

San Juan Unified School District

March 2025, Nutrient Analysis

ELEM;K-8 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
CORN ON COB ,HOT	1 EACH	90	3	18.0
SALAD MIX	1 CUP	10	2	2.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
BBQ SAUCE PACKET	1 OZ.	45	9	10.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
Tue - 03/04/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
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
SWEET POTATO FRIES	SERVING	150	0	23.0
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
Wed - 03/05/2025				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
BEAN VARIETY ,CND COLD	1/2 CUP	118	2	21.0
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
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
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29
Thu - 03/06/2025				
ZESTY CHKN MEATBALLS W/RICE	SERVINGS	422	18	71.04
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CELERY STICKS	1/2 CUP	8	1	1.5
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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 - 03/07/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
POWER PACK	SERVING	579	19	77.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
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
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29
TARTAR SAUCE	PKT	20	1	1.0

Mon - 03/10/2025				
CHKN ROLLED CRISP UPS	2 EACH	420	2	42.0
CH RAVIOLI W/BROC,BUN	SERVING	348	*3	55.97
CARROT STICKS	1/2 CUP	0	0	0.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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
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

Tue - 03/11/2025				
DRUMSTICK BOWL(FRESH)	BOWL	413	6	36.0
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
CORN ON COB ,HOT	1 EACH	90	3	18.0
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
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 - 03/12/2025				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
SWEET POTATO FRIES	SERVING	150	0	23.0
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
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
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29

Thu - 03/13/2025				
TURKEY NACHO DIP/CHIPS	SVG	501	4	42.65
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
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
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
RANCH DRESSING	SERVING	9	1	2.29

Fri - 03/14/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
BURRITO,WG BEAN & CH	1 EACH	292	0	30.99
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
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
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
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
TARTAR SAUCE	PKT	20	1	1.0

Mon - 03/17/2025				
CHKN ROLLED CRISP UPS	2 EACH	420	2	42.0
BROCCOLI ALFREDO PASTA	SVG	397	10	47.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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

Tue - 03/18/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 03/19/2025				
ZESTY CHKN MEATBALLS W/RICE	SERVINGS	422	18	71.04
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
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
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

Thu - 03/20/2025				
TURKEY NACHO DIP/CHIPS	SVG	501	4	42.65
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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
KETCHUP PACKET	1 PACKET	20	4	4.0
RANCH DRESSING	SERVING	9	1	2.29

Fri - 03/21/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CELERY STICKS	1/2 CUP	8	1	1.5
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
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

Mon - 03/24/2025				
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
CORN ON COB ,HOT	1 EACH	90	3	18.0
SALAD MIX	1 CUP	10	2	2.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
BBQ SAUCE PACKET	1 OZ.	45	9	10.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 03/25/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
SWEET POTATO FRIES	SERVING	150	0	23.0
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

Wed - 03/26/2025				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
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
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
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
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29

Thu - 03/27/2025				
ZESTY CHKN MEATBALLS W/RICE	SERVINGS	422	18	71.04
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CELERY STICKS	1/2 CUP	8	1	1.5
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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 - 03/28/2025				
FISH STICKS, BUN,COLESLAW(FR)	4 EACH	442	10	41.13
POWER PACK	SERVING	579	19	77.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
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
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29
TARTAR SAUCE	PKT	20	1	1.0

Mon - 03/31/2025				
CHKN ROLLED CRISP UPS	2 EACH	420	2	42.0
BROCCOLI ALFREDO PASTA	SVG	397	10	47.0
CARROT STICKS	1/2 CUP	0	0	0.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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
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

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