

# San Juan Unified School District

July 2026, Nutrient Analysis

Elem; K-8 Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Wed - 07/01/2026</b>				
BROCCOLI BEEF & RICE	SERVINGS	404	5	56.87
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
<b>Thu - 07/02/2026</b>				
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
FALAFEL WRAP	SERVINGS	493	20	94.12
SWEET POTATO FRIES	SERVING	150	0	23.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
<b>Mon - 07/06/2026</b>				
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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
<b>Tue - 07/07/2026</b>				
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
CARROTS, PKG	2.6 OZ PK	25	3	6.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0

Wed - 07/08/2026				
BROCCOLI BEEF & RICE	SERVINGS	404	5	56.87
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Thu - 07/09/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
SWEET POTATO FRIES	SERVING	150	0	23.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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

Fri - 07/10/2026				
COUNTRY CHICKEN BOWL	BOWL	480	*7	56.17
FALAFEL WRAP	SERVINGS	493	20	94.12
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CELERY STICKS	1/2 CUP	8	1	1.5
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 - 07/13/2026				
TURKEY NACHO DIP/CHIPS	SVG	501	4	42.65
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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 - 07/14/2026				
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
CARROTS, PKG	2.6 OZ PK	25	3	6.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0

Wed - 07/15/2026				
BROCCOLI BEEF & RICE	SERVINGS	404	5	56.87
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

Thu - 07/16/2026				
PIZZA CH , FR BREAD	1 EACH	310	4	34.93
FALAFEL WRAP	SERVINGS	493	20	94.12
SWEET POTATO FRIES	SERVING	150	0	23.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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

Fri - 07/17/2026				
FISH SANDWICH(FRESH)	SERVING	462	12	56.13
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

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