

San Juan Unified School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/01/2024				
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
		505	64.00	14.50

Thu - 05/02/2024				
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
		759	103.09	

Fri - 05/03/2024				
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
		581	73.53	*19.67

Mon - 05/06/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
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
		504		

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/07/2024				
ECE LUNCH	Total			
POWER PACK	SERVING	579	77.0	*23.5
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		849	124.00	*28.00

Wed - 05/08/2024				
ECE LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		474	47.80	*16.50

Thu - 05/09/2024				
ECE LUNCH	Total			
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
		580	78.40	*15.19

Fri - 05/10/2024				
ECE LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
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
		520	58.24	*14.54

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/13/2024				
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
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
				38.0%

Tue - 05/14/2024				
ECE LUNCH	Total			
ORANGE CHICKEN & RICE	SERVING	281	43.39	4.57
POWER PACK	SERVING	579	77.0	*23.5
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
		511	76.52	*10.89

Wed - 05/15/2024				
ECE LUNCH	Total			
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	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
		498	64.34	*12.61

Thu - 05/16/2024				
ECE LUNCH	Total			
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	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
		571	74.00	*17.50

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/17/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
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
		638	82.73	*31.1%

Mon - 05/20/2024				
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
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		548	55.03	

Tue - 05/21/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
SALAD MIX	1 CUP	10	2.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		611	76.46	*20.62

Wed - 05/22/2024				
ECE LUNCH	Total			
ORANGE CHICKEN & RICE	SERVING	281	43.39	4.57
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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
		571	87.20	*10.46

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/23/2024				
ECE LUNCH	Total			
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
			61.93	*12.57

Fri - 05/24/2024				
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
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
		468	49.71	*15.83

Tue - 05/28/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		658	86.32	*22.00

Wed - 05/29/2024				
ECE LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		474	47.80	*16.50

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/30/2024				
ECE LUNCH	Total			
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
		580	78.40	*15.19

Fri - 05/31/2024				
ECE LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
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
		520	58.24	*14.54

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