

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/01/2024				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Fri - 02/02/2024				
ELEM ,K-8 LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Mon - 02/05/2024				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & ROLL	300	20.0	14.0
3 BEAN CHILI & CHIPS	SVG	470	61.0	19.37
CARROT STICKS	1/2 CUP	0	0.0	0.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 02/06/2024				
ELEM ,K-8 LUNCH	Total			
SWEET& SOUR CHICKEN & RICE	SERVING	233	37.64	3.82
PROTEIN BOX	SERVING	265	31.0	9.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Wed - 02/07/2024				
ELEM ,K-8 LUNCH	Total			
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Thu - 02/08/2024				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 02/09/2024				
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BROCCOLI ALFREDO PASTA	SVG	397	47.0	13.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Mon - 02/12/2024				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
CHANA MASALA & RICE	SERVING	242	30.81	9.28
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

Tue - 02/13/2024				
ELEM ,K-8 LUNCH	Total			
BROCCOLI BEEF & RICE	SERVINGS	384	54.87	11.0
PROTEIN BOX	SERVING	265	31.0	9.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
JICAMA STICKS	SVG (3 STICKS)	23	5.5	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

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ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)

Wed - 02/14/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
MILK, NF STRAWBERRY	1 CARTON	110	19.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Thu - 02/15/2024				
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BROCCOLI ALFREDO PASTA	SVG	397	47.0	13.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

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Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 02/16/2024				
ELEM ,K-8 LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Tue - 02/20/2024				
ELEM ,K-8 LUNCH	Total			
SUNBUTTER MEAL KIT	PACK	590	72.0	28.7
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
			127.20	35.20
			55.5%	34.5%

Wed - 02/21/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
BROCCOLI ALFREDO PASTA	SVG	397	47.0	13.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

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Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<u>Thu - 02/22/2024</u>				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

<u>Fri - 02/23/2024</u>				
ELEM ,K-8 LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

<u>Mon - 02/26/2024</u>				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & ROLL	300	20.0	14.0
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

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ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<u>Tue - 02/27/2024</u>				
ELEM ,K-8 LUNCH	Total			
SWEET& SOUR CHICKEN & RICE	SERVING	233	37.64	3.82
PROTEIN BOX	SERVING	265	31.0	9.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

<u>Wed - 02/28/2024</u>				
ELEM ,K-8 LUNCH	Total			
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

<u>Thu - 02/29/2024</u>				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

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				Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)		

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