

San Juan Unified School District

March 2025, Nutrient Analysis

HIGH SCH LUNCH

| | Portion Size | Cals (kcal) | Sugars (g) | Carb (g) |
|-------------------------------|-----------------|----------------|---------------|-------------|
| MONDAYS | | | | |
| BEEF BURGER (FRESH) | 1 EACH | 345 | 4 | 31.99 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHKN PATTY SANDWICH,GRILLED | 1 EACH | 300 | 4 | 31.0 |
| CHICKEN PATTY SANDWICH,SPICY | 1 EACH | 430 | 5 | 47.0 |
| CHKN ROLLED CRISP UPS | 2 EACH | 420 | 2 | 42.0 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| POWER PACK | SERVING | 579 | 19 | 77.0 |
| CHICKEN WRAP,FRESH | SVG | 360 | 4 | 36.0 |
| ZESTY CHKN MEATBALLS W/RICE | SERVINGS | 422 | 18 | 71.04 |
| VEGAN CHILI DIP w/CHIPS | SVG | 414 | 4 | 51.59 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| MIXED VEG ,CANNED | 1/2 CUP | 45 | 1 | 8.0 |
| SPINACH SALAD(SM) | 1.125 CUP | 46 | *3 | 6.91 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 40 | 8 | 10.41 |
| MIXED FRUIT,CANNED | 1/2 CUP | 60 | 14 | 17.0 |
| JUICE ,100% FRUIT SLUSH | 1 each | 60 | 12 | 15.0 |
| MILK, WHITE 1% | 1 CARTON | 130 | 15 | 16.0 |
| MILK, NONFAT CHOC | 1 CARTON | 120 | 19 | 20.0 |

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|-------------------------------|---------------|-----|----|-------|
| TUESDAYS | | | | |
| BEEF BURGER (FRESH) | 1 EACH | 345 | 4 | 31.99 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHKN PATTY SANDWICH,GRILLED | 1 EACH | 300 | 4 | 31.0 |
| CHICKEN PATTY SANDWICH,SPICY | 1 EACH | 430 | 5 | 47.0 |
| CHKN ROLLED CRISP UPS | 2 EACH | 420 | 2 | 42.0 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| POWER PACK | SERVING | 579 | 19 | 77.0 |
| CHICKEN WRAP,FRESH | SVG | 360 | 4 | 36.0 |
| CHICKEN WINGS BOWL(FRESH) | BOWL | 423 | 6 | 35.0 |
| CH RAVIOLI W/BROC,BUN | SERVING | 348 | *3 | 55.97 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| CORN ON COB ,HOT | 1 EACH | 90 | 3 | 18.0 |
| CELERY STICKS | 1/2 CUP | 8 | 1 | 1.5 |
| BEAN VARIETY,CND COLD | 1/2 CUP | 118 | 2 | 21.0 |
| 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 |

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|-------------------------------|---------|-----|----|-------|
| WEDNESDAYS | | | | |
| BEEF BURGER (FRESH) | 1 EACH | 345 | 4 | 31.99 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHKN PATTY SANDWICH,GRILLED | 1 EACH | 300 | 4 | 31.0 |
| CHICKEN PATTY SANDWICH,SPICY | 1 EACH | 430 | 5 | 47.0 |
| CHKN ROLLED CRISP UPS | 2 EACH | 420 | 2 | 42.0 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| POWER PACK | SERVING | 579 | 19 | 77.0 |
| CHICKEN WRAP,FRESH | SVG | 360 | 4 | 36.0 |
| TURKEY NACHO DIP/CHIPS | SVG | 501 | 4 | 42.65 |
| CHEESE NACHO DIP/CHIPS | SVG | 621 | 5 | 54.63 |

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|----------------------|---------------|-----|----|-------|
| BROCCOLI FRESH | 1/2 CUP | 25 | 1 | 4.0 |
| SPINACH SALAD(SM) | 1.125 CUP | 46 | *3 | 6.91 |
| SWEET POTATO FRIES | SERVING | 150 | 0 | 23.0 |
| MIXED VEG ,CANNED | 1/2 CUP | 45 | 1 | 8.0 |
| 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 |

| THURSDAYS | | | | |
|-------------------------------|----------------|-----|----|-------|
| BEEF BURGER (FRESH) | 1 EACH | 345 | 4 | 31.99 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHKN PATTY SANDWICH,GRILLED | 1 EACH | 300 | 4 | 31.0 |
| CHICKEN PATTY SANDWICH,SPICY | 1 EACH | 430 | 5 | 47.0 |
| CHKN ROLLED CRISP UPS | 2 EACH | 420 | 2 | 42.0 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| POWER PACK | SERVING | 579 | 19 | 77.0 |
| CHICKEN WRAP,FRESH | SVG | 360 | 4 | 36.0 |
| ZESTY CHKN MEATBALLS W/RICE | SERVINGS | 422 | 18 | 71.04 |
| VEGAN CHILI DIP w/CHIPS | SVG | 414 | 4 | 51.59 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| BEAN VARIETY,CND COLD | 1/2 CUP | 118 | 2 | 21.0 |
| CORN, CANNED ,HOT | 1/2 CUP | 80 | 7 | 17.0 |
| ZUCCHINI STIX (OTH) 1/2 CUP | SVG (6 STICKS) | 10 | 1 | 1.85 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 40 | 8 | 10.41 |
| 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 |

| FRIDAYS | | | | |
|-------------------------------|----------------|-----|----|-------|
| BEEF BURGER (FRESH) | 1 EACH | 345 | 4 | 31.99 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHKN PATTY SANDWICH,GRILLED | 1 EACH | 300 | 4 | 31.0 |
| CHICKEN PATTY SANDWICH,SPICY | 1 EACH | 430 | 5 | 47.0 |
| CHKN ROLLED CRISP UPS | 2 EACH | 420 | 2 | 42.0 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| POWER PACK | SERVING | 579 | 19 | 77.0 |
| CHICKEN WRAP,FRESH | SVG | 360 | 4 | 36.0 |
| FISH STICKS, BUN,COLESLAW(FR) | 4 EACH | 442 | 10 | 41.13 |
| CH RAVIOLI W/BROC,BUN | SERVING | 348 | *3 | 55.97 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| BROCCOLI FRESH | 1/2 CUP | 25 | 1 | 4.0 |
| SPINACH SALAD(SM) | 1.125 CUP | 46 | *3 | 6.91 |
| ZUCCHINI STIX (OTH) 1/2 CUP | SVG (6 STICKS) | 10 | 1 | 1.85 |
| 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 |

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.

This institution is an equal opportunity provider
