

# San Juan Unified School District

Oct 2, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

HS LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mondays		
HS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
3 BEAN CHILI & CORN MUFFIN	SVG	82.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY )	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
BBQ TURKEY SANDWICH	SERVING	56.13
PROTEIN BOX	SERVING	31.0
COWBOY CAVIAR	SERVING	46.53
MEDITERRANEAN BEEF PITA	SERVING	27.5
BROCCOLI ALFREDO PASTA	SVG	47.0
CARROTS, PKG	2.6 OZ PK	6.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
SPINACH SALAD(SM)	1.125 CUP	6.91
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
MIXED FRUIT,CANNED	1/2 CUP	17.0
JUICE ,100% FRUIT SLUSH	1 each	15.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

Tuesdays		
HS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
3 BEAN CHILI & CORN MUFFIN	SVG	82.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY )	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
BBQ TURKEY SANDWICH	SERVING	56.13
PROTEIN BOX	SERVING	31.0
COWBOY CAVIAR	SERVING	46.53
SWEET& SOUR CHICKEN & RICE	SERVING	37.64
CHANA MASALA & RICE	SERVING	30.81
CORN, CANNED ,HOT	1/2 CUP	17.0
CARROTS, PKG	2.6 OZ PK	6.0
SPINACH SALAD(SM)	1.125 CUP	6.91
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
PEARS,CANNED	1/2 CUP	16.0
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

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HS LUNCH

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Page 2

	Portion Size	Carb (g)
Wednesdays		
HS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY )	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
BBQ TURKEY SANDWICH	SERVING	56.13
PROTEIN BOX	SERVING	31.0
COWBOY CAVIAR	SERVING	46.53
3 BEAN CHILI & CORN MUFFIN	SVG	82.0
MEDITERRANEAN BEEF PITA	SERVING	27.5
CRISPY BEEF & CHEESE TACOS	2 EACH	24.0
COUNTRY CHICKEN BOWL	BOWL	56.17
VEGGIE JUICE ,100%	1 each	13.0
CELERY STICKS	1/2 CUP	1.5
BROCCOLI FRESH	1/2 CUP	4.0
SPINACH SALAD(SM)	1.125 CUP	6.91
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
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)
Thursdays		
HS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY )	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
BBQ TURKEY SANDWICH	SERVING	56.13
PROTEIN BOX	SERVING	31.0
COWBOY CAVIAR	SERVING	46.53
3 BEAN CHILI & CORN MUFFIN	SVG	82.0
CHKN TENDERS W/MINI BUN	SERVING	29.9
BROCCOLI ALFREDO PASTA	SVG	47.0
BEAN VARIETY,CND COLD	1/2 CUP	21.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
SPINACH SALAD(SM)	1.125 CUP	6.91
CARROTS, PKG	2.6 OZ PK	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
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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**San Juan Unified School District**

**Oct 2, 2023 thru Oct 31, 2023**

Base Menu Spreadsheet

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Portion Values - Detailed

Page 3

	Portion Size	Carb (g)
Fridays		
HS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	47.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	46.0
CHEESE PIZZA (BIG DADDY )	SLICE	34.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	34.0
BBQ TURKEY SANDWICH	SERVING	56.13
PROTEIN BOX	SERVING	31.0
COWBOY CAVIAR	SERVING	46.53
3 BEAN CHILI & CORN MUFFIN	SVG	82.0
BROCCOLI BEEF & RICE	SERVINGS	54.87
CHANA MASALA & RICE	SERVING	30.81
CARROTS, PKG	2.6 OZ PK	6.0
VEGGIE JUICE ,100%	1 each	13.0
BROCCOLI FRESH	1/2 CUP	4.0
SPINACH SALAD(SM)	1.125 CUP	6.91
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
FRUIT VARIETY ,CANNED	1/2 CUP	15.67
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

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