

San Juan Unified School District

September 2024, Nutrient Analysis

ECE LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 09/03/2024				
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 - 09/04/2024				
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
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
Thu - 09/05/2024				
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
Fri - 09/06/2024				
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
Mon - 09/09/2024				
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
Tue - 09/10/2024				
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
Wed - 09/11/2024				
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
Thu - 09/12/2024				
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

Fri - 09/13/2024				
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Mon - 09/16/2024				
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
Tue - 09/17/2024				
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
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
Wed - 09/18/2024				
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
Thu - 09/19/2024				
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
Fri - 09/20/2024				
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
Mon - 09/23/2024				
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
Tue - 09/24/2024				
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 - 09/25/2024				
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
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

Thu - 09/26/2024				
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
Fri - 09/27/2024				
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
Mon - 09/30/2024				
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

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.

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