

# San Juan Unified School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 1

Generated on: 9/1/2023 10:07:58 AM

|                        | Portion Size  | Carb (g) |
|------------------------|---------------|----------|
| Fri - 09/01/2023       |               |          |
| ECE LUNCH              | Total         |          |
| BEAN BURRITO           | 1 EACH        | 46.0     |
| POTATO WEDGES (MCCAIN) | SERVING       | 21.0     |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21     |
| MILK, WHITE 1%         | 1 CARTON      | 16.0     |
| Weighted Daily Average |               | 91.21    |
| % of Calories          |               | 54.3%    |
| Nutrient Guideline     |               |          |

|                        |               |       |
|------------------------|---------------|-------|
| Tue - 09/05/2023       |               |       |
| ECE LUNCH              | Total         |       |
| MEATBALL(BEEF) HOAGIE  | 0.5 EACH      | 16.0  |
| BEAN BURRITO           | 0.5 EACH      | 23.0  |
| BEAN VARIETY,CND COLD  | 1/4 CUP       | 9.25  |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%         | 1 CARTON      | 16.0  |
| Weighted Daily Average |               | 50.51 |
| % of Calories          |               | 55.0% |
| Nutrient Guideline     |               |       |

|                               |           |       |
|-------------------------------|-----------|-------|
| Wed - 09/06/2023              |           |       |
| ECE LUNCH                     | Total     |       |
| BROCCOLI BEEF & RICE          | SERVINGS  | 54.87 |
| CHEESE PULL APARTS (no sauce) | SERVING   | 29.0  |
| CARROTS, PKG                  | 2.6 OZ PK | 6.0   |
| APPLESAUCE CUP ,IW            | 1 EACH    | 14.0  |
| MILK, WHITE 1%                | 1 CARTON  | 16.0  |
| Weighted Daily Average        |           | 84.41 |
| % of Calories                 |           | 58.6% |
| Nutrient Guideline            |           |       |

|                        |               |       |
|------------------------|---------------|-------|
| Thu - 09/07/2023       |               |       |
| ECE LUNCH              | Total         |       |
| BEAN BURRITO           | 0.5 EACH      | 23.0  |
| CARROTS, PKG           | 2.6 OZ PK     | 6.0   |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%         | 1 CARTON      | 16.0  |
| Weighted Daily Average |               | 53.21 |
| % of Calories          |               | 56.5% |
| Nutrient Guideline     |               |       |

|                               |               |       |
|-------------------------------|---------------|-------|
| Fri - 09/08/2023              |               |       |
| ECE LUNCH                     | Total         |       |
| CHICKEN PATTY SANDWICH,CRISPY | 0.5 EACH      | 23.0  |
| GRILLED CHEESE SANDWICH       | 0.5 EACH      | 15.48 |
| POTATO WEDGES (MCCAIN)        | SERVING       | 21.0  |
| FRUIT, FRESH VARIETY          | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%                | 1 CARTON      | 16.0  |

\*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

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 2

Generated on: 9/1/2023 10:07:58 AM

|                        | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average |              | 65.96    |
| % of Calories          |              | 55.7%    |
| Nutrient Guideline     |              |          |

| Mon - 09/11/2023       |           |       |
|------------------------|-----------|-------|
| ECE LUNCH              | Total     |       |
| CHEESE PIZZA ,GALAXY   | 0.5 EACH  | 13.0  |
| CARROTS, PKG           | 2.6 OZ PK | 6.0   |
| APPLES, SLICED ,IW     | PKT       | 8.0   |
| MILK, WHITE 1%         | 1 CARTON  | 16.0  |
| Weighted Daily Average |           | 43.00 |
| % of Calories          |           | 52.3% |
| Nutrient Guideline     |           |       |

| Tue - 09/12/2023       |               |       |
|------------------------|---------------|-------|
| ECE LUNCH              | Total         |       |
| BEAN BURRITO           | 1 EACH        | 46.0  |
| GREEN BEANS,CANNED     | 1/4 CUP       | 2.0   |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%         | 1 CARTON      | 16.0  |
| Weighted Daily Average |               | 72.21 |
| % of Calories          |               | 52.1% |
| Nutrient Guideline     |               |       |

