

San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017												
K-6 LUNCH	Total											
TERIYAKI BEEF NUGGETS	4 EACH	160	40	440	1.00	1.44	20.0	14.0	6.0	8.0	3.50	0.50
POTATOES MSH,FROZEN (ST) 1/2 C	1/2 CUP	110	0	340	2.00	0.36	20.0	2.0	18.0	3.5	1.00	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	0	2	1.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	90	0	120	1.00	0.72	0.0	2.0	18.0	1.0	0.00	0.00
Weighted Daily Average		648	47	1229	10.33	3.39	397.3	29.38	94.12	16.26	5.34	*0.50
% of Calories								18.1%	58.1%	22.6%	7.4%	*0.7%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017												
K-6 LUNCH	Total											
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	50	450	1.00	1.08	20.0	16.0	5.0	11.0	2.50	0.00
BISCUIT (PILLSBURY)	1 EACH	220	0	490	2.00	1.08	100.0	5.0	28.0	10.0	5.00	0.00
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	0	140	6.00	0.00	0.0	6.0	18.0	1.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		614	57	1134	6.56	2.16	420.0	30.69	78.56	20.33	5.84	*0.00
% of Calories								20.0%	51.2%	29.8%	8.6%	*0.0%
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

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017												
K-6 LUNCH	Total											
CHEESE PIZZA (ARDELLA'S)	1 EACH	339	30	597	3.58	1.38	474.2	18.87	31.34	16.76	7.49	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		638	47	1101	8.80	2.33	860.4	34.42	82.30	20.90	8.48	*0.00
% of Calories								21.6%	51.6%	29.5%	12.0%	*0.0%
Nutrient Guideline												

Thu - 05/04/2017												
K-6 LUNCH	Total											
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	360	55	910	4.00	3.60	220.0	22.0	44.0	13.0	2.00	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	0	29	2.00	0.00	0.0	2.0	5.5	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEARS,CND,EXTRA LITE SYRUP	1/4 CUP	30	0	2	1.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		683	62	1451	10.87	4.32	580.0	35.27	103.40	16.85	2.85	*0.00
% of Calories								20.6%	60.5%	22.2%	3.8%	*0.0%
Nutrient Guideline												

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Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017												
K-6 LUNCH	Total											
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	25	400	3.00	1.80	0.0	16.0	16.0	15.0	2.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
MANAGER CAN/FROZEN VEG VARIET	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CRACKER VARIETY	PACKAGE	97	2	173	1.00	0.60	40.0	2.33	14.67	2.83	0.67	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		711	39	1273	11.19	*3.63	*515.2	30.69	101.26	21.13	5.12	*0.01
% of Calories								17.3%	57.0%	26.7%	6.5%	*0.0%
Nutrient Guideline												

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K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017												
K-6 LUNCH	Total											
FRENCH TOAST STICKS (RICH'S)	SVG (3 STI CKS)	202	0	210	2.25	1.50	176.3	4.5	26.25	9.0	1.50	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EAC	140	40	480	0.00	0.72	0.0	12.0	2.0	9.0	3.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PINEAPPLE TIDBITS, CND, JUICE	1/4 CUP	30	0	5	0.50	0.18	0.0	0.0	7.5	0.0	0.00	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		649	43	966	6.95	2.84	531.1	27.18	93.34	18.86	4.42	*0.00
% of Calories								16.7%	57.5%	26.1%	6.1%	*0.0%
Nutrient Guideline												

Tue - 05/09/2017												
K-6 LUNCH	Total											
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	324	39	689	3.91	2.07	477.6	19.28	35.6	11.67	6.05	0.00
CHEESE PIZZA (ARDELLA'S)	1 EACH	339	30	597	3.58	1.38	474.2	18.87	31.34	16.76	7.49	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
JICAMA STIX (ST) 1/4 CUP-3 STX	SVG (3 STI CKS)	12	0	1	1.59	0.20	3.9	0.23	2.87	0.03	0.01	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEARS, CND, EXTRA LITE SYRUP	1/4 CUP	30	0	2	1.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
ORANGES, FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*

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Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		619	41	1010	11.96	2.67	894.6	30.88	86.85	18.03	7.63	*0.00
% of Calories								20.0%	56.1%	26.2%	11.1%	*0.0%
Nutrient Guideline												

