

San Juan Unified School District

Sep 13, 2021 thru Sep 17, 2021

Base Menu Spreadsheet

MS and HS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 09/13/2021							
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
ORANGE CHICKEN & RICE	SERVING	408	368	*13	19.09	69.06	5.59
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		599	761	*37	*26.24	85.51	*16.90
% of Calories				*24.9%	*17.5%	57.1%	*25.4%
Nutrient Guideline		600-700	1360				

Tue - 09/14/2021							
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
SPICY CHICKEN W/ROLL	SVG	240	400	3	17.0	23.0	9.0
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		521	627	*37	*28.04	77.90	*13.04
% of Calories				*28.6%	*21.5%	59.9%	*22.5%
Nutrient Guideline		600-700	1360				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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)
Wed - 09/15/2021							
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
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		520	686	*38	*25.48	75.28	*13.40
% of Calories				*29.2%	*19.6%	58.0%	*23.2%
Nutrient Guideline		600-700	1360				

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 09/16/2021							
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
CHICKEN DRUMSTICK W/WAFFLES	SVG	420	750	10	23.0	41.0	18.0
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
APPLESAUCE, 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		568	762	*37	*30.31	83.67	*13.76
% of Calories				*26.3%	*21.3%	58.9%	*21.8%
Nutrient Guideline		600-700	1360				

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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 - 09/17/2021							
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
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		625	824	*37	*27.33	85.87	*19.19
% of Calories				*23.8%	*17.5%	54.9%	*27.6%
Nutrient Guideline		600-700	1360				

Weighted Average		567	732	*37 *59.4%	*27.48 *19.4%	81.65 57.6%	*15.26 *24.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	567		600 - 700	94%		33		Correction Required - Calories are Low
Sodium 1 (mg)	732		1360					
Sodium 2 (mg)	732		1035					
Sugars (g)	37	26.40%			Missing			
Protein (g)	27.48	19.40%			Missing			
Carbohydrate (g)	81.65	57.63%						
Total Fat (g)	15.26	24.23%			Missing			

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