| Wed - 09/13/2023              |          |       |
|-------------------------------|----------|-------|
| ECE LUNCH                     | Total    |       |
| ORANGE CHICKEN & RICE         | SERVING  | 43.39 |
| CHEESE PULL APARTS (no sauce) | SERVING  | 29.0  |
| BROCCOLI FRESH                | 1/2 CUP  | 4.0   |
| PEARS,CANNED                  | 1/2 CUP  | 16.0  |
| MILK, WHITE 1%                | 1 CARTON | 16.0  |
| Weighted Daily Average        |          | 75.79 |
| % of Calories                 |          | 60.9% |
| Nutrient Guideline            |          |       |

| Thu - 09/14/2023        |          |       |
|-------------------------|----------|-------|
| ECE LUNCH               | Total    |       |
| GRILLED CHEESE SANDWICH | 0.5 EACH | 15.48 |
| BEAN VARIETY,CND COLD   | 1/4 CUP  | 9.25  |
| APPLESAUCE CUP ,IW      | 1 EACH   | 14.0  |
| MILK, WHITE 1%          | 1 CARTON | 16.0  |
| Weighted Daily Average  |          | 41.93 |
| % of Calories           |          | 60.3% |
| Nutrient Guideline      |          |       |

\*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

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 3

Generated on: 9/1/2023 10:07:58 AM

|                         | Portion Size  | Carb (g) |
|-------------------------|---------------|----------|
| Fri - 09/15/2023        |               |          |
| ECE LUNCH               | Total         |          |
| CHKN TENDERS W/MINI BUN | SERVING       | 29.9     |
| BROCCOLI ALFREDO PASTA  | SVG           | 47.0     |
| CORN, CANNED            | 1/4 CUP       | 8.5      |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 8.21     |
| MILK, WHITE 1%          | 1 CARTON      | 16.0     |
| Weighted Daily Average  |               | 69.89    |
| % of Calories           |               | 49.5%    |
| Nutrient Guideline      |               |          |

|                        |          |       |
|------------------------|----------|-------|
| Mon - 09/18/2023       |          |       |
| ECE LUNCH              | Total    |       |
| CHEESE PIZZA ,GALAXY   | 1 EACH   | 26.0  |
| GREEN BEANS,CANNED     | 1/4 CUP  | 2.0   |
| APPLES, SLICED ,IW     | PKT      | 8.0   |
| MILK, WHITE 1%         | 1 CARTON | 16.0  |
| Weighted Daily Average |          | 52.00 |
| % of Calories          |          | 45.6% |
| Nutrient Guideline     |          |       |

|                         |               |       |
|-------------------------|---------------|-------|
| Tue - 09/19/2023        |               |       |
| ECE LUNCH               | Total         |       |
| CHKN TENDERS W/MINI BUN | SERVING       | 29.9  |
| BROCCOLI ALFREDO PASTA  | SVG           | 47.0  |
| BROCCOLI FRESH          | 1/2 CUP       | 4.0   |
| FRUIT, FRESH VARIETY    | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%          | 1 CARTON      | 16.0  |
| Weighted Daily Average  |               | 66.66 |
| % of Calories           |               | 48.0% |
| Nutrient Guideline      |               |       |

|                               |               |       |
|-------------------------------|---------------|-------|
| Wed - 09/20/2023              |               |       |
| ECE LUNCH                     | Total         |       |
| CHEESE PULL APARTS (no sauce) | SERVING       | 29.0  |
| BEAN VARIETY,CND COLD         | 1/4 CUP       | 9.25  |
| FRUIT, FRESH VARIETY          | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%                | 1 CARTON      | 16.0  |
| Weighted Daily Average        |               | 62.46 |
| % of Calories                 |               | 49.6% |
| Nutrient Guideline            |               |       |

|                               |           |       |
|-------------------------------|-----------|-------|
| Thu - 09/21/2023              |           |       |
| ECE LUNCH                     | Total     |       |
| GRILLED CHEESE SANDWICH       | 1 EACH    | 30.96 |
| CHICKEN PATTY SANDWICH,CRISPY | 0.5 EACH  | 23.0  |
| CARROTS, PKG                  | 2.6 OZ PK | 6.0   |
| APPLESAUCE CUP ,IW            | 1 EACH    | 14.0  |
| MILK, WHITE 1%                | 1 CARTON  | 16.0  |

