

**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Mon - 05/01/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		515	55	1053	5.00	2.52	415.0	27.40	65.00	15.15	6.10	0.50
% of Calories								21.3%	50.5%	26.5%	10.7%	0.9%
Nutrient Guideline		Á		Á							Á	

Tue - 05/02/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
Weighted Daily Average		622	65	1228	5.39	2.40	511.3	31.60	70.26	23.96	9.14	*0.00
% of Calories								20.3%	45.1%	34.6%	13.2%	*0.0%
Nutrient Guideline		Á									Á	

Wed - 05/03/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	0.00
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

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE 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)
Weighted Daily Average		530	45	851	4.34	1.52	854.5	28.53	55.55	22.37	9.58	0.00
% of Calories								21.5%	41.9%	38.0%	16.3%	0.0%
Nutrient Guideline		Á		Á							Á	

Thu - 05/04/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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		599	70	1295	8.09	3.84	611.3	34.30	84.36	15.91	3.64	*0.00
% of Calories								22.9%	56.4%	23.9%	5.5%	*0.0%
Nutrient Guideline		Á									Á	

Fri - 05/05/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		524	45	979	5.47	*2.17	*469.0	26.46	59.54	20.01	5.68	0.01
% of Calories								20.2%	45.5%	34.4%	9.8%	0.0%
Nutrient Guideline		Á		Á							Á	

\*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

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

ECE LUNCH

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 <sup>1</sup> (g)
Mon - 05/08/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVI NG	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
Weighted Daily Average		534	55	947	3.01	2.54	556.5	26.16	52.96	23.61	6.59	0.00
% of Calories								19.6%	39.7%	39.8%	11.1%	0.0%
Nutrient Guideline		Á		Á							Á	

	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)
Tue - 05/09/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVI NG	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
Weighted Daily Average		533	50	904	5.85	1.91	860.9	28.85	61.36	19.89	8.87	*0.00
% of Calories								21.6%	46.0%	33.6%	15.0%	*0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Wed - 05/10/2017												
ECE LUNCH	Total											
CHICKEN NUGGETS (TYSON)	3 NUGGETS	156	15	240	1.80	1.08	0.0	9.6	9.6	9.0	1.50	0.00
WAFFLES, MINI MAPLE (EGGO)	POUCH	200	0	220	4.00	2.70	100.0	4.0	35.0	5.0	1.50	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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		571	30	791	8.19	4.02	491.3	24.20	82.86	16.96	4.64	*0.00
% of Calories								17.0%	58.0%	26.7%	7.3%	*0.0%
Nutrient Guideline				Á							Á	

Thu - 05/11/2017												
ECE 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
POTATO WEDGES (MCCAIN)	SERVING	120	0	140	2.00	0.36	0.0	2.0	20.0	4.0	0.50	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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	0.00
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
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		659	63	863	5.50	3.33	650.0	31.40	77.00	25.15	9.60	0.00
% of Calories								19.0%	46.7%	34.3%	13.1%	0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 5

	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)
Fri - 05/12/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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
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		536	55	1220	6.89	2.68	551.6	25.86	65.35	19.24	6.22	*0.01
% of Calories								19.3%	48.7%	32.3%	10.4%	*0.0%
Nutrient Guideline		Á		Á							Á	

Mon - 05/15/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	0.00
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
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
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		643	56	1355	5.47	2.78	410.0	25.20	81.00	23.62	5.70	0.00
% of Calories								15.7%	50.4%	33.1%	8.0%	0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 6

	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)
Tue - 05/16/2017												
ECE LUNCH	Total											
TORTILLA 8" (MI RANCHO)	1 TORTILLA	140	0	210	5.00	1.80	0.0	4.0	23.0	4.0	1.50	0.00
CHICKEN FAJITA MEAT (USDA)	SVG (#12 S COOP)	75	45	312	0.00	0.59	38.5	10.77	0.58	3.27	0.96	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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
Weighted Daily Average		458	81	826	5.90	2.66	560.1	29.58	47.43	16.42	8.36	0.00
% of Calories								25.9%	41.5%	32.3%	16.4%	0.0%
Nutrient Guideline		Á		Á							Á	

	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)
Wed - 05/17/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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, 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		487	55	787	8.20	2.22	481.2	19.68	68.25	13.94	4.64	*0.00
% of Calories								16.2%	56.0%	25.8%	8.6%	*0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 7

	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)
Thu - 05/18/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
Weighted Daily Average		491	50	802	4.54	1.73	850.9	28.77	56.87	16.91	8.37	0.00
% of Calories								23.4%	46.3%	31.0%	15.3%	0.0%
Nutrient Guideline		Á		Á							Á	

	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)
Fri - 05/19/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		524	45	883	6.99	2.38	485.3	27.36	66.60	17.31	5.22	*0.01
% of Calories								20.9%	50.8%	29.7%	9.0%	*0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Mon - 05/22/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	0.00
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
Weighted Daily Average		531	30	784	5.76	1.58	480.3	24.66	66.21	18.61	9.09	0.00
% of Calories								18.6%	49.9%	31.5%	15.4%	0.0%
Nutrient Guideline		Á		Á							Á	

