

San Juan Unified School District

October 2024 , Nutrient Analysis

ECE LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 10/01/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 10/02/2024				
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
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 - 10/03/2024				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	37.64	4.82
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 10/04/2024				
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
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 - 10/07/2024				
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
BROC MAC & CHEESE	SVG	383	44.0	13.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Tue - 10/08/2024				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 10/09/2024				
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 10/10/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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
Fri - 10/11/2024				
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 - 10/14/2024				
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
BROC MAC & CHEESE	SVG	383	44.0	13.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Tue - 10/15/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
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
Wed - 10/16/2024				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	37.64	4.82
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 10/17/2024				
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 10/18/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
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 - 10/21/2024				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
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 - 10/22/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
POWER PACK	SERVING	579	77.0	*23.5
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 10/23/2024				
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
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 - 10/24/2024				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	37.64	4.82
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 10/25/2024				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
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 - 10/28/2024				
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
BROC MAC & CHEESE	SVG	383	44.0	13.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Tue - 10/29/2024				
CHKN DRUMSTK & BUN	1 DRMST & 1 BU	300	20.0	14.0
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
PEARS, CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 10/30/2024				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
BEAN VARIETY, CND COLD	1/2 CUP	118	21.0	1.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 10/31/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
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

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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