

# San Juan Unified School District

January 2025, Nutrient Analysis

Elem; K-8 Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Mon - 01/06/2025</b>				
CHKN ROLLED CRISP UPS	2 EACH	420	2	42.0
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
CARROTS, PKG	2.6 OZ PK	25	3	6.0
GREEN BEANS,CANNED	1/2 CUP	25	2	4.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
<b>Tue - 01/07/2025</b>				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
CARROTS, PKG	2.6 OZ PK	25	3	6.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
RAISINS	1BOX	120	27	29.0
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
KETCHUP PACKET	1 PACKET	20	4	4.0
RANCH DRESSING	SERVING	9	1	2.29
BBQ SAUCE PACKET	1 OZ.	45	9	10.0
<b>Wed - 01/08/2025</b>				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	13	37.64
POWER PACK	SERVING	579	19	77.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
<b>Thu - 01/09/2025</b>				
ITALIAN MEATBALL SUB	SERVING	391	*8	45.98
BROC MAC & CHEESE	SVG	383	8	44.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29

Fri - 01/10/2025				
FISH STICKS, BUN, COLESLAW (FR)	4 EACH	442	10	41.13
VEGAN BURRITO BOWL	SERVING	276	7	42.01
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT VARIETY, CANNED	1/2 CUP	60	13	15.67
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
TARTAR SAUCE	PKT	20	1	1.0

Mon - 01/13/2025				
DRUMSTICK HOMESTYLE BOWL	BOWL	622	*25	78.17
BURRITO, WG BEAN & CH	1 EACH	292	0	30.99
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
MIXED VEG, CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP, IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 01/14/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
VEGAN BURRITO BOWL	SERVING	276	7	42.01
BROCCOLI FRESH	1/2 CUP	25	1	4.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
SALAD MIX	0.5 CUP	5	1	1.0
VEGGIE JUICE, 100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED, IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
KETCHUP PACKET	1 PACKET	20	4	4.0
BBQ SAUCE PACKET	1 OZ.	45	9	10.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 01/15/2025				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER, VEG (FRESH)	1 EACH	355	7	55.99
BEAN VARIETY, CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
VEGGIE JUICE, 100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT, CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, 1 PACKET	PACKET	0	0	0.0

Thu - 01/16/2025				
TERIYAKI CHKN BOWL (FRESH)	SERVINGS	287	13	37.64
PIZZA CH, FR BREAD	1 EACH	310	4	34.93

CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
KETCHUP PACKET	1 PACKET	20	4	4.0
RANCH DRESSING	SERVING	9	1	2.29

Fri - 01/17/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
POWER PACK	SERVING	579	19	77.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
SALAD MIX	1 CUP	10	2	2.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
TARTAR SAUCE	PKT	20	1	1.0

Tue - 01/21/2025				
DRUMSTICK HOMESTYLE BOWL	BOWL	622	*25	78.17
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
RAISINS	1BOX	120	27	29.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 01/22/2025				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CELERY STICKS	1/2 CUP	8	1	1.5
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Thu - 01/23/2025				
ITALIAN MEATBALL SUB	SERVING	391	*8	45.98
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0

FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29

Fri - 01/24/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
VEGAN BURRITO BOWL	SERVING	276	7	42.01
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
SALAD MIX	1 CUP	10	2	2.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
TARTAR SAUCE	PKT	20	1	1.0

Mon - 01/27/2025				
CHKN ROLLED CRISP UPS	2 EACH	420	2	42.0
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
CARROT STICKS	1/2 CUP	0	0	0.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 01/28/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BROC MAC & CHEESE	SVG	383	8	44.0
CELERY STICKS	1/2 CUP	8	1	1.5
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
KETCHUP PACKET	1 PACKET	20	4	4.0
RANCH DRESSING	SERVING	9	1	2.29
BBQ SAUCE PACKET	1 OZ.	45	9	10.0

Wed - 01/29/2025				
TERIYAKI CHKN BOWL(FRESH)	SERVINGS	287	13	37.64
POWER PACK	SERVING	579	19	77.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29

Thu - 01/30/2025				
ITALIAN MEATBALL SUB	SERVING	391	*8	45.98
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
RANCH DRESSING	SERVING	9	1	2.29

Fri - 01/31/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
VEGAN BURRITO BOWL	SERVING	276	7	42.01
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
POTATO WEDGES (MCCAIN)	SERVING	130	0	21.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
TARTAR SAUCE	PKT	20	1	1.0

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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