

San Juan Unified School District

Mar 1, 2024 thru Mar 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 - 03/01/2024				
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 - 03/04/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
SALAD MIX	1 CUP	10	2.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
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

Tue - 03/05/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PROTEIN BOX	SERVING	335	38.0	14.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
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
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

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San Juan Unified School District

Mar 1, 2024 thru Mar 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)
Wed - 03/06/2024				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BROCCOLI FRESH	1/2 CUP	25	4.0	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
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

Thu - 03/07/2024				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
PROTEIN BOX	SERVING	335	38.0	14.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Fri - 03/08/2024				
ELEM ,K-8 LUNCH	Total			
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
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*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

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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>Mon - 03/11/2024</u>				
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
CARROT STICKS	1/2 CUP	0	0.0	0.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
SALAD MIX	1 CUP	10	2.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

<u>Tue - 03/12/2024</u>				
ELEM ,K-8 LUNCH	Total			
SWEET& SOUR CHICKEN & RICE	SERVING	233	37.64	3.82
PROTEIN BOX	SERVING	335	38.0	14.0
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

<u>Wed - 03/13/2024</u>				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL HOAGIE	SVGS	420	53.15	12.58
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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 03/14/2024				
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
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

Fri - 03/15/2024				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
VEGAN RICE BOWL	SERVING	196	29.59	2.07
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
BROCCOLI FRESH	1/2 CUP	25	4.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Mon - 03/18/2024				
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
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
CELERY STICKS	1/2 CUP	8	1.5	0.09
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

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Mar 1, 2024 thru Mar 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)

Tue - 03/19/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PROTEIN BOX	SERVING	335	38.0	14.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
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

Wed - 03/20/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

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Mar 1, 2024 thru Mar 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 - 03/21/2024				
ELEM ,K-8 LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BROCCOLI FRESH	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
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

Fri - 03/22/2024				
ELEM ,K-8 LUNCH	Total			
FISH STICKS & BUN	4 EACH	310	32.0	12.0
VEGAN RICE BOWL	SERVING	196	29.59	2.07
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, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*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

Mon - 03/25/2024				
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
SALAD MIX	1 CUP	10	2.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
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

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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)

Tue - 03/26/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	196	29.59	2.07
CARROT STICKS	1/2 CUP	0	0.0	0.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	0.5 CUP	5	1.0	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
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

Wed - 03/27/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
PROTEIN BOX	SERVING	335	38.0	14.0
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
JICAMA STICKS	SVG (3 STICKS)	23	5.5	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
RANCH DRESSING	SERVING	9	2.29	0.0

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 03/28/2024				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Fri - 03/29/2024				
ELEM ,K-8 LUNCH	Total			
FISH STICKS & BUN	4 EACH	310	32.0	12.0
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

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