

# San Juan Unified School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

,K-8 LUNCH

Portion Values - Detailed

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Generated on: 9/1/2023 10:07:05 AM

	Portion Size	Carb (g)
Fri - 09/01/2023		
,K-8 LUNCH	Total	
CHICKEN FAJITA TACO	SVG	32.97
BEAN BURRITO	1 EACH	46.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		87.35
% of Calories		56.8%
Nutrient Guideline		

Tue - 09/05/2023		
,K-8 LUNCH	Total	
MEATBALL(BEEF) HOAGIE	1 EACH	32.0
CHANA MASALA & RICE	SERVING	30.81
BEAN VARIETY,CND COLD	1/2 CUP	18.5
CARROT STICKS	1/2 CUP	8.42
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		79.97
% of Calories		59.5%
Nutrient Guideline		

Wed - 09/06/2023		
,K-8 LUNCH	Total	
BROCCOLI BEEF & RICE	SERVINGS	54.87
CHEESE PULL APARTS W/MARINARA	SERVING	34.44
CARROT STICKS	1/2 CUP	8.42
BROCCOLI FRESH	1/2 CUP	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
RANCH DRESSING	SERVING	2.29
KETCHUP PACKET	1 PACKET	4.0
Weighted Daily Average		96.05
% of Calories		63.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/07/2023		
,K-8 LUNCH	Total	
CHICKEN FAJITA TACO	SVG	32.97
BEAN BURRITO	1 EACH	46.0
CELERY STICKS	1/2 CUP	1.5
CUCUMBER SLICES	1/2 CUP	1.9
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MIXED FRUIT,CANNED	1/2 CUP	17.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		88.61
% of Calories		60.2%
Nutrient Guideline		

Fri - 09/08/2023		
,K-8 LUNCH	Total	
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
GRILLED CHEESE SANDWICH	1 EACH	30.96
POTATO WEDGES (MCCAIN)	SERVING	21.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
BBQ SAUCE PACKET, 1 PACKET	PACKET	4.0
Weighted Daily Average		105.24
% of Calories		59.6%
Nutrient Guideline		

Mon - 09/11/2023		
,K-8 LUNCH	Total	
CHEESE PIZZA ,GALAXY	1 EACH	26.0
PROTEIN BOX	SERVING	31.0
VEGGIE JUICE ,100%	1 each	13.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
APPLES, SLICED ,IW	PKT	8.0
PEACHES,CANNED	1/2 CUP	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
RANCH DRESSING	SERVING	2.29
Weighted Daily Average		81.38
% of Calories		58.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/12/2023		
,K-8 LUNCH	Total	
MEDITERRANEAN BEEF PITA	SERVING	27.5
BEAN BURRITO	1 EACH	46.0
GREEN BEANS,CANNED	1/2 CUP	4.0
CELERY STICKS	1/2 CUP	1.5
CUCUMBER SLICES	1/2 CUP	1.9
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
RAISINS	1BOX	29.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		87.06
% of Calories		60.5%
Nutrient Guideline		

Wed - 09/13/2023		
,K-8 LUNCH	Total	
ORANGE CHICKEN & RICE	SERVING	43.39
3 BEAN CHILI (VEG) & CHIPS	SVG	61.0
BROCCOLI FRESH	1/2 CUP	4.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
RANCH DRESSING	SERVING	2.29
Weighted Daily Average		96.67
% of Calories		68.3%
Nutrient Guideline		

Thu - 09/14/2023		
,K-8 LUNCH	Total	
BBQ TURKEY SANDWICH	SERVING	56.13
GRILLED CHEESE SANDWICH	1 EACH	30.96
VEGGIE JUICE ,100%	1 each	13.0
BEAN VARIETY,CND COLD	1/2 CUP	18.5
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
Weighted Daily Average		107.76
% of Calories		59.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/15/2023		
,K-8 LUNCH	Total	
CHKN TENDERS W/MINI BUN	SERVING	29.9
BROCCOLI ALFREDO PASTA	SVG	47.0
CORN, CANNED	1/2 CUP	17.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
STRAWBERRIES ,FRESH	1/2 CUP	5.53
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
RANCH DRESSING	SERVING	2.29
KETCHUP PACKET	1 PACKET	4.0
Weighted Daily Average		103.06
% of Calories		60.1%
Nutrient Guideline		

Mon - 09/18/2023		
,K-8 LUNCH	Total	
CHEESE PIZZA ,GALAXY	1 EACH	26.0
CHANA MASALA & RICE	SERVING	30.81
GREEN BEANS,CANNED	1/2 CUP	4.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
APPLES, SLICED ,IW	PKT	8.0
JUICE ,100% FRUIT SLUSH	1 each	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
Weighted Daily Average		75.69
% of Calories		58.1%
Nutrient Guideline		

