

# San Juan Unified School District

2017 - 2018

Base Menu Spreadsheet

9-12 HS ASIAN EXPRESS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
2017 - 2018							
9-12 HS ASIAN EXPRESS LUNCH	Total						
BROCCOLI BEEF & RICE	4 EACH & 1 CU	386	460	20.1	52.58	9.88	3.88
ORANGE CHICKEN & RICE	4.6 OZ & 1 CUP	408	368	19.09	69.06	5.59	1.00
GENERAL TSO CHICKEN & RICE	3.8 OZ & 1 CUP	395	391	16.65	69.06	4.93	0.89
SWEET & SOUR CHICKEN W/RICE	3.8 OZ & 1 CUP	401	816	23.94	59.64	6.67	2.46
FORTUNE COOKIE (PEKING)	1 EACH	35	10	0.0	7.0	0.0	0.00
SIDE SALAD/BEAN (OTH/LE) 1 CUP	SVG	63	82	3.03	10.61	1.0	0.00
CARROTS,2.6 OZ PKG (R/OR) 1/2C	2.6 OZ PK 1/2C	32	26	0.76	7.47	0.14	0.02
BROCCOLI RAW (DKG) 1/2 CUP	1/2 CUP	10	10	1.06	1.8	0.12	0.02
CELERY STICKS (OTH) 1/2 CUP	1/2 CUP	12	65	0.56	2.71	0.1	0.03
CORN, CND (ST) 1/2 CUP	1/2 CUP	65	15	2.0	15.0	1.0	0.00
VEGETABLE VARIETY-SECONDARY	1/2 CUP	14	2	0.93	2.14	0.05	0.00
RANCH DRESSING, 1/4 CUP	1/4 CUP	364	607	0.0	8.1	36.45	6.07
ITALIAN DRESSING, 1/4 CUP	1/4 CUP	18	512	0.0	5.49	0.0	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
APPLES, FRESH (SECONDARY)	1 EACH	95	2	0.47	25.13	0.31	0.05
BANANAS, FRESH (SECONDARY)	1 EACH	121	1	1.48	31.06	0.45	0.15
ORANGES, FRESH (SECONDARY)	1 EACH	59	0	1.17	14.66	0.15	0.02
FRUIT FRESH VARIETY(SECONDARY)	SERVINGS	52	4	0.86	13.08	0.29	0.03
APPLESAUCE,CND,UNSWTND	1/2 CUP	51	2	0.0	14.0	0.0	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	5	0.0	15.0	0.0	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	14.0	0.0	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	5	0.0	16.0	0.0	0.00
Weighted Daily Average		807	1042	31.08	113.25	24.22	5.14
% of Calories				15.4%	56.1%	27.0%	5.7%
Nutrient Guideline							

Weighted Average		807	1042	31.08	113.25	24.22	5.14
				15.4%	56.1%	27.0%	5.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	807		750 - 850					
Sodium (mg)	1042		1420					
Protein (g)	31.08	15.40%						
Carbohydrate (g)	113.25	56.13%						
Total Fat (g)	24.22	27.01%						
Saturated Fat (g)	5.14	5.73%	<10.00%					

\*Data comparisons are not available for one or two day selections

**\*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.