

San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/09/2018							
6-8 FOR K-8 LUNCH	Total						
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
HOT & SPICY CHICKN (SECONDARY)	SVG (5 BITES)	280	470	21.0	25.0	11.0	2.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
Weighted Daily Average		702	1210	32.09	101.40	18.27	4.48
% of Calories				18.3%	57.8%	23.4%	5.7%
Nutrient Guideline		Á	Á				Á

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/10/2018							
6-8 FOR K-8 LUNCH	Total						
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
Weighted Daily Average		647	1016	29.99	82.98	22.66	5.11
% of Calories				18.5%	51.3%	31.5%	7.1%
Nutrient Guideline		Á	Á				Á

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/11/2018							
6-8 FOR K-8 LUNCH	Total						
HOT DOG (JENNIE O TURKEY)	1 EACH	290	900	14.0	32.0	13.0	3.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	278	334	13.4	40.5	6.25	2.95
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
CHEEZ ITS (KELLOGG'S)	1 PACKAGE	100	150	2.0	14.0	3.5	1.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		705	1251	31.24	102.19	19.66	4.64
% of Calories				17.7%	57.9%	25.1%	5.9%
Nutrient Guideline		Á	Á				Á

Fri - 01/12/2018							
6-8 FOR K-8 LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
SPICY CHIX PATTY SANDWICH	1 EACH	360	570	22.0	43.0	12.0	2.50
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		634	999	32.23	91.81	16.29	5.44
% of Calories				20.3%	57.9%	23.1%	7.7%
Nutrient Guideline		Á	Á				Á

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/16/2018							
6-8 FOR K-8 LUNCH	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
HOT & SPICY CHICKN (SECONDARY)	SVG (5 BITES)	280	470	21.0	25.0	11.0	2.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0.0	27.0	0.0	0.00
Weighted Daily Average		718	974	31.07	101.51	21.87	5.17
% of Calories				17.3%	56.5%	27.4%	6.5%
Nutrient Guideline		Á	Á				

Wed - 01/17/2018							
6-8 FOR K-8 LUNCH	Total						
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
SALSA,POUCH,COMMODITY (R/OR)	1/4 CUP	20	70	0.0	4.0	0.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
Weighted Daily Average		733	1226	27.89	109.96	19.03	6.48
% of Calories				15.2%	60.0%	23.4%	8.0%
Nutrient Guideline		Á	Á				Á

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San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/18/2018							
6-8 FOR K-8 LUNCH	Total						
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	360	910	22.0	44.0	13.0	2.00
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	278	334	13.4	40.5	6.25	2.95
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		665	1249	31.70	97.45	17.62	3.60
% of Calories				19.1%	58.6%	23.8%	4.9%
Nutrient Guideline		Á	Á				Á

Fri - 01/19/2018							
6-8 FOR K-8 LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
SPICY CHIX PATTY SANDWICH	1 EACH	360	570	22.0	43.0	12.0	2.50
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		606	963	31.67	85.63	16.20	5.43
% of Calories				20.9%	56.5%	24.1%	8.1%
Nutrient Guideline		Á	Á				Á

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Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/22/2018							
6-8 FOR K-8 LUNCH	Total						
TERIYAKI BEEF NUGGETS	4 EACH	160	440	14.0	6.0	8.0	3.50
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	340	2.0	18.0	3.5	1.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		750	1370	32.34	101.83	23.96	5.79
% of Calories				17.3%	54.3%	28.8%	7.0%
Nutrient Guideline		Á	Á				

Tue - 01/23/2018							
6-8 FOR K-8 LUNCH	Total						
CHICKEN NUGGETS & WAFFLES	(1 PKG & 3 NU	356	460	13.6	44.6	14.0	3.00
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
HOT & SPICY CHICKN (SECONDARY)	SVG (5 BITES)	280	470	21.0	25.0	11.0	2.00
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS	6	32	0.28	1.36	0.05	0.01
PEACHES,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	7.0	0.0	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ	110	0	0.0	27.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
Weighted Daily Average		749	1064	31.69	119.90	17.06	4.63
% of Calories				16.9%	64.0%	20.5%	5.6%
Nutrient Guideline		ÁÁ	Á				Á

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San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/24/2018							
6-8 FOR K-8 LUNCH	Total						
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	23	0.75	4.12	0.0	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	70	0.5	1.5	0.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
Weighted Daily Average		705	1231	28.32	98.29	20.55	5.64
% of Calories				16.1%	55.7%	26.2%	7.2%
Nutrient Guideline		Á	Á				Á

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/25/2018							
6-8 FOR K-8 LUNCH	Total						
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	435	20.0	32.0	18.5	7.50
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	278	334	13.4	40.5	6.25	2.95
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	80	130	2.0	15.0	1.0	0.00
POTATO WEDGES (MCCAIN)	SERVING	120	140	2.0	20.0	4.0	0.50
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	5	0.24	0.52	0.03	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
HAPPY BIRTHDAY COOKIE	1 EACH	111	76	1.85	16.19	4.31	0.83
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		818	1140	33.62	114.34	26.10	6.40
% of Calories				16.4%	55.9%	28.7%	7.0%
Nutrient Guideline		Á	Á				Á

