

San Juan Unified School District

October 2024 , Nutrient Analysis

HIGH SCHOOLS LUNCH

Mondays				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
POWER PACK	SERVING	579	77.0	*23.5
TERIYAKI BEEF RICE BOWL (FRESH	SERVINGS	316	37.64	10.82
VEGAN BURRITO BOWL	SERVING	276	42.01	5.33
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Tuesdays				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
POWER PACK	SERVING	579	77.0	*23.5
DRUMSTICK HOMESTYLE BOWL	BOWL	622	78.17	23.33
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
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
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

Wednesdays				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
POWER PACK	SERVING	579	77.0	*23.5
ITALIAN MEATBALL SUB	SERVING	391	45.98	12.56
VEGAN BURRITO BOWL	SERVING	276	42.01	5.33
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12

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

Thursdays				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
POWER PACK	SERVING	579	77.0	*23.5
TERIYAKI BEEF RICE BOWL (FRESH	SERVINGS	316	37.64	10.82
LOADED WEDGES W CORN MUFFIN	SERVING	660	83.5	26.9
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BEAN VARIETY ,CND COLD	1/2 CUP	118	21.0	1.0
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	*0.04
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

Fridays				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
CHICKEN PATTY SANDWICH,CRISPY	1 EACH	400	46.0	16.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	47.0	17.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	34.0	17.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
POWER PACK	SERVING	579	77.0	*23.5
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	41.13	22.07
BROC MAC & CHEESE	SVG	383	44.0	13.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
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
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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