

San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT 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-8 PILOT 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
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	278	28	334	1.80	0.75	345.3	13.4	40.5	6.25	2.95	0.00
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		607	41	946	9.23	2.51	549.9	27.08	93.37	13.14	4.57	*0.25
% of Calories								17.9%	61.5%	19.5%	6.8%	*0.4%
Nutrient Guideline												

Tue - 05/02/2017												
K-8 PILOT 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
POPCORN CHICKEN (TYSON)	11 PIECES	205	29	601	1.47	1.32	0.0	11.0	11.0	12.47	2.20	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

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-8 PILOT 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		622	47	1209	6.80	2.28	410.0	28.19	81.56	21.07	5.69	*0.00
% of Calories								18.1%	52.5%	30.5%	8.2%	*0.0%
Nutrient Guideline												

Wed - 05/03/2017												
K-8 PILOT 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
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
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
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		604	52	1133	9.51	2.54	663.3	29.48	84.63	16.52	5.99	*0.00
% of Calories								19.5%	56.1%	24.6%	8.9%	*0.0%
Nutrient Guideline												

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Base Menu Spreadsheet

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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)
Thu - 05/04/2017												
K-8 PILOT 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
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	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		673	42	1261	11.37	3.24	520.0	31.77	102.40	16.85	5.35	*0.00
% of Calories								18.9%	60.8%	22.5%	7.1%	*0.0%
Nutrient Guideline												

Fri - 05/05/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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 PACKETS (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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Base Menu Spreadsheet

K-8 PILOT LUNCH

Portion Values - Detailed

Page 4

	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		693	37	1214	10.93	*3.45	*514.8	30.05	98.18	20.79	4.96	*0.01
% of Calories								17.4%	56.7%	27.0%	6.4%	*0.0%
Nutrient Guideline												

Mon - 05/08/2017												
K-8 PILOT 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
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	278	28	334	1.80	0.75	345.3	13.4	40.5	6.25	2.95	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		642	49	932	6.73	2.32	615.6	29.23	96.02	15.69	4.54	*0.00
% of Calories								18.2%	59.8%	22.0%	6.4%	*0.0%
Nutrient Guideline												

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Tue - 05/09/2017												
K-8 PILOT 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
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*
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
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*
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												

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K-8 PILOT LUNCH

Portion Values - Detailed

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Wed - 05/10/2017												
K-8 PILOT LUNCH	Total											
CHICKEN NUGGETS & WAFFLES	(1 PKG & 3 NUG)	356	15	460	5.80	3.78	100.0	13.6	44.6	14.0	3.00	0.00
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	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
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		695	22	972	9.38	3.31	451.9	25.81	111.60	17.46	5.85	*0.00
% of Calories								14.9%	64.3%	22.6%	7.6%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT 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)
Thu - 05/11/2017												
K-8 PILOT 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
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
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		696	46	1094	9.40	3.31	760.3	32.04	91.94	23.52	8.61	*0.00
% of Calories								18.4%	52.8%	30.4%	11.1%	*0.0%
Nutrient Guideline												

Fri - 05/12/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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	1/4 CUP	52	0	70	3.25	0.10	2.4	3.13	9.25	0.38	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

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT LUNCH

Portion Values - Detailed

Page 8

	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		700	51	1441	10.30	*3.59	*613.1	28.87	97.32	21.08	5.94	*0.01
% of Calories								16.5%	55.6%	27.1%	7.6%	*0.0%
Nutrient Guideline												

Mon - 05/15/2017												
K-8 PILOT 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
PACK-YGT,ST CHS,MUFFIN	SVG (PACK)	278	28	334	1.80	0.75	345.3	13.4	40.5	6.25	2.95	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
Weighted Daily Average		661	41	1049	9.24	2.48	559.7	26.41	99.72	17.90	4.38	*0.00
% of Calories								16.0%	60.4%	24.4%	6.0%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT 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* (g)
Tue - 05/16/2017												
K-8 PILOT LUNCH	Total											
CHICKEN TACO, ELEMENTARY	1 EACH	215	45	522	5.00	2.39	38.5	14.77	23.58	7.27	2.46	0.00
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	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		638	58	1016	10.33	2.76	568.5	31.02	83.60	20.46	9.88	*0.00
% of Calories								19.4%	52.4%	28.9%	13.9%	*0.0%
Nutrient Guideline												

Wed - 05/17/2017												
K-8 PILOT 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
PACK-YGT, ST CHS, MUFFIN	SVG (PACK)	278	28	334	1.80	0.75	345.3	13.4	40.5	6.25	2.95	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-8 PILOT LUNCH

Portion Values - Detailed

Page 10

	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		575	41	872	11.81	2.71	601.6	22.96	94.70	11.08	3.61	*0.00
% of Calories								16.0%	65.8%	17.3%	5.6%	*0.0%
Nutrient Guideline												