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San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/26/2018							
6-8 FOR K-8 LUNCH	Total						
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	315	761	19.28	33.28	11.34	5.75
CHEESE PIZZA (ARDELLA'S)	1 EACH	323	606	18.79	31.87	13.77	6.22
SPICY CHIX PATTY SANDWICH	1 EACH	360	570	22.0	43.0	12.0	2.50
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	40	0.85	4.53	0.1	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	17	0.4	2.0	0.06	0.01
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	2	0.0	7.37	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
Weighted Daily Average		606	963	31.67	85.63	16.20	5.43
% of Calories				20.9%	56.5%	24.1%	8.1%
Nutrient Guideline		Á	Á				Á

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/29/2018							
6-8 FOR K-8 LUNCH	Total						
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	450	16.0	5.0	11.0	2.50
POPCORN CHICKEN 6-8 (TYSON)	SVG (12 PIECE)	224	656	12.0	12.0	13.6	2.40
WOWBUTTER SANDWICH (ALBIE'S)	1 SANDWICH	290	220	9.0	28.0	16.0	3.00
CHEESE, STRING (LAND O LAKES)	1 EACH	60	210	8.0	1.0	2.5	2.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	128	4.96	0.0	6.38	4.25
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	29	2.0	5.5	0.0	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	2	0.0	8.0	0.0	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	1	0.26	13.95	0.17	0.03
CORN STAR (DAVE'S BAKING)	1 EACH	148	91	2.8	23.0	5.0	0.90
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
Weighted Daily Average		715	1044	32.32	87.23	26.47	7.52
% of Calories				18.1%	48.8%	33.3%	9.5%
Nutrient Guideline		Á	Á				Á

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San Juan Unified School District

Jan 9, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 8

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/30/2018							
6-8 FOR K-8 LUNCH	Total						
FRENCH TOAST STICKS (RICHS)	SVG (4 STICKS)	260	300	6.0	38.0	10.0	2.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EACH)	140	480	12.0	2.0	9.0	3.00
BEAN BURRITO (FERNANDOS)	1 EACH	340	530	15.0	42.0	13.0	7.00
HOT & SPICY CHICKN (SECONDARY)	SVG (5 BITES)	280	470	21.0	25.0	11.0	2.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
MANAGER BEAN VARIETY	1/2 CUP	104	140	6.25	18.5	0.75	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	13	0.38	3.74	0.07	0.01
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	2	0.0	7.5	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	1 EACH	63	4	0.93	16.02	0.27	0.04
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0.0	27.0	0.0	0.00
Weighted Daily Average		640	925	29.66	92.30	17.89	5.25
% of Calories				18.5%	57.7%	25.2%	7.4%
Nutrient Guideline		Á	Á				Á

Wed - 01/31/2018							
6-8 FOR K-8 LUNCH	Total						
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	360	842	14.5	37.0	16.0	4.50
CORN DOG (FOSTER FARMS)	SVG (2 EACH)	480	780	18.0	60.0	16.0	5.00
CHICKEN NUGGETS (TYSON)	7 NUGGETS	364	560	22.4	22.4	21.0	3.50
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	6	0.26	1.05	0.0	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	8	1.0	7.5	0.5	0.00
DRESSING VARIETY	SVG (2 TSP)	31	96	0.0	1.16	2.96	0.49
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	160	10.0	16.0	2.5	1.50
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	190	9.0	20.0	0.0	0.00
CELERY STIX (OTH) 1/4 CUP	SVG (3 STICKS)	6	32	0.28	1.36	0.05	0.01
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	5	0.53	0.9	0.06	0.01
APPLESAUCE,CND,SWTND,WO/SALT	1/4 CUP	25	1	0.0	7.0	0.0	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	63	4	0.93	16.02	0.27	0.04
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	170	0.0	8.0	0.0	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	170	0.0	6.0	0.0	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	100	0.0	0.0	0.0	0.00
Weighted Daily Average		715	1264	30.12	100.71	21.84	5.20
% of Calories				16.9%	56.4%	27.5%	6.6%
Nutrient Guideline		Á	Á				Á

Weighted Average		694	1118	31.10	98.32	20.11	5.39
				17.9%	56.6%	26.1%	7.0%

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Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g)	S-Fat (g) Error Messages (if any)
Calories	694		600 - 700	100%					
Sodium 1 (mg)	1118		1360						
Sodium 2 (mg)	1118		1035						
Protein (g)	31.10	17.92%							
Carbohydrate (g)	98.32	56.64%							
Total Fat (g)	20.11	26.06%							
Saturated Fat (g)	5.39	6.99%	<10.00%						

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