Tue - 09/19/2023		
,K-8 LUNCH	Total	
CHKN TENDERS W/MINI BUN	SERVING	29.9
BROCCOLI ALFREDO PASTA	SVG	47.0
BROCCOLI FRESH	1/2 CUP	4.0
CARROT STICKS	1/2 CUP	8.42
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
Weighted Daily Average		86.54
% of Calories		56.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/20/2023		
,K-8 LUNCH	Total	
MEDITERRANEAN BEEF PITA	SERVING	27.5
3 BEAN CHILI (VEG) & CHIPS	SVG	61.0
BEAN VARIETY,CND COLD	1/2 CUP	18.5
CELERY STICKS	1/2 CUP	1.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
RAISINS	1BOX	29.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		90.49
% of Calories		60.5%
Nutrient Guideline		

Thu - 09/21/2023		
,K-8 LUNCH	Total	
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
PROTEIN BOX	SERVING	31.0
CAULIFLOWER FLORETS	1/2 cup	2.25
CARROT STICKS	1/2 CUP	8.42
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	2.0
APPLESAUCE CUP ,IW	1 EACH	14.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
BBQ SAUCE PACKET	1 OZ.	10.0
Weighted Daily Average		92.70
% of Calories		58.7%
Nutrient Guideline		

Fri - 09/22/2023		
,K-8 LUNCH	Total	
CHICKEN FAJITA TACO	SVG	32.97
BEAN BURRITO	1 EACH	46.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
SALAD MIX	0.5 CUP	1.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
STRAWBERRIES ,FRESH	1/2 CUP	5.53
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		95.62
% of Calories		58.5%
Nutrient Guideline		

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Base Menu Spreadsheet

,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/25/2023		
,K-8 LUNCH	Total	
CHEESE PIZZA ,GALAXY	1 EACH	26.0
PROTEIN BOX	SERVING	31.0
GREEN BEANS,CANNED	1/2 CUP	4.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
APPLES, SLICED ,IW	PKT	8.0
JUICE ,100% FRUIT SLUSH	1 each	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
RANCH DRESSING	SERVING	2.29
Weighted Daily Average		75.53
% of Calories		57.1%
Nutrient Guideline		

Tue - 09/26/2023		
,K-8 LUNCH	Total	
MEATBALL(BEEF) HOAGIE	1 EACH	32.0
CHANA MASALA & RICE	SERVING	30.81
BEAN VARIETY,CND COLD	1/2 CUP	18.5
CAULIFLOWER FLORETS	1/2 cup	2.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
Weighted Daily Average		76.53
% of Calories		59.2%
Nutrient Guideline		

Wed - 09/27/2023		
,K-8 LUNCH	Total	
BROCCOLI BEEF & RICE	SERVINGS	54.87
CHEESE PULL APARTS W/MARINARA	SERVING	34.44
CARROT STICKS	1/2 CUP	8.42
BROCCOLI FRESH	1/2 CUP	4.0
CUCUMBER SLICES	1/2 CUP	1.9
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
APPLESAUCE CUP ,IW	1 EACH	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
RANCH DRESSING	SERVING	2.29
KETCHUP PACKET	1 PACKET	4.0
Weighted Daily Average		94.92
% of Calories		62.9%
Nutrient Guideline		

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,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/28/2023		
,K-8 LUNCH	Total	
CHICKEN FAJITA TACO	SVG	32.97
BEAN BURRITO	1 EACH	46.0
CELERY STICKS	1/2 CUP	1.5
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	2.0
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
MIXED FRUIT,CANNED	1/2 CUP	17.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
TACO SAUCE (PORTION PAC)	1 PACKET	1.0
Weighted Daily Average		88.26
% of Calories		59.9%
Nutrient Guideline		

Fri - 09/29/2023		
,K-8 LUNCH	Total	
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
GRILLED CHEESE SANDWICH	1 EACH	30.96
POTATO WEDGES (MCCAIN)	SERVING	21.0
CARROT STICKS	1/2 CUP	8.42
SALAD MIX	0.5 CUP	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
FRUIT VARIETY ,CANNED	1/2 CUP	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0
KETCHUP PACKET	1 PACKET	4.0
RANCH DRESSING	SERVING	2.29
BBQ SAUCE PACKET, 1 PACKET	PACKET	4.0
Weighted Daily Average		104.29
% of Calories		59.6%
Nutrient Guideline		

Weighted Average		90.69
		59.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	90.69	59.90%						

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