Thu - 05/18/2017												
K-8 PILOT 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-8 PILOT LUNCH

Portion Values - Detailed

Page 11

	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 - 05/19/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	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
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		707	38	1261	10.64	*3.29	*493.0	30.55	99.02	21.39	5.10	*0.01
% of Calories								17.3%	56.1%	27.2%	6.5%	*0.0%
Nutrient Guideline												

Mon - 05/22/2017												
K-8 PILOT 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
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
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
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

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-8 PILOT LUNCH

Portion Values - Detailed

Page 12

	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		615	45	1061	11.29	2.16	436.3	28.36	91.35	14.45	5.71	*0.00
% of Calories								18.4%	59.4%	21.1%	8.3%	*0.0%
Nutrient Guideline												

Tue - 05/23/2017												
K-8 PILOT 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
CHICKEN DRUMSTICK (TYSON)	1 EACH	190	50	450	1.00	1.08	20.0	16.0	5.0	11.0	2.50	0.00
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		631	52	1117	9.70	3.27	434.1	30.59	87.53	16.51	4.48	*0.25
% of Calories								19.4%	55.5%	23.6%	6.4%	*0.4%
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-8 PILOT LUNCH

Portion Values - Detailed

Page 13

	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 - 05/24/2017												
K-8 PILOT 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
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-8 PILOT 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
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	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

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-8 PILOT 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		647	42	1229	10.63	3.54	549.7	30.32	98.11	16.96	5.38	*0.00
% of Calories								18.8%	60.7%	23.6%	7.5%	*0.0%
Nutrient Guideline												

Fri - 05/26/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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	1/4 CUP	52	0	70	3.25	0.10	2.4	3.13	9.25	0.38	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		700	51	1441	10.30	*3.59	*613.1	28.87	97.32	21.08	5.94	*0.01
% of Calories								16.5%	55.6%	27.1%	7.6%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT 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)
Tue - 05/30/2017												
K-8 PILOT 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
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
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 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*
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*
Weighted Daily Average		629	42	1028	11.00	2.74	903.2	31.45	86.91	18.12	7.70	*0.00
% of Calories								20.0%	55.3%	25.9%	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-8 PILOT 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)
Wed - 05/31/2017												
K-8 PILOT 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
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
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
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	59	1049	7.89	2.78	572.2	26.76	89.64	20.48	6.95	*0.00
% of Calories								16.3%	54.6%	28.1%	9.5%	*0.0%
Nutrient Guideline												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT 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)
Thu - 06/01/2017												
K-8 PILOT 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
BEAN BURRITO (FERNANDOS)	1 EACH	340	15	530	5.00	1.44	100.0	15.0	42.0	13.0	7.00	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*
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		644	38	982	8.94	3.21	569.1	29.26	89.61	19.76	8.13	*0.00
% of Calories								18.2%	55.7%	27.6%	11.4%	*0.0%
Nutrient Guideline												

Fri - 06/02/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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
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
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
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-8 PILOT 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		661	49	1052	8.54	*3.00	*461.7	30.18	96.25	18.00	4.44	*0.01
% of Calories								18.3%	58.2%	24.5%	6.0%	*0.0%
Nutrient Guideline												

Mon - 06/05/2017												
K-8 PILOT 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												

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San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

K-8 PILOT 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-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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		636	31	958	11.78	*2.92	*574.5	27.98	92.08	17.45	6.70	*0.01
% of Calories								17.6%	57.9%	24.7%	9.5%	*0.0%
Nutrient Guideline												

Wed - 06/07/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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-8 PILOT 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		685	37	1104	9.55	*3.19	*488.1	29.94	97.88	20.87	4.88	*0.01
% of Calories								17.5%	57.1%	27.4%	6.4%	*0.0%
Nutrient Guideline												

Thu - 06/08/2017												
K-8 PILOT 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
MANAGER'S CHOICE, LUNCH 2 ENTR	PORTIONS	333	33	608	3.91	2.32	204.3	16.32	34.6	14.35	4.69	0.02
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		543	44	960	7.95	*2.31	*473.8	23.87	75.89	14.95	4.41	*0.01
% of Calories								17.6%	55.9%	24.8%	7.3%	*0.0%
Nutrient Guideline												

Weighted Average		645	44	1092	9.75	*2.88	*600.5	29.37	92.17	18.17	6.07	*0.02
								18.2%	57.1%	25.3%	8.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	645		600 - 650	100%				
Cholesterol (mg)	44							
Sodium (mg)	1092		1230					
Fiber (g)	9.75							
Iron (mg)	2.88				Missing			
Calcium (mg)	600.5				Missing			
Protein (g)	29.37	18.21%						
Carbohydrate (g)	92.17	57.15%						
Total Fat (g)	18.17	25.35%						
Saturated Fat (g)	6.07	8.47%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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