Tue - 05/23/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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		505	55	931	6.29	2.52	457.9	27.87	65.36	14.07	5.77	*0.50
% of Calories								22.1%	51.8%	25.1%	10.3%	*0.9%
Nutrient Guideline		Á									Á	

Wed - 05/24/2017												
ECE 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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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

\*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

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Weighted Daily Average		523	50	897	4.51	1.87	856.2	28.74	58.18	19.82	8.86	0.00
% of Calories								22.0%	44.5%	34.1%	15.3%	0.0%
Nutrient Guideline		Á		Á							Á	

Thu - 05/25/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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
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		566	70	1298	5.41	3.76	603.5	31.93	72.05	18.67	4.10	0.00
% of Calories								22.6%	50.9%	29.7%	6.5%	0.0%
Nutrient Guideline		Á									Á	

Fri - 05/26/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
MANAGER CAN/FROZEN VEG VARIETY	1/4 CUP	24	0	40	1.42	0.05	1.5	0.85	4.53	0.1	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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		519	55	1153	7.49	2.56	545.3	26.36	66.60	16.31	5.72	*0.01
% of Calories								20.3%	51.3%	28.3%	9.9%	*0.0%
Nutrient Guideline		Á		Á							Á	

\*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

May 1, 2017 thru Jun 8, 2017

## Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Tue - 05/30/2017												
ECE 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
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	0.00
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
Weighted Daily Average		515	45	770	5.20	1.65	856.7	29.02	57.46	19.41	9.09	0.00
% of Calories								22.5%	44.6%	33.9%	15.9%	0.0%
Nutrient Guideline		Á		Á							Á	

	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)
Wed - 05/31/2017												
ECE LUNCH	Total											
FRENCH TOAST STICKS (RICH'S)	SVG (3 STICKS)	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 EACH)	140	40	480	0.00	0.72	0.0	12.0	2.0	9.0	3.00	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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CUP)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		487	41	746	5.34	2.21	567.5	23.10	59.41	17.76	5.08	*0.00
% of Calories								19.0%	48.8%	32.9%	9.4%	*0.0%
Nutrient Guideline		Á		Á							Á	

\*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

<sup>1</sup> - 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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Thu - 06/01/2017												
ECE 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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		584	63	892	3.76	3.11	655.3	29.66	61.21	24.11	9.59	0.00
% of Calories								20.3%	42.0%	37.2%	14.8%	0.0%
Nutrient Guideline		Á		Á							Á	

	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)
Fri - 06/02/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
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 LEGUME VARIETY	1/2 CUP	104	0	140	6.50	0.20	4.7	6.25	18.5	0.75	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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		526	58	953	4.37	*2.49	*477.7	27.93	66.28	15.99	5.18	0.01
% of Calories								21.2%	50.4%	27.3%	8.9%	0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE 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 <sup>1</sup> (g)
Mon - 06/05/2017												
ECE 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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
Weighted Daily Average		521	50	898	4.58	*1.89	*856.2	28.74	57.82	19.82	8.86	0.00
% of Calories								22.1%	44.4%	34.2%	15.3%	0.0%
Nutrient Guideline		Á		Á							Á	

Tue - 06/06/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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	1/4 CUP	29	0	3	0.57	*0.03	*0.0	0.0	7.14	0.0	0.00	0.00
Weighted Daily Average		531	40	847	6.15	*2.12	*527.5	25.49	64.75	18.98	7.94	*0.01
% of Calories								19.2%	48.8%	32.2%	13.5%	*0.0%
Nutrient Guideline		Á		Á							Á	

\*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**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 13

	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)
Wed - 06/07/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
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
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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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
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		533	45	851	6.56	2.33	483.8	27.51	69.57	17.71	5.22	*0.01
% of Calories								20.6%	52.2%	29.9%	8.8%	*0.0%
Nutrient Guideline		Á		Á							Á	

Thu - 06/08/2017												
ECE 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
ELEM MANAGER'S CHOICE ENTREE	PORTIONS	321	35	639	3.94	2.39	185.0	16.43	33.43	13.6	4.67	0.03
VEGETABLE VARIETY	1/4 CUP	10	0	14	0.63	0.03	1.2	0.52	1.8	0.06	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, WHOLE (BERKELEY FARMS)	4 OZ SERVING	75	17	60	0.00	0.00	150.0	4.0	6.0	4.0	2.50	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		520	53	914	6.71	*2.27	*516.8	23.08	67.50	16.60	5.70	*0.01
% of Calories								17.8%	51.9%	28.7%	9.9%	*0.0%
Nutrient Guideline		Á		Á							Á	

Weighted Average		539	53	954	5.75	*2.47	*594.4	27.48	65.24	18.87	6.88	*0.04
								20.4%	48.4%	31.5%	11.5%	*0.1%

\*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.