

San Juan Unified School District
SEPTEMBER ,2024 Nutrient Analysis HIGH SCHOOL

	LUNCH	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mondays					
ENCHILADAS,CHEESE		PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY		1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY		1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)		SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)		1 SLICE	350	34.0	17.0
COBB VEG SALAD, CORN MUFFIN		SVG	272	12.66	19.0
POWER PACK		SERVING	579	77.0	*2
TURKEY NACHO DIP/CHIPS		SVG	516	45.32	27.25
CHEESE PULL APARTS W/MARINARA		SERVING	320	34.44	14.56
ORANGE CHICKEN & RICE		SERVING	281	43.39	4.57
VEGAN RICE BOWL		SERVING	181	26.84	2.07
CARROTS, PKG		2.6 OZ PK	25	6.0	.00
CELERY STICKS		1/2 CUP	8	1.5	0.09
SPINACH SALAD(SM)		1.125 CUP	46	6.91	0.12
FRUIT, FRESH VARIETY		SVG (1/2 CUP)	40	10.41	*0.
MIXED FRUIT,CANNED		1/2 CUP	60	17.0	.00
JUICE ,100% FRUIT SLUSH		1 each	60	15.0	.00
MILK, WHITE 1%		1 CARTON	130	16.0	.25
MILK, NONFAT CHOC		1 CARTON	120	20.0	.00
Tuesdays					
ENCHILADAS,CHEESE		PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY		1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY		1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)		SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)		1 SLICE	350	34.0	17.0
COBB VEG SALAD, CORN MUFFIN		SVG	272	12.66	19.0
POWER PACK		SERVING	579	77.0	*2
TURKEY NACHO DIP/CHIPS		SVG	516	45.32	27.25
CHEESE PULL APARTS W/MARINARA		SERVING	320	34.44	14.56
CRISPY BEEF & CHEESE TACOS		2 EACH	360	24.0	24.0
LOADED WEDGES W CORN MUFFIN		SERVING	660	83.5	26.9
CARROTS, PKG		2.6 OZ PK	25	6.0	.00
CORN, CANNED ,HOT		1/2 CUP	80	17.0	.25
SPINACH SALAD(SM)		1.125 CUP	46	6.91	0.12
FRUIT, FRESH VARIETY		SVG (1/2 CUP)	40	10.41	*0.
PEARS,CANNED		1/2 CUP	60	16.0	.00
MILK, WHITE 1%		1 CARTON	130	16.0	.25
MILK, NONFAT CHOC		1 CARTON	120	20.0	.00
Wednesdays					
ENCHILADAS,CHEESE		PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY		1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY		1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)		SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)		1 SLICE	350	34.0	17.0
COBB VEG SALAD, CORN MUFFIN		SVG	272	12.66	19.0
POWER PACK		SERVING	579	77.0	*2
TURKEY NACHO DIP/CHIPS		SVG	516	45.32	27.25
CHEESE PULL APARTS W/MARINARA		SERVING	320	34.44	14.56
KOREAN BEEF NOODLE BOWL		SVGS	442	97.0	10.0
VEGAN RICE BOWL		SERVING	181	26.84	2.07
CUCUMBER SLICES		1/2 CUP	8	1.9	.01
CELERY STICKS		1/2 CUP	8	1.5	0.09
BROCCOLI FRESH		1/2 CUP	25	4.0	.00
SPINACH SALAD(SM)		1.125 CUP	46	6.91	0.12

FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.
PEACHES,CANNED	1/2 CUP	60	14.0	.00
MILK, WHITE 1%	1 CARTON	130	16.0	.25
MILK, NONFAT CHOC	1 CARTON	120	20.0	.00
Thursdays				
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
COBB VEG SALAD, CORN MUFFIN	SVG	272	12.66	19.0
POWER PACK	SERVING	579	77.0	*2
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
CHICKEN FAJITA TACO	SVG	267	26.97	7.09
CHICKEN WRAP,FRESH	SVG	360	36.0	17.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
TOMATOES CHERRY 1/2 CUP	SVG (1/2 CUP)	15	2.0	.00
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
CARROTS, PKG	2.6 OZ PK	25	6.0	.00
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.
APPLESAUCE CUP ,IW	1 EACH	60	14.0	.00
MILK, WHITE 1%	1 CARTON	130	16.0	.25
MILK, NONFAT CHOC	1 CARTON	120	20.0	.00
Fridays				
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
COBB VEG SALAD, CORN MUFFIN	SVG	272	12.66	19.0
POWER PACK	SERVING	579	77.0	*23.5
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
KOREAN BEEF NOODLE BOWL	SVG	442	97.0	10.0
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
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
VEGGIE JUICE ,100%	1 each	60	13.0	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.

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