

# San Juan Unified School District

December 2024 , Nutrient Analysis

## MIDDLE SCHOOLS LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mondays</b>				
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
CHEESE PIZZA (BIG DADDY )	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
POWER PACK	SERVING	579	77.0	*23.5
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
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

<b>Tuesdays</b>				
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
CHEESE PIZZA (BIG DADDY )	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
POWER PACK	SERVING	579	77.0	*23.5
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
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

<b>Wednesdays</b>				
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
CHEESE PIZZA (BIG DADDY )	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
POWER PACK	SERVING	579	77.0	*23.5
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
ITALIAN MEATBALL SUB	SERVING	391	45.98	12.56
VEGAN BURRITO BOWL	SERVING	276	42.01	5.33
SPINACH SALAD(SM)	1.125 CUP	46	6.91	0.12
CELERY STICKS	1/2 CUP	8	1.5	0.09
MIXED VEG ,CANNED	1/2 CUP	45	8.0	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

<b>Thursdays</b>				
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
CHEESE PIZZA (BIG DADDY )	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
POWER PACK	SERVING	579	77.0	*23.5
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
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
MIXED VEG ,CANNED	1/2 CUP	45	8.0	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

<b>Fridays</b>				
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
CHEESE PIZZA (BIG DADDY )	SLICE	350	34.0	17.0
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	34.0	17.0
POWER PACK	SERVING	579	77.0	*23.5
CHKN ROLLED CRISP UPS	2 EACH	420	42.0	18.0
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
BROCCOLI FRESH	1/2 CUP	25	4.0	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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