

San Juan Unified School District

December 2024 , Nutrient Analysis

Elem; K-8 Lunch

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 12/02/2024				
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Tue - 12/03/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
BROC MAC & CHEESE	SVG	383	44.0	13.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
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
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 - 12/04/2024				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	37.64	4.82
POWER PACK	SERVING	579	77.0	*23.5
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0

Thu - 12/05/2024				
ITALIAN MEATBALL SUB	SERVING	391	45.98	12.56
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
VEGGIE JUICE ,100%	1 each	60	13.0	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
RANCH DRESSING	SERVING	9	2.29	0.0

Fri - 12/06/2024				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	41.13	22.07
VEGAN BURRITO BOWL	SERVING	276	42.01	5.33
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
SALAD MIX	1 CUP	10	2.0	0.0
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
TARTAR SAUCE	PKT	20	1.0	2.0

Mon - 12/09/2024				
DRUMSTICK HOMESTYLE BOWL	BOWL	622	78.17	23.33
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
CARROT STICKS	1/2 CUP	0	0.0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Tue - 12/10/2024				
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN BURRITO BOWL	SERVING	276	42.01	5.33
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
SALAD MIX	0.5 CUP	5	1.0	0.0
VEGGIE JUICE ,100%	1 each	60	13.0	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
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Wed - 12/11/2024				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
BEAN VARIETY ,CND COLD	1/2 CUP	118	21.0	1.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
VEGGIE JUICE ,100%	1 each	60	13.0	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
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
MUSTARD, I PACKET	PACKET	0	0.0	0.0

Thu - 12/12/2024				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	37.64	4.82
PIZZA CH , FR BREAD	1 EACH	310	34.93	10.07
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
MIXED VEG ,CANNED	1/2 CUP	45	8.0	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, 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

Fri - 12/13/2024				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	41.13	22.07
POWER PACK	SERVING	579	77.0	*23.5
CARROT STICKS	1/2 CUP	0	0.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
SALAD MIX	1 CUP	10	2.0	0.0
VEGGIE JUICE ,100%	1 each	60	13.0	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 - 12/16/2024				
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
MIXED VEG ,CANNED	1/2 CUP	45	8.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
VEGGIE JUICE ,100%	1 each	60	13.0	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
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 - 12/17/2024				
DRUMSTICK HOMESTYLE BOWL	BOWL	622	78.17	23.33
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
MIXED VEG ,CANNED	1/2 CUP	45	8.0	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
PEARS,CANNED	1/2 CUP	60	16.0	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

Wed - 12/18/2024				
BEEF BURGER (FRESH)	1 EACH	345	31.99	16.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	55.99	9.0
BEAN VARIETY,CND COLD	1/2 CUP	118	21.0	1.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
CELERY STICKS	1/2 CUP	8	1.5	0.09
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
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
RANCH DRESSING	SERVING	9	2.29	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
MUSTARD, I PACKET	PACKET	0	0.0	0.0

Thu - 12/19/2024				
ITALIAN MEATBALL SUB	SERVING	391	45.98	12.56
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CAULIFLOWER FLORETS	1/2 cup	11	2.25	0.13
MIXED VEG ,CANNED	1/2 CUP	45	8.0	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
RANCH DRESSING	SERVING	9	2.29	0.0

Fri - 12/20/2024				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	41.13	22.07
VEGAN BURRITO BOWL	SERVING	276	42.01	5.33
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
VEGGIE JUICE ,100%	1 each	60	13.0	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
TARTAR SAUCE	PKT	20	1.0	2.0

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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