

# San Juan Unified School District

2016 - 2017

## Base Menu Spreadsheet

9-12 HS LINE 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 <sup>1</sup> (g)
2016 - 2017												
9-12 HS LINE LUNCH												
Total												
BEAN & RICE BURRITO	1 EACH	443	12	945	15.18	5.68	187.6	18.09	66.75	11.58	5.52	0.00
BUFFALO CHICKEN SALAD	1 SALAD	416	62	744	5.52	3.09	148.6	27.9	39.69	15.79	4.33	0.00
WRAP-BUFFALO CHICKEN	1 EACH	460	58	1023	7.48	4.30	166.5	29.49	44.52	17.53	5.38	0.00
CHICKEN SALAD	SALAD	469	52	1062	6.27	3.54	123.6	21.65	44.69	21.79	5.45	0.00
CHEESY BREADSTICKS & MARINARA	2 EACH & 1/4 C	340	10	802	4.50	2.16	300.0	14.5	39.0	14.0	4.50	0.00
CHICKEN NUGGETS & ROLL	(7 NUGT& 1 ROLL)	454	35	680	5.20	3.24	0.0	24.4	40.4	22.0	3.50	0.00
CHICKEN PATTY SANDWICH	1 EACH	360	55	910	4.00	3.60	220.0	22.0	44.0	13.0	2.00	0.00
CORN DOG (FOSTER FARMS)	SVG (2 EAC	480	80	780	10.00	3.60	160.0	18.0	60.0	16.0	5.00	0.00
COUNTRY CHICKEN BOWL	1 BOWL	538	40	1603	6.00	2.89	21.2	20.0	62.55	22.51	4.00	*0.00
HAMBURGER (ADVANCE PIERRE)	1 EACH	330	40	285	3.00	2.88	200.0	17.0	31.0	16.0	6.00	0.00
HOT & SPICY CHICKEN W/ ROLL	(5 CHX & 1 ROL)	327	50	608	2.25	2.07	25.0	23.25	33.0	11.0	1.88	0.00
CHEESE PIZZA (BIG DADDY)	1 SLICE	340	30	590	4.00	1.80	300.0	19.0	36.0	14.0	6.00	0.00
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	40	560	4.00	2.70	250.0	19.0	36.0	15.0	6.00	0.00
POPCORN CHICKEN & ROLL	SVG (15 CH X&1R)	370	40	940	3.00	2.52	0.0	17.0	33.0	18.0	3.00	0.00
PROTEIN PACK-BEAN DIP	SERVING	290	15	700	7.00	2.16	340.0	17.0	38.0	7.5	3.00	0.00
CLUB HOAGIE SANDWICH	1 EACH	369	63	977	4.23	2.70	281.5	28.08	41.35	10.61	3.25	0.00
TURKEY & CHEES HOAGIE SANDWIC	1 EACH	393	60	905	4.23	2.49	356.5	30.24	42.52	11.53	5.00	0.00
TURKEY HM & CHS HOAGIE SANDWC	1 EACH	383	75	1085	4.23	3.21	356.5	29.24	42.52	12.03	5.00	0.00
SPICY CHIX PATTY SANDWICH	1 EACH	360	30	570	5.00	3.60	220.0	22.0	43.0	13.0	2.50	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
FRENCH FRIES (ST) 1/2 CUP	SVG (2.25 O	90	0	115	0.00	0.36	0.0	1.0	15.0	3.0	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
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	43	0	10	2.74	1.37	32.1	2.49	7.76	0.34	0.04	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

\*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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2016 - 2017

## Base Menu Spreadsheet

9-12 HS LINE 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 <sup>1</sup> (g)
2016 - 2017												
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
MAYONNAISE PACKT (PORTION PAC)	1 PACKET	70	5	55	0.00	0.00	0.0	0.0	0.0	7.0	1.00	0.00
BBQ SAUCE PACKTS (PORTION PAC)	2 PACKET	30	0	170	0.00	0.00	0.0	0.0	8.0	0.0	0.00	0.00
KETCHUP PACKETS	2 PACKETS	20	0	220	0.00	0.00	0.0	0.0	4.0	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
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 OON	2	0	0	0.00	0.17	0.0	0.0	0.46	0.0	0.00	0.00
Weighted Daily Average		791	50	1395	9.29	3.87	561.5	33.76	96.44	30.39	6.71	*0.00
% of Calories								17.1%	48.8%	34.6%	7.6%	*0.0%
Nutrient Guideline		750-850		1420							<10.00	

Weighted Average		791	50	1395	9.29	3.87	561.5	33.76	96.44	30.39	6.71	*0.00
								17.1%	48.8%	34.6%	7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target*	Miss Data	Shortfall*	Overage*	Error Messages (if any)*
Calories	791		750 - 850					
Cholesterol (mg)	50							
Sodium (mg)	1395		1420					
Fiber (g)	9.29							
Iron (mg)	3.87							
Calcium (mg)	561.5							
Protein (g)	33.76	17.07%						
Carbohydrate (g)	96.44	48.78%						
Total Fat (g)	30.39	34.59%						
Saturated Fat (g)	6.71	7.64%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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