\*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

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 4

Generated on: 9/1/2023 10:07:58 AM

|                        | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average |              | 60.59    |
| % of Calories          |              | 56.2%    |
| Nutrient Guideline     |              |          |

| Fri - 09/22/2023       |               |       |
|------------------------|---------------|-------|
| ECE LUNCH              | Total         |       |
| BEAN BURRITO           | 1 EACH        | 46.0  |
| POTATO WEDGES (MCCAIN) | SERVING       | 21.0  |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%         | 1 CARTON      | 16.0  |
| Weighted Daily Average |               | 91.21 |
| % of Calories          |               | 54.3% |
| Nutrient Guideline     |               |       |

| Mon - 09/25/2023       |          |       |
|------------------------|----------|-------|
| ECE LUNCH              | Total    |       |
| CHEESE PIZZA ,GALAXY   | 0.5 EACH | 13.0  |
| GREEN BEANS,CANNED     | 1/4 CUP  | 2.0   |
| APPLES, SLICED ,IW     | PKT      | 8.0   |
| MILK, WHITE 1%         | 1 CARTON | 16.0  |
| Weighted Daily Average |          | 39.00 |
| % of Calories          |          | 49.3% |
| Nutrient Guideline     |          |       |

| Tue - 09/26/2023       |               |       |
|------------------------|---------------|-------|
| ECE LUNCH              | Total         |       |
| MEATBALL(BEEF) HOAGIE  | 0.5 EACH      | 16.0  |
| BEAN BURRITO           | 0.5 EACH      | 23.0  |
| BEAN VARIETY,CND COLD  | 1/4 CUP       | 9.25  |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%         | 1 CARTON      | 16.0  |
| Weighted Daily Average |               | 50.51 |
| % of Calories          |               | 55.0% |
| Nutrient Guideline     |               |       |

| Wed - 09/27/2023              |           |       |
|-------------------------------|-----------|-------|
| ECE LUNCH                     | Total     |       |
| BROCCOLI BEEF & RICE          | SERVINGS  | 54.87 |
| CHEESE PULL APARTS (no sauce) | SERVING   | 29.0  |
| CARROTS, PKG                  | 2.6 OZ PK | 6.0   |
| APPLESAUCE CUP ,IW            | 1 EACH    | 14.0  |
| MILK, WHITE 1%                | 1 CARTON  | 16.0  |
| Weighted Daily Average        |           | 84.41 |
| % of Calories                 |           | 58.6% |
| Nutrient Guideline            |           |       |

\*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

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

Page 5

Generated on: 9/1/2023 10:07:58 AM

|                        | Portion Size  | Carb (g) |
|------------------------|---------------|----------|
| Thu - 09/28/2023       |               |          |
| ECE LUNCH              | Total         |          |
| BEAN BURRITO           | 0.5 EACH      | 23.0     |
| CARROTS, PKG           | 2.6 OZ PK     | 6.0      |
| FRUIT, FRESH VARIETY   | SVG (1/2 CUP) | 8.21     |
| MILK, WHITE 1%         | 1 CARTON      | 16.0     |
| Weighted Daily Average |               | 53.21    |
| % of Calories          |               | 56.5%    |
| Nutrient Guideline     |               |          |

|                               |               |       |
|-------------------------------|---------------|-------|
| Fri - 09/29/2023              |               |       |
| ECE LUNCH                     | Total         |       |
| CHICKEN PATTY SANDWICH,CRISPY | 0.5 EACH      | 23.0  |
| GRILLED CHEESE SANDWICH       | 0.5 EACH      | 15.48 |
| POTATO WEDGES (MCCAIN)        | SERVING       | 21.0  |
| FRUIT, FRESH VARIETY          | SVG (1/2 CUP) | 8.21  |
| MILK, WHITE 1%                | 1 CARTON      | 16.0  |
| Weighted Daily Average        |               | 65.96 |
| % of Calories                 |               | 55.7% |
| Nutrient Guideline            |               |       |

|                  |  |       |
|------------------|--|-------|
| Weighted Average |  | 63.71 |
|                  |  | 54.1% |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 63.71    | 54.10%    |               |             |           |           |         |                         |

\*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.