

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/01/2024				
ECE LUNCH	Total			
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/4 CUP	59	10.5	0.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 02/02/2024				
ECE 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mon - 02/05/2024				
ECE LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Tue - 02/06/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PROTEIN BOX	SERVING	265	31.0	9.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/07/2024				
ECE LUNCH	Total			
GRILLED CHEESE SANDWICH	1 EACH	280	30.96	9.91
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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Thu - 02/08/2024				
ECE LUNCH	Total			
PROTEIN BOX	SERVING	265	31.0	9.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 02/09/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	1 EACH	180	12.0	12.0
BROCCOLI ALFREDO PASTA	SVG	397	47.0	13.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mon - 02/12/2024				
ECE LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Tue - 02/13/2024				
ECE 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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Wed - 02/14/2024				
ECE LUNCH	Total			
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Thu - 02/15/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	1 EACH	180	12.0	12.0
BROCCOLI ALFREDO PASTA	SVG	397	47.0	13.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 02/16/2024				
ECE LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/21/2024				
ECE LUNCH	Total			
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY ,CND COLD	1/2 CUP	118	21.0	1.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Thu - 02/22/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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Fri - 02/23/2024				
ECE 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mon - 02/26/2024				
ECE LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	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
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
				<=30.0

Tue - 02/27/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PROTEIN BOX	SERVING	265	31.0	9.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/28/2024				
ECE LUNCH	Total			
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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Thu - 02/29/2024				
ECE LUNCH	Total			
PROTEIN BOX	SERVING	265	31.0	9.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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