

San Juan Unified School District

March 2025, Nutrient Analysis

ECE Lunch

| | Portion Size | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|-----------------|----------------|---------------|-------------|
| Mon - 03/03/2025 | | | | |
| 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 |
| Tue - 03/04/2025 | | | | |
| 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 |
| Wed - 03/05/2025 | | | | |
| 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 |
| Thu - 03/06/2025 | | | | |
| 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 |
| Fri - 03/07/2025 | | | | |
| 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 |
| Mon - 03/10/2025 | | | | |
| 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 |
| Tue - 03/11/2025 | | | | |
| 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 |
| Wed - 03/12/2025 | | | | |
| GRILLED CHEESE SANDWICH | 1 EACH | 280 | 6 | 30.96 |

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| SWEET POTATO FRIES | SERVING | 150 | 0 | 23.0 |
| PEARS,CANNED | 1/2 CUP | 60 | 12 | 16.0 |
| MILK, WHITE 1% | 1 CARTON | 130 | 15 | 16.0 |

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|--------------------------------|----------|-----|----|------|
| Thu - 03/13/2025 | | | | |
| 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 |

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|----------------------|---------------|-----|----|-------|
| Fri - 03/14/2025 | | | | |
| 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 |

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|------------------------|---------------|-----|----|-------|
| Mon - 03/17/2025 | | | | |
| CHKN ROLLED CRISP UPS | 1 EACH | 210 | 1 | 21.0 |
| BROCCOLI ALFREDO PASTA | SVG | 397 | 10 | 47.0 |
| 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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|-------------------------|----------|-----|----|------|
| Tue - 03/18/2025 | | | | |
| 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 |

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|---------------------|----------|-----|----|-------|
| Wed - 03/19/2025 | | | | |
| 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 |

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|-------------------------|----------|-----|----|-------|
| Thu - 03/20/2025 | | | | |
| 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 |

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|--------------------------------|---------------|-----|----|-------|
| Fri - 03/21/2025 | | | | |
| SUNBUTTER,GRAPE JELLY SANDWICH | 1 EACH | 610 | 18 | 56.0 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 40 | 8 | 10.41 |
| MILK, WHITE 1% | 1 CARTON | 130 | 15 | 16.0 |

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|-----------------------|-----------|-----|----|-------|
| Mon - 03/24/2025 | | | | |
| 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 |

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|----------------|----------|-----|----|------|
| MILK, WHITE 1% | 1 CARTON | 130 | 15 | 16.0 |
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|-------------------------|----------|-----|----|-------|
| Tue - 03/25/2025 | | | | |
| 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 |

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|-----------------------|----------|-----|----|-------|
| Wed - 03/26/2025 | | | | |
| 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 |

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|-----------------------|---------------|-----|----|-------|
| Thu - 03/27/2025 | | | | |
| 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 |

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|--------------------------------|---------------|-----|----|-------|
| Fri - 03/28/2025 | | | | |
| 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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|------------------------|----------|-----|----|------|
| Mon - 03/31/2025 | | | | |
| CHKN ROLLED CRISP UPS | 1 EACH | 210 | 1 | 21.0 |
| BROCCOLI ALFREDO PASTA | SVG | 397 | 10 | 47.0 |
| 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 |

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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