

# San Juan Unified School District

## Base Menu Spreadsheet

## MS LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mondays				
MS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
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
PROTEIN BOX	SERVING	335	38.0	14.0
SWEET& SOUR CHICKEN & RICE	SERVING	233	37.64	3.82
VEGAN RICE BOWL	SERVING	196	29.59	2.07
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				
MS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
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
PROTEIN BOX	SERVING	335	38.0	14.0
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
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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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wednesdays				
MS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
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
PROTEIN BOX	SERVING	335	38.0	14.0
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	196	29.59	2.07
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
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				
MS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
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
PROTEIN BOX	SERVING	335	38.0	14.0
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
VEGAN RICE BOWL	SERVING	196	29.59	2.07
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fridays				
MS LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
BBQ TURKEY SANDWICH(FRESH)	SERVING	472	56.13	17.07
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
PROTEIN BOX	SERVING	335	38.0	14.0
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
VEGGIE JUICE ,100%	1 each	60	13.0	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
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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