

**San Juan Unified School District**  
**Jul 1 thru Jul 31, 2024    Menu Spreadsheet ELEM ,K-8 LUNCH**

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mon - 07/01/2024</b>				
CHICKEN FAJITA TACO	SVG	267	26.97	7.09
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE	1 PACKET	5	1.0	0.0
<b>Tue - 07/02/2024</b>				
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	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
<b>Wed - 07/03/2024</b>				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
TACO SAUCE	1 PACKET	5	1.0	0.0
<b>Fri - 07/05/2024</b>				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	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 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
TACO SAUCE	1 PACKET	5	1.0	0.0
<b>Mon - 07/08/2024</b>				
MEATBALL(BEEF) HOAGIE	1 EACH	294	32.0	11.4
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE	1 PACKET	5	1.0	0.0

Tue - 07/09/2024				
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	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

Wed - 07/10/2024				
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
TACO SAUCE	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Thu - 07/11/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93
BROCCOLI FRESH	1/2 CUP	25	4.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Fri - 07/12/2024				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	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 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
TACO SAUCE	1 PACKET	5	1.0	0.0

Mon - 07/15/2024				
CHICKEN FAJITA TACO	SVG	267	26.97	7.09
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE	1 PACKET	5	1.0	0.0

Tue - 07/16/2024				
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5

POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	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

Wed - 07/17/2024				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
TACO SAUCE	1 PACKET	5	1.0	0.0

Thu - 07/18/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93
BROCCOLI FRESH	1/2 CUP	25	4.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Fri - 07/19/2024				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	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 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
TACO SAUCE	1 PACKET	5	1.0	0.0

Mon - 07/22/2024				
MEATBALL(BEEF) HOAGIE	1 EACH	294	32.0	11.4
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE	1 PACKET	5	1.0	0.0

Tue - 07/23/2024				
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	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
<b>Wed - 07/24/2024</b>				
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
TACO SAUCE	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
<b>Thu - 07/25/2024</b>				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93
BROCCOLI FRESH	1/2 CUP	25	4.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
<b>Fri - 07/26/2024</b>				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	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 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
TACO SAUCE	1 PACKET	5	1.0	0.0
<b>Mon - 07/29/2024</b>				
CHICKEN FAJITA TACO	SVG	267	26.97	7.09
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE	1 PACKET	5	1.0	0.0
<b>Tue - 07/30/2024</b>				
BEEF HOAGIE W/PEPP,ONIONS	SERVING	370	46.0	11.5
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	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
<b>Wed - 07/31/2024</b>				

CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
JUICE,VEG TR TRIO	1 EACH	80	20.0	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
TACO SAUCE	1 PACKET	5	1.0	0.0

***NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.***

