

**San Juan Unified School District**  
**Secondary Summer Lunch -2 week cycle July 2024**

	Size	(kcal)	Carb (g)	T-Fat (g)
<b>Mon - Cycle 1</b>				
PEPPERONI PIZZA	1 SLICE	350	34.0	17.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93
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
<b>Tue - Cycle 1</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
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
<b>Wed - Cycle 1</b>				
PEPPERONI PIZZA	1 SLICE	350	34.0	17.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93
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
<b>Thu - Cycle 1</b>				
KOREAN BEEF NOODLE BOWL	SVGS	442	97.0	10.0
POWER PACK	SERVING	579	77.0	*23.5
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
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
<b>Fri - Cycle 1</b>				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BEAN& RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
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
<b>Mon - Cycle 2</b>				
CHEESE PIZZA	SLICE	350	34.0	17.0
POWER PACK	SERVING	579	77.0	*23.5
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93

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

Tue - Cycle 2				
KOREAN BEEF NOODLE BOWL	SVGS	442	97.0	10.0
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
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

Wed - Cycle 2				
CHICKEN PATTY SANDWICH, CRISPY	1 EACH	400	46.0	16.0
BEAN & RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
MASHED POTATO/GRAVY	BOWL	105	19.66	1.93
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

Thu - Cycle 2				
BEEF HOAGIE W/PEPP, ONIONS	SERVING	370	46.0	11.5
POWER PACK	SERVING	579	77.0	*23.5
BEAN VARIETY, CND COLD	1/2 CUP	118	21.0	1.0
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

Fri - Cycle 2				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BEAN & RICE BURRITO-VEGAN	1 EACH	244	44.0	4.0
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

**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**