

# San Juan Unified School District

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/01/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Tue - 04/02/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
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

Wed - 04/03/2024				
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

Thu - 04/04/2024				
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
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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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 04/05/2024				
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

Mon - 04/08/2024				
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

Tue - 04/09/2024				
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

Wed - 04/10/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 04/11/2024				
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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 04/12/2024				
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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/15/2024				
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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 04/16/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 04/17/2024				
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 - 04/18/2024				
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 - 04/19/2024				
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	
MILK, WHITE 1%	1 CARTON	130	16.0	

Mon - 04/22/2024				
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
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 04/23/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
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

Wed - 04/24/2024				
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

Thu - 04/25/2024				
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
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
Weighted Daily Average		521	53.42	*24.76
% of Calories			41.0%	*42.7%
Nutrient Guideline		558		<=30.0

Fri - 04/26/2024				
ECE LUNCH	Total			
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
CARROTS, PKG	2.6 OZ PK	25	6.0	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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/29/2024				
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

Tue - 04/30/2024				
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

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