

San Juan Unified School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/01/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL HOAGIE	SVGS	420	53.15	12.58
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
SALAD MIX	1 CUP	10	2.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0
		612	90.19	*13.10

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/02/2024				
ELEM ,K-8 LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	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
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
		808	121.00	*20.16

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/03/2024				
ELEM ,K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
VEGAN RICE BOWL	SERVING	181	26.84	2.07
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
		696	106.86	*15.92 *20.6%

Mon - 05/06/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	181	26.84	2.07
SALAD MIX	1 CUP	10	2.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	15	2.0	0.0
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
		564	81.11	*13.79

Tue - 05/07/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
POWER PACK	SERVING	579	77.0	*23.5
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	0.5 CUP	5	1.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		710	111.50	*15.52

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Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/08/2024				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		611	78.51	*17.19

Thu - 05/09/2024				
ELEM ,K-8 LUNCH	Total			
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	15	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		878	117.86	*27.19

Fri - 05/10/2024				
ELEM ,K-8 LUNCH	Total			
FISH SANDWICH(FRESH)	1 SANDWICH	492	53.13	22.07
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TARTAR SAUCE	PKT	20	1.0	2.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
		727	94.97	*22.26

Mon - 05/13/2024				
ELEM ,K-8 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
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
SALAD MIX	1 CUP	10	2.0	0.0
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	15	2.0	0.0
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
		630	81.74	*23.06

Tue - 05/14/2024				
ELEM ,K-8 LUNCH	Total			
ORANGE CHICKEN & RICE	SERVING	281	43.39	4.57
POWER PACK	SERVING	579	77.0	*23.5
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
		632	111.45	*8.48

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Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/15/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL HOAGIE	SVGS	420	53.15	12.58
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		657	101.28	*12.81

Thu - 05/16/2024				
ELEM ,K-8 LUNCH	Total			
FISH SANDWICH(FRESH)	1 SANDWICH	492	53.13	22.07
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
TARTAR SAUCE	PKT	20	1.0	2.0
		813	114.37	*23.47

Fri - 05/17/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	181	26.84	2.07
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	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
RANCH DRESSING	SERVING	9	2.29	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

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Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
		590		*15.07

Mon - 05/20/2024				
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
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
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		644	82.40	*22.73

Tue - 05/21/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	15	2.0	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
		687	96.09	*19.16

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Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/22/2024				
ELEM ,K-8 LUNCH	Total			
ORANGE CHICKEN & RICE	SERVING	281	43.39	4.57
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
		637	111.72	*8.14

Thu - 05/23/2024				
ELEM ,K-8 LUNCH	Total			
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
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
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
		702	85.93	*24.35

Fri - 05/24/2024				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
VEGAN RICE BOWL	SERVING	181	26.84	2.07
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
			78.56	*18.3%

Tue - 05/28/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		670	94.20	*19.41

Wed - 05/29/2024				
ELEM ,K-8 LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		611	78.51	*17.19

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San Juan Unified School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

ELEM ,K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/30/2024				
ELEM ,K-8 LUNCH	Total			
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	15	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
		878	117.86	*27.19

Fri - 05/31/2024				
ELEM ,K-8 LUNCH	Total			
FISH SANDWICH(FRESH)	1 SANDWICH	492	53.13	22.07
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TARTAR SAUCE	PKT	20	1.0	2.0
		727	94.97	*22.26

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