH	Total						
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
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		587	712	36	25.40	87.00	15.50
% of Calories				24.7%	17.3%	59.3%	23.8%
Nutrient Guideline		550-650	1230				

Thu - 10/28/2021							
ECE LUNCH	Total						
TWIN CHEESE SLIDERS ,IW	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, 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		491	760	36	*28.05	67.75	*11.67
% of Calories				29.3%	*22.9%	55.2%	*21.4%
Nutrient Guideline		550-650	1230				

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/29/2021							
ECE LUNCH	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
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		587	823	*33	*33.04	80.37	*16.16
% of Calories				*22.5%	*22.5%	54.8%	*24.8%
Nutrient Guideline		550-650	1230				

Weighted Average		582	797	*34	*28.72	81.43	*16.40
				*52.2%	*19.7%	56.0%	*25.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	582		550 - 650	100%				
Sodium 1 (mg)	797		1230					
Sodium 2 (mg)	797		935					
Sugars (g)	34	23.19%			Missing			
Protein (g)	28.72	19.75%			Missing			
Carbohydrate (g)	81.43	56.00%						
Total Fat (g)	16.40	25.38%			Missing			

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