

# San Juan Unified School District

Oct 2, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

MS LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mondays		
MS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
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
MEDITERRANEAN BEEF PITA	SERVING	27.5
BROCCOLI ALFREDO PASTA	SVG	47.0
CARROTS, PKG	2.6 OZ PK	6.0
SPINACH SALAD(SM)	1.125 CUP	6.91
POTATO WEDGES (MCCAIN)	SERVING	21.0
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

	Portion Size	Carb (g)
Tuesdays		
MS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
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
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

**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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Page 2

	Portion Size	Carb (g)
Wednesdays		
MS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
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
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
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		
MS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
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	29.9
BROCCOLI ALFREDO PASTA	SVG	47.0
BEAN VARIETY ,CND COLD	1/2 CUP	21.0
CARROTS, PKG	2.6 OZ PK	6.0
POTATO WEDGES (MCCAIN)	SERVING	21.0
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**

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Page 3

	Portion Size	Carb (g)
Fridays		
MS LUNCH	Total	
BEAN& RICE BURRITO-VEGAN	1 EACH	44.0
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	54.87
CHANA MASALA & RICE	SERVING	30.81
CARROTS, PKG	2.6 OZ PK	6.0
VEGGIE JUICE ,100%	1 each	13.0
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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