

# San Juan Unified School District

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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Generated on: 1/29/2025 7:23:27 AM

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Mon - 02/03/2025</b>				
ECE LUNCH	Total			
DRUMSTICK BOWL(FRESH)	BOWL	413	6	36.0
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
CARROT STICKS	1/2 CUP	0	0	0.0
SALAD MIX	1 CUP	10	2	2.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		588	40	67.00
% of Calories			27.0%	45.5%
Nutrient Guideline		558		

<b>Tue - 02/04/2025</b>				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
BROCCOLI FRESH	1/2 CUP	25	1	4.0
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		543	33	67.11
% of Calories			24.6%	49.4%
Nutrient Guideline		558		

<b>Wed - 02/05/2025</b>				
ECE LUNCH	Total			
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		618	34	85.93
% of Calories			21.7%	55.6%
Nutrient Guideline		558		

<b>Thu - 02/06/2025</b>				
ECE LUNCH	Total			
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
POWER PACK	SERVING	579	19	77.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		479	29	62.61
% of Calories			24.3%	52.3%
Nutrient Guideline		558		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 02/07/2025				
ECE LUNCH	Total			
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
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
Weighted Daily Average		780	41	82.41
% of Calories			20.8%	42.2%
Nutrient Guideline		558		

Mon - 02/10/2025				
ECE LUNCH	Total			
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
CH RAVIOLI W/BROC, BUN	SERVING	348	*3	55.97
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED FRUIT, CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		421	*30	59.25
% of Calories			*28.9%	56.3%
Nutrient Guideline		558		

Tue - 02/11/2025				
ECE LUNCH	Total			
DRUMSTICK BOWL (FRESH)	BOWL	413	6	36.0
POWER PACK	SERVING	579	19	77.0
CORN, CANNED, HOT	1/2 CUP	80	7	17.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		688	37	85.56
% of Calories			21.6%	49.8%
Nutrient Guideline		558		

Wed - 02/12/2025				
ECE LUNCH	Total			
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
SWEET POTATO FRIES	SERVING	150	0	23.0
SALAD MIX	1 CUP	10	2	2.0
PEARS, CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		630	35	87.96
% of Calories			22.1%	55.8%
Nutrient Guideline		558		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 02/13/2025				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
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
Weighted Daily Average		620	35	70.42
% of Calories			22.7%	45.4%
Nutrient Guideline		558		

Fri - 02/14/2025				
ECE LUNCH	Total			
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
BROCCOLI FRESH	1/2 CUP	25	1	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		487	24	61.40
% of Calories			19.6%	50.4%
Nutrient Guideline		558		

Wed - 02/19/2025				
ECE LUNCH	Total			
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		618	34	85.93
% of Calories			21.7%	55.6%
Nutrient Guideline		558		

Thu - 02/20/2025				
ECE LUNCH	Total			
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
POWER PACK	SERVING	579	19	77.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		479	29	62.61
% of Calories			24.3%	52.3%
Nutrient Guideline		558		

Fri - 02/21/2025				
ECE LUNCH	Total			
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
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

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Weighted Daily Average		780	41	82.41
% of Calories			20.8%	42.2%
Nutrient Guideline		558		

Mon - 02/24/2025				
ECE LUNCH	Total			
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
CH RAVIOLI W/BROC,BUN	SERVING	348	*3	55.97
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
Weighted Daily Average		408	*24	54.40
% of Calories			*23.6%	53.4%
Nutrient Guideline		558		

Tue - 02/25/2025				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
POWER PACK	SERVING	579	19	77.0
CARROT STICKS	1/2 CUP	0	0	0.0
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
Weighted Daily Average		579	29	66.82
% of Calories			20.4%	46.2%
Nutrient Guideline		558		

Wed - 02/26/2025				
ECE LUNCH	Total			
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		523	33	71.93
% of Calories			25.3%	55.0%
Nutrient Guideline		558		

Thu - 02/27/2025				
ECE LUNCH	Total			
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Weighted Daily Average		439	31	58.99
% of Calories			28.2%	53.7%
Nutrient Guideline		558		

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 02/28/2025				
ECE LUNCH	Total			
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
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
Weighted Daily Average		780	41	82.41
% of Calories			20.8%	42.2%
Nutrient Guideline		558		

Weighted Average		581	*33 *51.5%	71.95 49.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	581		558	104%				
Sugars (g)	33	22.91%			Missing			
Carbohydrate (g)	71.95	49.52%						

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