

**San Juan Unified School District**  
**Jul 1, 2024 thru Jul 31, 2024 Menu Spreadsheet ECE LUNCH**

	Portion	Cals	Carb	T-Fat
	Size	(kcal)	(g)	(g)
<b>Mon - 07/01/2024</b>				
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
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
<b>Tue - 07/02/2024</b>				
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
<b>Wed - 07/03/2024</b>				
CHKN ON WAFFLE	PKG	210	22.0	10.0
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
<b>Fri - 07/05/2024</b>				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	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
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
<b>Mon - 07/08/2024</b>				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
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
<b>Tue - 07/09/2024</b>				
POWER PACK	SERVING	579	77.0	*23.5
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
<b>Wed - 07/10/2024</b>				
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
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
<b>Thu - 07/11/2024</b>				
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	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
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
<b>Fri - 07/12/2024</b>				
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	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 - 07/15/2024				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
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
Tue - 07/16/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
POWER PACK	SERVING	579	77.0	*23.5
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 07/17/2024				
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 07/18/2024				
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
Fri - 07/19/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
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
Mon - 07/22/2024				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Tue - 07/23/2024				
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
Wed - 07/24/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
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
Thu - 07/25/2024				
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 07/26/2024				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0

BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	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
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mon - 07/29/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
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

Tue - 07/30/2024				
POWER PACK	SERVING	579	77.0	*23.5
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 07/31/2024				
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
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

***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.***





