

San Juan Unified School District

Base Menu Spreadsheet

HS LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon -				
HS LUNCH	Total			
BEAN BURRITO	1 EACH	380	3	46.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	360	6	35.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	7	34.0
BBQ TURKEY SANDWICH	SERVING	406	13	40.13
PROTEIN BOX	SERVING	309	10	38.0
COWBOY CAVIAR	SERVING	243	*5	41.91
MEATBALL(BEEF) HOAGIE	1 EACH	294	6	32.0
BROCCOLI ALFREDO PASTA	SVG	397	10	47.0
GREEN BEANS,CANNED	1/2 CUP	16	1	3.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
MIXED FRUIT,CANNED	1/2 CUP	60	12	15.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue -				
HS LUNCH	Total			
BEAN BURRITO	1 EACH	380	3	46.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	360	6	35.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	7	34.0
BBQ TURKEY SANDWICH	SERVING	406	13	40.13
PROTEIN BOX	SERVING	309	10	38.0
COWBOY CAVIAR	SERVING	243	*5	41.91
ORANGE CHICKEN & RICE	SERVING	408	*13	69.06
CHANA MASALA & RICE	SERVING	219	*4	26.98
CORN, CANNED	1/2 CUP	65	3	15.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
JUICE ,100% FRUIT SLUSH	1 each	60	12	15.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed -				
HS LUNCH	Total			
BEAN BURRITO	1 EACH	380	3	46.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	360	6	35.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	7	34.0
BBQ TURKEY SANDWICH	SERVING	406	13	40.13
PROTEIN BOX	SERVING	309	10	38.0
COWBOY CAVIAR	SERVING	243	*5	41.91
CHICKEN FAJITA TACO	SVG	328	*2	31.99
BROCCOLI ALFREDO PASTA	SVG	397	10	47.0
SOUTHWEST CHKN SALAD	SERVING	437	8	51.4
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CELERY STICKS	1/2 CUP	8	1	1.5
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

Thu -				
HS LUNCH	Total			
BEAN BURRITO	1 EACH	380	3	46.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	360	6	35.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	7	34.0
BBQ TURKEY SANDWICH	SERVING	406	13	40.13
PROTEIN BOX	SERVING	309	10	38.0
COWBOY CAVIAR	SERVING	243	*5	41.91
CHKN TENDERS W/MINI BUN	SERVING	167	2	19.33
SOUTHWEST CHKN SALAD	SERVING	437	8	51.4
BEAN VARIETY,CND COLD	1/2 CUP	104	2	18.5
BROCCOLI FRESH	1/2 CUP	23	1	4.15
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
APPLESAUCE CUP ,IW	1 EACH	51	11	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri -				
HS LUNCH	Total			
BEAN BURRITO	1 EACH	380	3	46.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	5	46.0
CHEESE PIZZA (BIG DADDY)	SLICE	360	6	35.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	360	7	34.0
BBQ TURKEY SANDWICH	SERVING	406	13	40.13
PROTEIN BOX	SERVING	309	10	38.0
COWBOY CAVIAR	SERVING	243	*5	41.91
BROCCOLI BEEF & RICE	SERVINGS	369	*3	50.82
CHANA MASALA & RICE	SERVING	219	*4	26.98
SOUTHWEST CHKN SALAD	SERVING	437	8	51.4
CARROTS, PKG	2.6 OZ PK	25	3	6.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	19.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
FRUIT VARIETY ,CANNED	1/2 CUP	60	12	15.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

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