

San Juan Unified School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 1

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Wed - 11/01/2017 | | | | | | | |
| 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 | | | | | | | |

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 11/02/2017 | | | | | | | |
| 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 |
| 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 | | 761 | 1101 | 33.04 | 106.59 | 23.27 | 5.78 |
| % of Calories | | | | 17.4% | 56.1% | 27.5% | 6.8% |
| Nutrient Guideline | | | | | | | |

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 2

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|---------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 11/03/2017 | | | | | | | |
| 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 | | | | | | | |

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 11/06/2017 | | | | | | | |
| 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 |
| 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 |
| WOWBUTTER SANDWICH (ALBIE'S) | 1 SANDWICH | 290 | 220 | 9.0 | 28.0 | 16.0 | 3.00 |
| 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 | | 806 | 1112 | 34.89 | 99.96 | 30.04 | 9.24 |
| % of Calories | | | | 17.3% | 49.6% | 33.5% | 10.3% |
| Nutrient Guideline | | | | | | | |

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

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San Juan Unified School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 3

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 11/07/2017 | | | | | | | |
| 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 |
| BURRITO, BEAN (LOS CABOS) | 1 EACH | 296 | 499 | 15.12 | 40.86 | 8.94 | 4.05 |
| HOT & SPICY CHICKEN (TYSON) | SVG (5 BITES) | 237 | 488 | 21.25 | 15.0 | 10.0 | 1.88 |
| 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 |
| 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 |
| 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 |
| ROLL, MINI WHEAT (SHANNON'S) | 1 EACH | 80 | 130 | 2.0 | 15.0 | 1.0 | 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) | 1 EACH | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 590 | 963 | 28.52 | 83.55 | 16.08 | 4.43 |
| % of Calories | | | | 19.3% | 56.7% | 24.5% | 6.8% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|---------------------------------|----------------|-----|-----|-------|-------|-------|------|
| Wed - 11/08/2017 | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 606 | 995 | 31.64 | 80.02 | 18.88 | 6.08 |
| % of Calories | | | | 20.9% | 52.8% | 28.0% | 9.0% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|---------------------------------|----------------|-----|------|-------|-------|-------|------|
| Mon - 11/13/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| CHEESY BREADSTICKS (THE MAX) | 2 EACH | 320 | 780 | 14.0 | 32.0 | 14.0 | 4.00 |
| 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) 1/2 CUP | SVG (6 STICKS) | 12 | 65 | 0.56 | 2.71 | 0.1 | 0.03 |
| BROCCOLI (DKG) 1/4 CUP | 1/4 CUP | 5 | 5 | 0.53 | 0.9 | 0.06 | 0.01 |
| APPLES, FRESH (ELEMENTARY) | 1 EACH | 53 | 1 | 0.26 | 13.95 | 0.17 | 0.03 |
| Weighted Daily Average | | 511 | 1034 | 24.55 | 68.76 | 14.84 | 4.36 |
| % of Calories | | | | 19.2% | 53.8% | 26.1% | 7.7% |
| Nutrient Guideline | | | | | | | |

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

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San Juan Unified School District

Nov 1, 2017 thru Nov 30, 2017

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 - 11/14/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| CHICKEN NUGGETS (TYSON) | 7 NUGGETS | 364 | 560 | 22.4 | 22.4 | 21.0 | 3.50 |
| 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 RAW (DKG) 1/2 CUP | 1/2 CUP | 10 | 10 | 1.06 | 1.8 | 0.12 | 0.02 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| GOLDFISH, CHEDDAR (CAMPBELL'S) | 1 PACKAGE | 100 | 170 | 2.0 | 14.0 | 4.0 | 0.50 |
| 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 | | 725 | 1280 | 35.96 | 91.15 | 25.97 | 4.37 |
| % of Calories | | | | 19.8% | 50.3% | 32.2% | 5.4% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|----------------|-----|-----|-------|-------|-------|------|
| Wed - 11/15/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| BURRITO, BEAN (LOS CABOS) | 1 EACH | 296 | 499 | 15.12 | 40.86 | 8.94 | 4.05 |
| CORN, CND (ST) 1/2 CUP | 1/2 CUP | 65 | 15 | 2.0 | 15.0 | 1.0 | 0.00 |
| 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 |
| FRUIT, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 562 | 715 | 27.62 | 94.82 | 10.78 | 4.40 |
| % of Calories | | | | 19.7% | 67.5% | 17.3% | 7.0% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|----------------|-----|------|-------|--------|-------|------|
| Thu - 11/16/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| CORN DOG (FOSTER FARMS) | SVG (2 EACH) | 480 | 780 | 18.0 | 60.0 | 16.0 | 5.00 |
| MANAGER BEAN VARIETY | 1/2 CUP | 104 | 140 | 6.25 | 18.5 | 0.75 | 0.00 |
| 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 |
| 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 | | 701 | 1123 | 28.82 | 102.88 | 16.88 | 5.35 |
| % of Calories | | | | 16.4% | 58.7% | 21.7% | 6.9% |
| Nutrient Guideline | | | | | | | |

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

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Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 5

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Fri - 11/17/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| 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 |
| 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 RAW (DKG) 1/2 CUP | 1/2 CUP | 10 | 10 | 1.06 | 1.8 | 0.12 | 0.02 |
| 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, FRESH VARIETY (ELEMENT) | SVG (1/2 CUP) | 63 | 4 | 0.93 | 16.02 | 0.27 | 0.04 |
| Weighted Daily Average | | 561 | 640 | 28.56 | 69.75 | 19.47 | 5.37 |
| % of Calories | | | | 20.4% | 49.7% | 31.2% | 8.6% |
| Nutrient Guideline | | | | | | | |

