

San Juan Unified School District

April 2025, Nutrient Analysis

ECE LUNCH

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 04/01/2025				
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 - 04/02/2025				
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
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
Thu - 04/03/2025				
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
Fri - 04/04/2025				
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
Mon - 04/07/2025				
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
Tue - 04/08/2025				
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
Wed - 04/09/2025				
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
MIXED VEG ,CANNED	1/2 CUP	45	1	8.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Thu - 04/10/2025				
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

Fri - 04/11/2025				
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

Mon - 04/14/2025				
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
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Tue - 04/15/2025				
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

Wed - 04/16/2025				
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 - 04/17/2025				
BURRITO, WG BEAN & CH	1 EACH	292	0	30.99
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

Mon - 04/21/2025				
CHKN ROLLED CRISP UPS	1 EACH	210	1	21.0
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Tue - 04/22/2025				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BURRITO, WG BEAN & CH	1 EACH	292	0	30.99
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

Wed - 04/23/2025				
GRILLED CHEESE SANDWICH	1 EACH	280	6	30.96
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 - 04/24/2025				
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 - 04/25/2025				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
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

Mon - 04/28/2025				
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

Tue - 04/29/2025				
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 - 04/30/2025				
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

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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