

San Juan Unified School District

June 1-9 2026, Nutrient Analysis

MIDDLE SCH LUNCH

| | Portion Size | Cals (kcal) | Sugars (g) | Carb (g) |
|--------------------------------|-----------------|----------------|---------------|-------------|
| MONDAYS | | | | |
| BURRITO, BEAN & CH (H) | 1 EACH | 305 | 3 | 42.07 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| CHKN PATTY SWICH W/LETT,PICKLE | 1 EACH | 400 | 5 | 46.0 |
| CHKN QUESADILLA,SALSA | 1 EACH | 393 | *2 | 35.44 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| CORN DOG ,TURKEY | 1 EACH | 230 | 12 | 33.0 |
| TURKEY HAM & CHEESE SANDWICH | 1 EACH | 277 | 4 | 33.67 |
| ORANGE CHKN W/FR RICE | SERVING | 281 | 12 | 43.39 |
| BENTO BOX | SERVING | 527 | *7 | 80.06 |
| BEAN VARIETY,CND COLD | 1/2 CUP | 118 | 2 | 21.0 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| GREEN BEANS,CND,HOT | 1/2 CUP | 25 | 2 | 4.0 |
| SPINACH SALAD(SM) | 1.125 CUP | 101 | *0 | 3.91 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 40 | 8 | 10.41 |
| PEACHES,CANNED | 1/2 CUP | 60 | 13 | 14.0 |
| 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 |
| TACO SAUCE (PORTION PAC) | 1 PACKET | 5 | 1 | 1.0 |
| KETCHUP PACKET | 1 PACKET | 20 | 4 | 4.0 |
| RANCH DRESSING | SERVING | 9 | 1 | 2.29 |
| BBQ SAUCE PACKET | 1 OZ. | 45 | 9 | 10.0 |
| MUSTARD, I PACKET | PACKET | 0 | 0 | 0.0 |

| TUESDAYS | | | | |
|--------------------------------|---------------|-----|----|-------|
| BURRITO, BEAN & CH (H) | 1 EACH | 305 | 3 | 42.07 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| CHKN PATTY SWICH W/LETT,PICKLE | 1 EACH | 400 | 5 | 46.0 |
| CHKN QUESADILLA,SALSA | 1 EACH | 393 | *2 | 35.44 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| CORN DOG ,TURKEY | 1 EACH | 230 | 12 | 33.0 |
| TURKEY HAM & CHEESE SANDWICH | 1 EACH | 277 | 4 | 33.67 |
| FALAFEL WRAP | SERVINGS | 493 | 20 | 94.12 |
| TURKEY SLOPPY SUB | 1 EACH | 387 | *9 | 48.06 |
| BROCCOLI FRESH | 1/2 CUP | 25 | 1 | 4.0 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| SPINACH SALAD(SM) | 1.125 CUP | 101 | *0 | 3.91 |
| VEGGIE JUICE ,100% | 1 each | 60 | 7 | 13.0 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 40 | 8 | 10.41 |
| PEARS,CANNED | 1/2 CUP | 60 | 12 | 16.0 |
| MILK, 1% LOW FAT WHITE | 1 CARTON | 130 | 15 | 16.0 |
| MILK, FAT FREE CHOC | 1 CARTON | 90 | 12 | 13.0 |
| KETCHUP PACKET | 1 PACKET | 20 | 4 | 4.0 |
| TACO SAUCE (PORTION PAC) | 1 PACKET | 5 | 1 | 1.0 |
| RANCH DRESSING | SERVING | 9 | 1 | 2.29 |
| BBQ SAUCE PACKET | 1 OZ. | 45 | 9 | 10.0 |
| MUSTARD, I PACKET | PACKET | 0 | 0 | 0.0 |

| WEDNESDAYS | | | | |
|--------------------------------|---------------|-----|----|-------|
| BURRITO, BEAN & CH (H) | 1 EACH | 305 | 3 | 42.07 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| CHKN PATTY SWICH W/LETT,PICKLE | 1 EACH | 400 | 5 | 46.0 |
| CHKN QUESADILLA,SALSA | 1 EACH | 393 | *2 | 35.44 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| CORN DOG ,TURKEY | 1 EACH | 230 | 12 | 33.0 |
| TURKEY HAM & CHEESE SANDWICH | 1 EACH | 277 | 4 | 33.67 |
| ORANGE CHKN W/FR RICE | SERVING | 281 | 12 | 43.39 |
| BENTO BOX | SERVING | 527 | *7 | 80.06 |
| BROCCOLI FRESH | 1/2 CUP | 25 | 1 | 4.0 |
| CUCUMBER SLICES | 1/2 CUP | 8 | 1 | 1.9 |
| CELERY STICKS | 1/2 CUP | 8 | 1 | 1.5 |
| SPINACH SALAD(SM) | 1.125 CUP | 101 | *0 | 3.91 |
| 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 |
| KETCHUP PACKET | 1 PACKET | 20 | 4 | 4.0 |
| TACO SAUCE (PORTION PAC) | 1 PACKET | 5 | 1 | 1.0 |
| BBQ SAUCE PACKET | 1 OZ. | 45 | 9 | 10.0 |
| RANCH DRESSING | SERVING | 9 | 1 | 2.29 |
| MUSTARD, I PACKET | PACKET | 0 | 0 | 0.0 |

