

San Juan Unified School District

2016 - 2017

Base Menu Spreadsheet

9-12 HS BORDER CAFE 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 HS BORDER CAFE LU	Total											
B CHEESE NACHOS	1 EACH	540	66	976	4.00	0.99	642.5	20.69	44.0	29.91	15.27	0.00
B CHICKEN & CHEESE NACHOS	1 EACH	493	76	1073	4.00	1.33	470.4	23.24	44.52	23.73	10.06	0.00
B BEEF & CHEESE NACHOS	1 EACH	532	66	1004	6.53	3.10	473.2	27.7	49.47	24.6	10.63	0.00
AB GRANDE BEEF BURRITO	BURRITO	384	30	658	11.66	4.77	129.3	20.82	51.44	11.55	5.35	0.00
AB GRANDE CHICKEN BURRITO	BURRITO	390	52	814	10.18	3.96	142.0	22.23	48.77	12.26	5.38	0.00
BEAN & RICE BURRITO	1 EACH	443	12	945	15.18	5.68	187.6	18.09	66.75	11.58	5.52	0.00
AB BEEF TOSTADA	1 EACH	395	30	678	12.59	5.39	155.3	21.8	53.51	11.66	5.37	0.00
AB CHICKEN TOSTADA	1 EACH	400	52	834	11.12	4.58	168.0	23.21	50.84	12.37	5.40	0.00
B VEGGIE TOSTADA	1 EACH	411	24	598	14.61	3.06	197.7	17.01	58.96	12.16	6.52	0.00
B BEEF SOFT TACOS (2)	2 TACOS	375	59	731	8.96	4.99	248.7	26.12	30.38	15.73	8.52	0.00
B CHICKEN SOFT TACOS (2)	2 TACOS	386	104	1043	6.00	3.37	274.1	28.95	25.03	17.14	8.58	0.00
SPANISH RICE	0.5 CUP	114	0	25	2.36	0.41	10.0	2.52	23.51	0.88	0.18	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
LETT CUP + PICKLE (OTH) 1 CUP	1 CUP	18	0	75	0.61	0.35	21.6	0.57	4.03	0.11	0.02	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
SALSA (R/O) 1/2 CUP	1/2 CUP	40	0	140	4.00	0.00	0.0	0.0	8.0	0.0	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 OZ	1 OUNCE	182	0	304	0.00	0.00	0.0	0.0	4.05	18.22	3.04	0.00
ITALIAN DRESSING, 1 OZ	1 OZ	9	0	256	0.00	0.00	0.0	0.0	2.74	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
TACO SAUCE PACKETS	2 PACKETS	10	0	190	0.00	0.00	0.0	0.0	2.0	0.0	0.00	0.00
JALAPENO PEPPERS	1 TABLESP	2	0	0	0.00	0.17	0.0	0.0	0.46	0.0	0.00	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

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.

San Juan Unified School District

2016 - 2017

Base Menu Spreadsheet

9-12 HS BORDER CAFE 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)
Weighted Daily Average		780	52	1319	19.08	6.02	586.6	36.96	108.39	22.49	8.37	*0.00
% of Calories								19.0%	55.6%	26.0%	9.7%	*0.0%
Nutrient Guideline		750-850		1420							<10.00	

Weighted Average		780	52	1319	19.08	6.02	586.6	36.96	108.39	22.49	8.37	*0.00
								19.0%	55.6%	26.0%	9.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	780		750 - 850					
Cholesterol (mg)	52							
Sodium (mg)	1319		1420					
Fiber (g)	19.08							
Iron (mg)	6.02							
Calcium (mg)	586.6							
Protein (g)	36.96	18.96%						
Carbohydrate (g)	108.39	55.60%						
Total Fat (g)	22.49	25.96%						
Saturated Fat (g)	8.37	9.65%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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