Wed - 05/10/2017												
K-6 LUNCH												
CHICKEN NUGGETS (TYSON)	Total											
3 NUGGETS		156	15	240	1.80	1.08	0.0	9.6	9.6	9.0	1.50	0.00
WAFFLES, MINI MAPLE (EGGO)	POUCH	200	0	220	4.00	2.70	100.0	4.0	35.0	5.0	1.50	0.00
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	0	140	6.00	0.00	0.0	6.0	18.0	1.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
TOMATOES CHERRY (R/OR) 1/4 CUP	SVG (3 TO MATO)	8	0	3	0.41	0.17	1.9	0.32	1.74	0.12	0.02	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
FRUIT COCKTAIL, CND, LT SYRUP, SO	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKETS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		653	22	882	8.78	3.81	426.9	24.11	104.15	16.71	3.48	*0.00
% of Calories								14.8%	63.8%	23.0%	4.8%	*0.0%
Nutrient Guideline												

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017												
K-6 LUNCH	Total											
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	48	435	3.00	2.97	275.0	20.0	32.0	18.5	7.50	0.00
POTATO WEDGES (MCCAIN)	SERVING	120	0	140	2.00	0.36	0.0	2.0	20.0	4.0	0.50	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1 /4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		730	55	1034	9.41	4.16	660.6	32.90	95.27	24.99	8.69	*0.00
% of Calories								18.0%	52.2%	30.8%	10.7%	*0.0%
Nutrient Guideline												

Fri - 05/12/2017												
K-6 LUNCH	Total											
HOT DOG (JENNIE O TURKEY)	1 EACH	270	45	1010	4.00	2.16	120.0	14.0	24.0	13.0	3.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
MANAGER CAN/FROZEN VEG VARIET	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
MANAGER LEGUME VARIETY	1/2 CUP	104	0	140	6.50	0.20	4.7	6.25	18.5	0.75	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CHEEZ ITS (KELLOG'S)	1 PACKAGE	100	5	150	1.00	0.72	100.0	2.0	14.0	3.5	1.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00

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

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		696	52	1460	10.48	*3.63	*603.6	29.08	97.19	20.72	5.93	*0.01
% of Calories								16.7%	55.8%	26.8%	7.7%	*0.0%
Nutrient Guideline												

Mon - 05/15/2017												
K-6 LUNCH	Total											
POPCORN CHICKEN (TYSON)	11 PIECES	205	29	601	1.47	1.32	0.0	11.0	11.0	12.47	2.20	0.00
POTATOES MSH,FROZEN (ST)	1/2 CUP	110	0	340	2.00	0.36	20.0	2.0	18.0	3.5	1.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.0	0.0	0.00	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
CORN STAR (DAVE'S BAKING)	1 EACH	148	11	91	1.50	1.10	15.0	2.8	23.0	5.0	0.90	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		665	43	1409	9.03	2.93	391.6	25.29	93.22	21.79	4.25	*0.00
% of Calories								15.2%	56.1%	29.5%	5.8%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017												
K-6 LUNCH	Total											
TORTILLA 8" (MI RANCHO)	1 TORTILLA	140	0	210	5.00	1.80	0.0	4.0	23.0	4.0	1.50	0.00
CHICKEN FAJITA MEAT (USDA)	SVG (#12 S COOP)	75	45	312	0.00	0.59	38.5	10.77	0.58	3.27	0.96	0.00
REFRIED BEANS (LE) 1/2 CUP	1/2 CUP	160	0	480	8.00	2.70	40.0	9.0	27.0	2.5	1.00	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	21	128	0.00	0.13	144.6	4.96	0.0	6.38	4.25	0.00
SALSA,CMDTY,POUCH (R/OR) 1/8 C	1/8 CUP	10	0	35	1.00	0.00	0.0	0.0	2.0	0.0	0.00	0.00
LETTUCE SHRED (OTH) 1/2 CUP	1/2 CUP	3	0	5	0.23	0.15	6.5	0.24	0.52	0.03	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1 /4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	1 EACH	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		575	73	1012	10.33	3.23	537.7	30.90	74.39	17.59	7.61	*0.00
% of Calories								21.5%	51.7%	27.5%	11.9%	*0.0%
Nutrient Guideline												

Wed - 05/17/2017												
K-6 LUNCH	Total											
CORN DOG (FOSTER FARMS)	1 EACH	240	40	390	5.00	1.80	80.0	9.0	30.0	8.0	2.50	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1 /4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
JICAMA STIX (ST) 1/2 CUP	SVG (6 STI CKS)	25	0	3	3.19	0.39	7.8	0.47	5.73	0.06	0.01	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
PINEAPPLE TIDBITS,CND,JUICE	1/4 CUP	30	0	5	0.50	0.18	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		556	47	900	13.41	3.23	469.0	20.76	89.45	11.95	3.38	*0.00
% of Calories								14.9%	64.3%	19.3%	5.5%	*0.0%
Nutrient Guideline												

