

San Juan Unified School District

September 2024, Nutrient Analysis

ELEM;K-8 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
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
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
Wed - 09/04/2024				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
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
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
Thu - 09/05/2024				
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
SALAD MIX	1 CUP	10	2.0	0.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1.85	0.19
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
Fri - 09/06/2024				
FISH SANDWICH(FRESH)	1 SANDWICH	492	53.13	22.07
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1.85	0.19
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
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
TARTAR SAUCE	PKT	20	1.0	2.0

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
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
SALAD MIX	1 CUP	10	2.0	0.0
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
Tue - 09/10/2024				
ORANGE CHICKEN & RICE	SERVING	281	43.39	4.57
POWER PACK	SERVING	579	77.0	*23.5
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1.85	0.19
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 09/11/2024				
KOREAN MEATBALL HOAGIE	SVGS	420	53.15	12.58
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
SALAD MIX	1 CUP	10	2.0	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
RAISINS	1BOX	120	29.0	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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
Thu - 09/12/2024				
FISH SANDWICH(FRESH)	1 SANDWICH	492	53.13	22.07
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
SALAD MIX	1 CUP	10	2.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
TARTAR SAUCE	PKT	20	1.0	2.0
Fri - 09/13/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	181	26.84	2.07
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROT STICKS	1/2 CUP	0	0.0	0.0

SALAD MIX	1 CUP	10	2.0	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, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	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

Mon - 09/16/2024				
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
GREEN BEANS,CND,HOT	1/2 CUP	25	4.0	0.0
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
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Tue - 09/17/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1.85	0.19
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
SALAD MIX	1 CUP	10	2.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

Wed - 09/18/2024				
ORANGE CHICKEN & RICE	SERVING	281	43.39	4.57
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Thu - 09/19/2024				
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
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
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*

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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Fri - 09/20/2024				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
VEGAN RICE BOWL	SERVING	181	26.84	2.07
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
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
KETCHUP PACKET	1 PACKET	20	4.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Mon - 09/23/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	181	26.84	2.07
SALAD MIX	1 CUP	10	2.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	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
RANCH DRESSING	SERVING	9	2.29	0.0

Tue - 09/24/2024				
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
POWER PACK	SERVING	579	77.0	*23.5
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
SALAD MIX	0.5 CUP	5	1.0	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

Wed - 09/25/2024				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
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
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Thu - 09/26/2024				
TURKEY NACHO DIP/CHIPS	SVG	516	45.32	27.25
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
SALAD MIX	1 CUP	10	2.0	0.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1.85	0.19
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
Fri - 09/27/2024				
FISH SANDWICH(FRESH)	1 SANDWICH	492	53.13	22.07
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
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
TARTAR SAUCE	PKT	20	1.0	2.0
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
CARROT STICKS	1/2 CUP	0	0.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
SALAD MIX	1 CUP	10	2.0	0.0
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	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.

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