

San Juan Unified School District

Base Menu Spreadsheet

MS LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/08/2023		
MS LUNCH	Total	
BEAN BURRITO	1 EACH	46.0
BBQ TURKEY SANDWICH	SERVING	56.13
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
PROTEIN BOX	SERVING	31.0
MEATBALL(BEEF) HOAGIE	1 EACH	32.0
BROCCOLI ALFREDO PASTA	SVG	47.0
GREEN BEANS,CANNED	1/2 CUP	4.0
CARROTS, PKG	2.6 OZ PK	6.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
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

	Portion Size	Carb (g)
Tue - 05/09/2023		
MS LUNCH	Total	
BEAN BURRITO	1 EACH	46.0
BBQ TURKEY SANDWICH	SERVING	56.13
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
PROTEIN BOX	SERVING	31.0
ORANGE CHICKEN & RICE	SERVING	43.39
CHANA MASALA & RICE	SERVING	30.81
CORN, CANNED	1/2 CUP	17.0
CARROTS, PKG	2.6 OZ PK	6.0
JUICE ,100% FRUIT SLUSH	1 each	15.0
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

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.

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MS LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/10/2023		
MS LUNCH	Total	
BEAN BURRITO	1 EACH	46.0
BBQ TURKEY SANDWICH	SERVING	56.13
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
PROTEIN BOX	SERVING	31.0
BROCCOLI ALFREDO PASTA	SVG	47.0
SOUTHWEST CHKN SALAD	SERVING	58.92
CARROTS, PKG	2.6 OZ PK	6.0
CELERY STICKS	1/2 CUP	1.5
VEGGIE JUICE ,100%	1 each	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.21
PEACHES,CANNED	1/2 CUP	14.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

	Portion Size	Carb (g)
Thu - 05/11/2023		
MS LUNCH	Total	
BEAN BURRITO	1 EACH	46.0
BBQ TURKEY SANDWICH	SERVING	56.13
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
PROTEIN BOX	SERVING	31.0
CHKN TENDERS W/MINI BUN	SERVING	14.0
SOUTHWEST CHKN SALAD	SERVING	58.92
BEAN VARIETY,CND COLD	1/2 CUP	18.5
BROCCOLI FRESH	1/2 CUP	4.0
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

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	Portion Size	Carb (g)
Fri - 05/12/2023		
MS LUNCH	Total	
BEAN BURRITO	1 EACH	46.0
BBQ TURKEY SANDWICH	SERVING	56.13
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
PROTEIN BOX	SERVING	31.0
BROCCOLI BEEF & RICE	SERVINGS	51.65
SOUTHWEST CHKN SALAD	SERVING	58.92
CARROTS, PKG	2.6 OZ PK	6.0
VEGGIE JUICE ,100%	1 each	13.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
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

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