

# San Juan Unified School District

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/01/2024				
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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 03/04/2024				
ECE LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 03/05/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 03/06/2024				
ECE 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
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 03/07/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
PROTEIN BOX	SERVING	335	38.0	14.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		538	55.00	*25.90
% of Calories			40.9%	*43.4%
Nutrient Guideline		558		<=30.0

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/08/2024				
ECE LUNCH	Total			
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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
Weighted Daily Average		460	55.41	*16.54
% of Calories			48.2%	*32.3%
Nutrient Guideline		558		<=30.0

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 03/11/2024				
ECE 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
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		536	55.40	24.03
% of Calories			41.3%	40.3%
Nutrient Guideline		558		<=30.0

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 03/12/2024				
ECE 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
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		419	61.95	*7.97
% of Calories			59.1%	*17.1%
Nutrient Guideline		558		<=30.0

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 03/13/2024				
ECE LUNCH	Total			
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Thu - 03/14/2024				
ECE LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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

Fri - 03/15/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
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 - 03/18/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
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

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ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 03/19/2024				
ECE 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
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 03/20/2024				
ECE LUNCH	Total			
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Thu - 03/21/2024				
ECE 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
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 03/22/2024				
ECE LUNCH	Total			
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mon - 03/25/2024</b>				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

<b>Tue - 03/26/2024</b>				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

<b>Wed - 03/27/2024</b>				
ECE LUNCH	Total			
PROTEIN BOX	SERVING	335	38.0	14.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
JICAMA STICKS	SVG (3 STICKS)	23	5.5	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

<b>Thu - 03/28/2024</b>				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
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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ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/29/2024				
ECE LUNCH				
Total				
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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