Thu - 05/18/2017												
K-6 LUNCH	Total											
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	324	39	689	3.91	2.07	477.6	19.28	35.6	11.67	6.05	0.00
CHEESE PIZZA (ARDELLA'S)	1 EACH	339	30	597	3.58	1.38	474.2	18.87	31.34	16.76	7.49	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
PINTO BEANS (LE) 1/2 CUP	1/2 CUP	98	0	140	6.00	0.00	0.0	6.0	18.0	1.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		629	51	1094	8.41	2.54	840.9	34.89	84.02	18.37	7.74	*0.00
% of Calories								22.2%	53.4%	26.3%	11.1%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017												
K-6 LUNCH	Total											
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	25	400	3.00	1.80	0.0	16.0	16.0	15.0	2.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	0	70	1.00	0.00	0.0	0.5	1.5	0.0	0.00	0.00
MANAGER CAN/FROZEN VEG VARIET DRESSING VARIETY	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CRACKER VARIETY	PACKAGE	97	2	173	1.00	0.60	40.0	2.33	14.67	2.83	0.67	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average		701	39	1276	10.65	*3.32	*483.3	30.61	98.43	21.02	5.09	*0.01
% of Calories								17.5%	56.2%	27.0%	6.5%	*0.0%
Nutrient Guideline												

Mon - 05/22/2017												
K-6 LUNCH	Total											
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
PEAS, GREEN (ST) 1/4 CUP	1/4 CUP	31	0	29	2.00	0.00	0.0	2.0	5.5	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PEACHES,CND.EXTRA LITE SYRUP	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.0	0.0	0.00	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
Weighted Daily Average		650	32	996	11.29	1.98	446.3	31.35	94.35	16.95	7.96	*0.00
% of Calories								19.3%	58.0%	23.5%	11.0%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat* (g)
Tue - 05/23/2017												
K-6 LUNCH	Total											
TERIYAKI BEEF NUGGETS	4 EACH	160	40	440	1.00	1.44	20.0	14.0	6.0	8.0	3.50	0.50
POTATOES MSH,FROZEN (ST) 1/2 C	1/2 CUP	110	0	340	2.00	0.36	20.0	2.0	18.0	3.5	1.00	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
PINEAPPLE TIDBITS,CND,JUICE	1/4 CUP	30	0	5	0.50	0.18	0.0	0.0	7.5	0.0	0.00	0.00
ORANGES,FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	90	0	120	1.00	0.72	0.0	2.0	18.0	1.0	0.00	0.00
Weighted Daily Average		616	47	1112	9.70	3.45	434.1	29.59	88.03	15.01	4.98	*0.50
% of Calories								19.2%	57.2%	21.9%	7.3%	*0.7%
Nutrient Guideline												

Wed - 05/24/2017												
K-6 LUNCH	Total											
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	324	39	689	3.91	2.07	477.6	19.28	35.6	11.67	6.05	0.00
CHEESE PIZZA (ARDELLA'S)	1 EACH	339	30	597	3.58	1.38	474.2	18.87	31.34	16.76	7.49	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
JICAMA STIX (ST) 1/4 CUP-3 STX	SVG (3 STI CKS)	12	0	1	1.59	0.20	3.9	0.23	2.87	0.03	0.01	0.00
FRUIT COCKTAIL,CND,LT SYRUP,SO	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00

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

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		637	41	1008	10.46	2.60	851.0	31.22	90.81	18.57	7.63	*0.00
% of Calories								19.6%	57.0%	26.2%	10.8%	*0.0%
Nutrient Guideline												

Thu - 05/25/2017												
K-6 LUNCH	Total											
CHICKEN PATTY SANDWICH (TYSON)	1 EACH	360	55	910	4.00	3.60	220.0	22.0	44.0	13.0	2.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
PEARS, CND, EXTRA LITE SYRUP	1/4 CUP	30	0	2	1.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		657	62	1419	10.13	4.62	609.7	33.83	99.11	16.96	2.88	*0.00
% of Calories								20.6%	60.4%	23.2%	3.9%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017												
K-6 LUNCH	Total											
HOT DOG (JENNIE O TURKEY)	1 EACH	270	45	1010	4.00	2.16	120.0	14.0	24.0	13.0	3.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
MANAGER CAN/FROZEN VEG VARIET	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	0.00	0.00
MANAGER LEGUME VARIETY	1/2 CUP	104	0	140	6.50	0.20	4.7	6.25	18.5	0.75	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT, VARIETY	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CHEEZ ITS (KELLOG'S)	1 PACKAGE	100	5	150	1.00	0.72	100.0	2.0	14.0	3.5	1.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
Weighted Daily Average		696	52	1460	10.48	*3.63	*603.6	29.08	97.19	20.72	5.93	*0.01
% of Calories								16.7%	55.8%	26.8%	7.7%	*0.0%
Nutrient Guideline												

