

San Juan Unified School District

March 2026, Nutrient Analysis

Elem ; K-8 Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/02/2026				
DRUMSTICK HOMESTYLE BOWL	BOWL	565	*8	62.16
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE ,100% FRUIT SLUSH	1 each	60	12	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29

Tue - 03/03/2026				
ZESTY CHKN W/ FR RICE	SERVINGS	446	16	80.12
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
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
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 03/04/2026				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Thu - 03/05/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
FALAFEL WRAP	SERVINGS	493	20	94.12
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FR CUP,MIXED BERRIES FRZ	1 EACH	80	16	21.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Size (kcal) (g) (g)

Fri - 03/06/2026				
FISH SANDWICH(FRESH)	SERVING	462	12	56.13
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
POTATO WEDGES	SERVING	130	0	21.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
TARTAR SAUCE	PKT	20	1	1.0

Mon - 03/09/2026				
TACO, CRISPY BEEF & CH	2 EACH	340	4	28.0
THREE CH MAC,BROC,BUN	SVG	414	7	43.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	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
JUICE ,100% FRUIT SLUSH	1 each	60	12	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 03/10/2026				
DRUMSTICK HOMESTYLE BOWL	BOWL	565	*8	62.16
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROT STICKS	1/2 CUP	0	0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 03/11/2026				
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
BBQ SAUCE PACKET	1 OZ.	45	9	10.0

Thu - 03/12/2026				
ZESTY CHKN W/ FR RICE	SERVINGS	446	16	80.12
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FR CUP,MIXED BERRIES FRZ	1 EACH	80	16	21.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Fri - 03/13/2026				
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
CARROT STICKS	1/2 CUP	0	0	0.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29

Mon - 03/16/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
THREE CH MAC,BROC,BUN	SVG	414	7	43.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Tue - 03/17/2026				
ZESTY CHKN W/ FR RICE	SERVINGS	446	16	80.12
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

RANCH DRESSING	SERVING	9	1	2.29
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Wed - 03/18/2026				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
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
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Thu - 03/19/2026				
TACO, CRISPY BEEF & CH	2 EACH	340	4	28.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
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
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
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Fri - 03/20/2026				
FISH SANDWICH(FRESH)	SERVING	462	12	56.13
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
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, 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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
TARTAR SAUCE	PKT	20	1	1.0

Mon - 03/23/2026				
DRUMSTICK HOMESTYLE BOWL	BOWL	565	*8	62.16
CHEESE PULL APARTS W/MARINARA	SERVING	320	*1	34.44
BEAN VARIETY ,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SALAD MIX	1 CUP	10	2	2.0

FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE ,100% FRUIT SLUSH	1 each	60	12	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29

Tue - 03/24/2026				
ZESTY CHKN W/ FR RICE	SERVINGS	446	16	80.12
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
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
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 03/25/2026				
BEEF BURGER (FRESH)	1 EACH	345	4	31.99
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Thu - 03/26/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
FALAFEL WRAP	SERVINGS	493	20	94.12
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FR CUP,MIXED BERRIES FRZ	1 EACH	80	16	21.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Fri - 03/27/2026				
FISH SANDWICH(FRESH)	SERVING	462	12	56.13
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
POTATO WEDGES	SERVING	130	0	21.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
TARTAR SAUCE	PKT	20	1	1.0

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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