

San Juan Unified School District

.....2016!&\$%#

Base Menu Spreadsheet

6-8 MIDDLE SCHOOL 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												
6-8 MIDDLE SCHOOL LUN	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
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
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
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
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
BEEF SOFT TACO	1 EACH	419	62	645	10.40	5.91	149.7	31.59	43.86	14.42	6.40	0.00
CHICKEN SOFT TACO	1 EACH	401	106	951	6.18	3.32	168.6	30.77	35.97	14.97	6.05	0.00
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
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
SOUTHWEST SALAD	1 SALAD	457	39	788	14.05	3.52	349.6	19.77	53.72	17.35	9.90	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
BLACK BEANS (LE) 1/2 CUP	1/2 CUP	109	0	140	8.00	0.00	0.0	7.0	20.0	0.0	0.00	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*

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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San Juan Unified School District

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Base Menu Spread

6-8 MIDDLE SCHOOL 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												
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
GREEN BEANS (OTH) 1/2 CUP	1/2 CUP	16	0	140	2.00	0.00	0.0	1.0	3.0	0.0	0.00	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
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
SALAD MIX (OTH) 1 CUP	1 CUP	11	0	12	0.53	0.28	10.5	0.53	2.11	0.0	0.00	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
TOMATO, CHOPPED (R/OR) 1/2 CUP	1/2 CUP	24	0	10	1.25	0.51	5.7	0.96	5.26	0.37	0.05	*N/A*
VEGETABLE VARIETY-MIDDLE SCHOL	1/2 CUP	26	0	14	1.98	0.35	8.0	1.39	4.9	0.08	0.01	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
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
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
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		699	53	1256	8.73	3.39	544.9	32.99	88.51	23.90	5.76	*0.01
% of Calories								18.9%	50.6%	30.8%	7.4%	*0.0%
Nutrient Guideline		Á		Á							Á	

Weighted Average		699	53	1256	8.73	3.39	544.9	32.99	88.51	23.90	5.76	*0.01
								18.9%	50.6%	30.8%	7.4%	*0.0%

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