

San Juan Unified School District

January 2025, Nutrient Analysis

ECE Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 01/02/2025				
SUNBUTTER MEAL KIT	PACK	590	46	72.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CRACKER, WHEAT	1 Each	180	4	30.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Fri - 01/03/2025				
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Mon - 01/06/2025				
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Tue - 01/07/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
CHEESE PULL APARTS (no sauce)	SERVING	290	1	29.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Wed - 01/08/2025				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	13	37.64
POWER PACK	SERVING	579	19	77.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Thu - 01/09/2025				
BROC MAC & CHEESE	SVG	383	8	44.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Fri - 01/10/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Mon - 01/13/2025				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	2	20.0
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Tue - 01/14/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
POWER PACK	SERVING	579	19	77.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Wed - 01/15/2025				
CHEESE PULL APARTS (no sauce)	SERVING	290	1	29.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Thu - 01/16/2025				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	13	37.64
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Fri - 01/17/2025				
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
CARROT STICKS	1/2 CUP	0	0	0.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Tue - 01/21/2025				
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	2	20.0
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
BROCCOLI FRESH	1/2 CUP	25	1	4.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Wed - 01/22/2025				
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Thu - 01/23/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
CHEESE PULL APARTS (no sauce)	SERVING	290	1	29.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Fri - 01/24/2025				
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Mon - 01/27/2025				
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Tue - 01/28/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BROC MAC & CHEESE	SVG	383	8	44.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Wed - 01/29/2025				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	13	37.64
POWER PACK	SERVING	579	19	77.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Thu - 01/30/2025				
CHEESE PULL APARTS (no sauce)	SERVING	290	1	29.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Fri - 01/31/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

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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