Tue - 05/30/2017												
K-6 LUNCH	Total											
CHEESE PIZZA (ARDELLA'S)	1 EACH	339	30	597	3.58	1.38	474.2	18.87	31.34	16.76	7.49	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
CARROTS, 1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
APPLESAUCE, CND, SWTND, WO/SALT	1/4 CUP	25	0	1	0.50	0.00	0.0	0.0	7.0	0.0	0.00	0.00
ORANGES, FRESH (ELEMENTARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		636	38	982	10.83	2.40	901.6	31.24	84.78	20.67	8.42	*0.00
% of Calories								19.7%	53.3%	29.3%	11.9%	*0.0%
Nutrient Guideline												

Wed - 05/31/2017												
K-6 LUNCH												
FRENCH TOAST STICKS (RICH'S)	Total SVG (3 STI CKS)	202	0	210	2.25	1.50	176.3	4.5	26.25	9.0	1.50	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	SVG (2 EAC	140	40	480	0.00	0.72	0.0	12.0	2.0	9.0	3.00	0.00
CHEESE, SHREDDED CHEDDAR	1/8 CUP	80	21	128	0.00	0.13	144.6	4.96	0.0	6.38	4.25	0.00
GREEN BEANS,CND (OTH) 1/4 CUP	1/4 CUP	8	0	70	1.00	0.00	0.0	0.5	1.5	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
PINEAPPLE TIDBITS,CND,JUICE	1/4 CUP	30	0	5	0.50	0.18	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		718	54	1019	6.51	2.82	670.9	28.65	94.46	25.01	8.54	*0.00
% of Calories								16.0%	52.6%	31.3%	10.7%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/01/2017												
K-6 LUNCH	Total											
CHEESEBURGER (ADVANCE PIERRE)	1 EACH	370	48	435	3.00	2.97	275.0	20.0	32.0	18.5	7.50	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
TOMATOES CHERRY (R/OR) 1/4 CUP	SVG (3 TO MATO)	8	0	3	0.41	0.17	1.9	0.32	1.74	0.12	0.02	0.00
FRUIT COCKTAIL, CND, LT SYRUP, SO	1/4 CUP	30	0	2	0.50	0.00	0.0	0.0	7.5	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		666	55	1002	7.94	3.97	656.6	31.76	86.11	22.51	8.38	*0.00
% of Calories								19.1%	51.7%	30.4%	11.3%	*0.0%
Nutrient Guideline												

Fri - 06/02/2017												
K-6 LUNCH	Total											
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	50	450	1.00	1.08	20.0	16.0	5.0	11.0	2.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
MANAGER LEGUME VARIETY	1/2 CUP	104	0	140	6.50	0.20	4.7	6.25	18.5	0.75	0.00	0.00
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MANAGER'S CHOICE VEG VARIETY	1/4 CUP	9	0	11	0.83	0.17	7.8	0.35	2.12	0.07	0.01	*0.00
MANAGER CANNED FRUIT, VARIETY	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
ROLL, MINI WHEAT (SHANNON'S)	1 EACH	90	0	120	1.00	0.72	0.0	2.0	18.0	1.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		663	49	1110	8.55	*3.04	*452.1	30.23	97.67	17.62	4.43	*0.01
% of Calories								18.2%	58.9%	23.9%	6.0%	*0.0%
Nutrient Guideline												

