

# San Juan Unified School District

## March 2025, Nutrient Analysis

## MIDDLE SCH LUNCH

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>MONDAYS</b>				
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
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

<b>TUESDAYS</b>				
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
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

<b>WEDNESDAYS</b>				
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
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
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
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
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.

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