| THURSDAYS | | | | |
|--------------------------------|---------------|-----|----|-------|
| BURRITO, BEAN & CH (H) | 1 EACH | 305 | 3 | 42.07 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| CHKN PATTY SWICH W/LETT,PICKLE | 1 EACH | 400 | 5 | 46.0 |
| CHKN QUESADILLA,SALSA | 1 EACH | 393 | *2 | 35.44 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| CORN DOG ,TURKEY | 1 EACH | 230 | 12 | 33.0 |
| TURKEY HAM & CHEESE SANDWICH | 1 EACH | 277 | 4 | 33.67 |
| PIZZA , BBQ CHICKEN | SLICE | 350 | 7 | 34.0 |
| FALAFEL WRAP | SERVINGS | 493 | 20 | 94.12 |
| CUCUMBER SLICES | 1/2 CUP | 8 | 1 | 1.9 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| CELERY STICKS | 1/2 CUP | 8 | 1 | 1.5 |
| VEGGIE JUICE ,100% | 1 each | 60 | 7 | 13.0 |
| FRUIT, FRESH VARIETY | SVG (1/2 CUP) | 40 | 8 | 10.41 |
| PEARS,CANNED | 1/2 CUP | 60 | 12 | 16.0 |
| MILK, 1% LOW FAT WHITE | 1 CARTON | 130 | 15 | 16.0 |
| MILK, FAT FREE CHOC | 1 CARTON | 90 | 12 | 13.0 |
| KETCHUP PACKET | 1 PACKET | 20 | 4 | 4.0 |
| TACO SAUCE (PORTION PAC) | 1 PACKET | 5 | 1 | 1.0 |
| BBQ SAUCE PACKET | 1 OZ. | 45 | 9 | 10.0 |
| RANCH DRESSING | SERVING | 9 | 1 | 2.29 |
| MUSTARD, I PACKET | PACKET | 0 | 0 | 0.0 |

| FRIDAYS | | | | |
|--------------------------------|---------------|-----|----|-------|
| BURRITO, BEAN & CH (H) | 1 EACH | 305 | 3 | 42.07 |
| BLACK BEAN BURGER ,VEG(FRESH) | 1 EACH | 355 | 7 | 55.99 |
| CHEESE PIZZA (BIG DADDY) | SLICE | 350 | 7 | 34.0 |
| CHKN PATTY SWICH W/LETT,PICKLE | 1 EACH | 400 | 5 | 46.0 |
| CHKN QUESADILLA,SALSA | 1 EACH | 393 | *2 | 35.44 |
| PEPPERONI PIZZA (BIG DADDY) | 1 SLICE | 350 | 7 | 34.0 |
| CORN DOG ,TURKEY | 1 EACH | 230 | 12 | 33.0 |
| TURKEY HAM & CHEESE SANDWICH | 1 EACH | 277 | 4 | 33.67 |
| FISH TACOS (FRESH) | 2 TACOS | 403 | 2 | 52.72 |
| BENTO BOX | SERVING | 527 | *7 | 80.06 |
| BEAN VARIETY,CND COLD | 1/2 CUP | 118 | 2 | 21.0 |
| CARROTS, PKG | 2.6 OZ PK | 25 | 3 | 6.0 |
| CORN, CANNED ,HOT | 1/2 CUP | 80 | 7 | 17.0 |
| POTATO WEDGES | SERVING | 130 | 0 | 21.0 |
| 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 |
| KETCHUP PACKET | 1 PACKET | 20 | 4 | 4.0 |
| TACO SAUCE (PORTION PAC) | 1 PACKET | 5 | 1 | 1.0 |
| BBQ SAUCE PACKET | 1 OZ. | 45 | 9 | 10.0 |
| RANCH DRESSING | SERVING | 9 | 1 | 2.29 |
| MUSTARD, I PACKET | PACKET | 0 | 0 | 0.0 |

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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