

San Juan Unified School District

Base Menu Spreadsheet

HS LUNCH

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mondays				
HS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
PROTEIN BOX	SERVING	335	38.0	14.0
COWBOY CAVIAR	SERVING	276	46.53	4.9
SWEET& SOUR CHICKEN & RICE	SERVING	233	37.64	3.82
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tuesdays				
HS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
PROTEIN BOX	SERVING	335	38.0	14.0
COWBOY CAVIAR	SERVING	276	46.53	4.9
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
VEGAN RICE BOWL	SERVING	196	29.59	2.07
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
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

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Page 2

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wednesdays				
HS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
PROTEIN BOX	SERVING	335	38.0	14.0
COWBOY CAVIAR	SERVING	276	46.53	4.9
KOREAN BEEF NOODLE BOWL	SVGS	442	97.0	10.0
VEGAN RICE BOWL	SERVING	196	29.59	2.07
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thursdays				
HS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
PROTEIN BOX	SERVING	335	38.0	14.0
COWBOY CAVIAR	SERVING	276	46.53	4.9
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
CARROTS, PKG	2.6 OZ PK	25	6.0	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

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Page 3

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fridays				
HS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
PROTEIN BOX	SERVING	335	38.0	14.0
COWBOY CAVIAR	SERVING	276	46.53	4.9
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
FISH STICKS & BUN	4 EACH	310	32.0	12.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
VEGGIE JUICE ,100%	1 each	60	13.0	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
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

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