Mon - 06/05/2017												
K-6 LUNCH	Total											
PEPPERONI PIZZA* (ARDELLA'S)	1 EACH	324	39	689	3.91	2.07	477.6	19.28	35.6	11.67	6.05	0.00
CHEESE PIZZA (ARDELLA'S)	1 EACH	339	30	597	3.58	1.38	474.2	18.87	31.34	16.76	7.49	0.00
TURKEY DICED (JENNIE O) 1/8 C	1/8 CUP	22	10	135	0.00	0.09	5.0	4.25	0.75	0.25	0.13	0.00
KIDNEY BEANS (LE) 1/2 CUP	1/2 CUP	104	0	140	7.00	0.00	0.0	7.0	19.0	0.0	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
MANAGER CANNED FRUIT,VARIETY	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
APPLES, FRESH (ELEMENTARY)	1 EACH	53	0	1	2.42	0.12	6.1	0.26	13.95	0.17	0.03	0.00
Weighted Daily Average		620	51	1092	8.87	*2.44	*830.7	34.31	82.31	18.23	7.74	*0.00
% of Calories								22.1%	53.1%	26.5%	11.2%	*0.0%
Nutrient Guideline												

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

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/06/2017												
K-6 LUNCH	Total											
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
MIXED VEGGIES (ST) 1/4 CUP	1/4 CUP	26	0	23	1.12	0.27	7.5	0.75	4.12	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
CELERY STIX (OTH) 1/2 CUP	SVG (6 STI CKS)	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
MANAGER CANNED FRUIT,VARIETY ORANGES,FRESH (ELEMENTARY)	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
Weighted Daily Average		630	32	974	11.79	*2.96	*564.8	28.04	91.50	17.08	6.68	*0.01
% of Calories								17.8%	58.1%	24.4%	9.5%	*0.0%
Nutrient Guideline												

Wed - 06/07/2017												
K-6 LUNCH	Total											
CHICKEN NUGGETS (TYSON)	5 NUGGETS	260	25	400	3.00	1.80	0.0	16.0	16.0	15.0	2.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
CORN, CND (ST) 1/4 CUP	1/4 CUP	32	0	8	1.00	0.00	0.0	1.0	7.5	0.5	0.00	0.00
SALAD MIX (OTH) 1/2 CUP	1/2 CUP	5	0	6	0.26	0.14	5.3	0.26	1.05	0.0	0.00	0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BROCCOLI (DKG) 1/4 CUP	1/4 CUP	5	0	5	0.41	0.16	8.5	0.53	0.9	0.06	0.01	0.00
CARROTS,1.3 OZ PKG (R/OR) 1/4C	1.3 OZ PK 1/4C	16	0	13	1.11	0.18	10.0	0.38	3.74	0.07	0.01	*N/A*
MANAGER CANNED FRUIT,VARIETY FRUIT, FRESH VARIETY (ELEMENT)	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
	SVG (1/2 CU PACKAGE)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
CRACKER VARIETY	PACKAGE	97	2	173	1.00	0.60	40.0	2.33	14.67	2.83	0.67	0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKETS	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-6 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		713	39	1181	9.91	*3.44	*492.5	30.82	102.43	21.48	5.10	*0.01
% of Calories								17.3%	57.4%	27.1%	6.4%	*0.0%
Nutrient Guideline												

Thu - 06/08/2017												
K-6 LUNCH												
	Total											
CORN DOG (FOSTER FARMS)	1 EACH	240	40	390	5.00	1.80	80.0	9.0	30.0	8.0	2.50	0.00
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
VEGETABLE VARIETY	3/4 CUP	29	0	41	1.88	0.10	3.5	1.56	5.41	0.19	0.00	*0.00
DRESSING VARIETY	SVG (2 TSP)	31	0	96	0.00	0.00	0.0	0.0	1.16	2.96	0.49	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
FRUIT VARIETY	1/2 CUP	59	0	5	1.62	*0.14	*8.1	0.45	14.82	0.13	0.02	*0.00
KETCHUP PACKETS (RED GOLD)	2 PACKETS	20	0	170	0.00	0.00	0.0	0.0	6.0	0.0	0.00	0.00
MUSTARD PACKETS (PORTION PAC)	2 PACKETS	10	0	100	0.00	0.00	0.0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		537	44	976	7.97	*2.34	*464.2	23.92	75.31	14.58	4.40	*0.01
% of Calories								17.8%	56.1%	24.4%	7.4%	*0.0%
Nutrient Guideline												

Weighted Average		650	47	1127	9.70	*3.14	*592.5	30.04	91.43	18.96	6.03	*0.04
								18.5%	56.2%	26.2%	8.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	650		600 - 650	100%				
Cholesterol (mg)	47							
Sodium (mg)	1127		1230					
Fiber (g)	9.70							
Iron (mg)	3.14				Missing			
Calcium (mg)	592.5				Missing			
Protein (g)	30.04	18.48%						
Carbohydrate (g)	91.43	56.24%						
Total Fat (g)	18.96	26.24%						
Saturated Fat (g)	6.03	8.35%	<10.00%					
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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