

San Juan Unified School District

2016 - 2017

Base Menu Spreadsh

9-12 HS ASIAN EXPRESS 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)
2016 - 2017												
9-12 ASIAN EXPRESS	Total											
TERIYAKI BEEF BROCCOLI & RICE	4 EACH & 1 CUP	386	40	460	5.42	2.57	57.0	20.1	52.58	9.88	3.88	0.50
ORANGE CHICKEN & RICE	4.6 OZ & 1 CUP	408	51	368	3.60	1.74	20.0	19.09	69.06	5.59	1.00	0.00
GENERAL TSO CHICKEN & RICE	3.8 OZ & 1 CUP	395	42	391	3.60	1.58	20.0	16.65	69.06	4.93	0.89	0.00
SWEET & SOUR CHICKEN W/RICE	3.8 OZ & 1 CUP	472	104	953	3.77	2.26	110.0	30.24	64.58	10.3	2.61	0.00
FORTUNE COOKIE (PEKING)	1 EACH	35	0	10	0.00	0.00	0.0	0.0	7.0	0.0	0.00	0.00
SIDE SALAD/BEAN (OTH/LE) 1 CUP	SVG	63	0	82	3.03	0.69	20.0	3.03	10.61	1.0	0.00	0.00
CARROTS,2.6 OZ PKG (R/OR) 1/2C	2.6 OZ PK 1/2C	32	0	26	2.21	0.37	19.9	0.76	7.47	0.14	0.02	0.00
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	0	10	0.82	0.31	17.0	1.06	1.8	0.12	0.02	0.00
CELERY STICKS (OTH) 1/2 CUP	1/2 CUP	12	0	65	1.26	0.30	29.7	0.56	2.71	0.1	0.03	*N/A*
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	0	15	2.00	0.00	0.0	2.0	15.0	1.0	0.00	0.00
VEGETABLE VARIETY-SECONDARY	1/2 CUP	68	0	13	5.92	1.76	39.9	2.96	13.49	0.4	0.06	0.00
RANCH DRESSING, 1/4 CUP	1/4 CUP	364	0	607	0.00	0.00	0.0	0.0	8.1	36.45	6.07	0.00
ITALIAN DRESSING, 1/4 CUP	1/4 CUP	18	0	512	0.00	0.00	0.0	0.0	5.49	0.0	0.00	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
APPLES, FRESH (SECONDARY)	1 EACH	95	0	2	4.37	0.22	10.9	0.47	25.13	0.31	0.05	0.00
BANANAS, FRESH (SECONDARY)	1 EACH	105	0	1	3.07	0.31	5.9	1.29	26.95	0.39	0.13	0.00
ORANGES, FRESH (SECONDARY)	1 EACH	59	0	0	2.99	0.12	49.9	1.17	14.66	0.15	0.02	*N/A*
FRUIT FRESH VARIETY(SECONDARY)	SERVINGS	52	0	4	1.98	0.27	16.1	0.86	13.08	0.29	0.03	0.00
APPLESAUCE,CND,SWTND,WO/SALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	2.00	0.00	0.0	0.0	16.0	0.0	0.00	0.00
PINEAPPLE TIDBITS,CND,JUICE	1/2 CUP	60	0	10	1.00	0.36	0.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		834	66	1078	8.47	2.78	404.2	32.93	116.32	25.18	5.18	*0.13
% of Calories								15.8%	55.8%	27.2%	5.6%	*0.1%
Nutrient Guideline												

Weighted Average		834	66	1078	8.47	2.78	404.2	32.93	116.32	25.18	5.18	*0.13
								15.8%	55.8%	27.2%	5.6%	*0.1%

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.