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Mon - 11/27/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| CORN DOG (FOSTER FARMS) | 1 EACH | 240 | 390 | 9.0 | 30.0 | 8.0 | 2.50 |
| 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 |
| GREEN BEANS, CND (OTH) 1/4 CUP | 1/4 CUP | 8 | 70 | 0.5 | 1.5 | 0.0 | 0.00 |
| CORN, CND (ST) 1/4 CUP | 1/4 CUP | 32 | 8 | 1.0 | 7.5 | 0.5 | 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 |
| WOWBUTTER SANDWICH (ALBIE'S) | 1 SANDWICH | 290 | 220 | 9.0 | 28.0 | 16.0 | 3.00 |
| 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 |
| PEACHES, CND. EXTRA LITE SYRUP | 1/4 CUP | 30 | 2 | 0.0 | 7.0 | 0.0 | 0.00 |
| APPLES, FRESH (ELEMENTARY) | 1 EACH | 53 | 1 | 0.26 | 13.95 | 0.17 | 0.03 |
| 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 | | 621 | 1054 | 24.70 | 89.77 | 17.79 | 4.68 |
| % of Calories | | | | 15.9% | 57.8% | 25.8% | 6.8% |
| Nutrient Guideline | | | | | | | |

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San Juan Unified School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 6

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|---------------------------------|----------------|-------------|-----------|-----------|----------|-----------|-----------|
| Tue - 11/28/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| POPCORN CHICKEN 6-8 (TYSON) | SVG (12 PIECE) | 224 | 656 | 12.0 | 12.0 | 13.6 | 2.40 |
| TERIYAKI BEEF NUGGETS | 4 EACH | 160 | 440 | 14.0 | 6.0 | 8.0 | 3.50 |
| HOT & SPICY CHICKEN (TYSON) | SVG (5 BITES) | 237 | 488 | 21.25 | 15.0 | 10.0 | 1.88 |
| POTATOES MSH,FROZEN (ST) 1/2 C | 1/2 CUP | 110 | 340 | 2.0 | 18.0 | 3.5 | 1.00 |
| 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 |
| CHEESE, SHREDDED CHEDDAR | 1/8 CUP | 80 | 128 | 4.96 | 0.0 | 6.38 | 4.25 |
| 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 |
| FRUIT COCKTAIL,CND,LT SYRUP,SO | 1/4 CUP | 30 | 2 | 0.0 | 7.5 | 0.0 | 0.00 |
| ORANGES,FRESH (ELEMENTARY) | 1 EACH | 59 | 0 | 1.17 | 14.66 | 0.15 | 0.02 |
| CORN STAR (DAVE'S BAKING) | 1 EACH | 148 | 91 | 2.8 | 23.0 | 5.0 | 0.90 |
| KETCHUP PACKETS (RED GOLD) | 2 PACKETS | 20 | 170 | 0.0 | 6.0 | 0.0 | 0.00 |
| BBQ SAUCE PACKETS (PORTION PAC) | 2 PACKETS | 30 | 170 | 0.0 | 8.0 | 0.0 | 0.00 |
| Weighted Daily Average | | 799 | 1402 | 36.29 | 105.07 | 26.71 | 8.08 |
| % of Calories | | | | 18.2% | 52.6% | 30.1% | 9.1% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|--------------------------------|----------------|-----|------|-------|-------|-------|------|
| Wed - 11/29/2017 | | | | | | | |
| 6-8 FOR K-8 LUNCH | Total | | | | | | |
| 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 |
| MIXED VEGGIES (ST) 1/4 CUP | 1/4 CUP | 26 | 23 | 0.75 | 4.12 | 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 |
| WOWBUTTER SANDWICH (ALBIE'S) | 1 SANDWICH | 290 | 220 | 9.0 | 28.0 | 16.0 | 3.00 |
| 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 |
| 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 |
| Weighted Daily Average | | 700 | 1113 | 35.81 | 84.11 | 24.35 | 6.51 |
| % of Calories | | | | 20.5% | 48.0% | 31.3% | 8.4% |
| Nutrient Guideline | | | | | | | |

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San Juan Unified School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

6-8 FOR K-8 LUNCH

Portion Values - Detailed

Page 7

| | Portion Size | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|---------------|-------------|-----------|-----------|----------|-----------|-----------|
| Thu - 11/30/2017 | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 |
| Weighted Daily Average | | 752 | 1217 | 32.33 | 108.04 | 21.85 | 4.80 |
| % of Calories | | | | 17.2% | 57.5% | 26.2% | 5.8% |
| Nutrient Guideline | | | | | | | |

| | | | | | | | |
|------------------|--|-----|------|-------|-------|-------|------|
| Weighted Average | | 667 | 1063 | 30.85 | 91.23 | 20.24 | 5.63 |
| | | | | 18.5% | 54.7% | 27.3% | 7.6% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|-------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 667 | | 600 - 700 | 100% | | | | |
| Sodium (mg) | 1063 | | 1360 | | | | | |
| Protein (g) | 30.85 | 18.49% | | | | | | |
| Carbohydrate (g) | 91.23 | 54.69% | | | | | | |
| Total Fat (g) | 20.24 | 27.31% | | | | | | |
| Saturated Fat (g) | 5.63 | 7.60% | <10.00% | | | | | |

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