

# San Juan Unified School District

JULY-SUMMER 2026, Nutrient Analysis

Middle School Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>MONDAYS</b>				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
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
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

<b>TUESDAYS</b>				
GR CHILI CHKN ROLLED TACO	2 EACH	420	2	42.0
FALAFEL WRAP	SERVINGS	493	20	94.12
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
SWEET POTATO FRIES	SERVING	150	0	23.0
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
RANCH DRESSING	SERVING	9	1	2.29
BBQ SAUCE PACKET	1 OZ.	45	9	10.0
MUSTARD, I PACKET	PACKET	0	0	0.0

<b>WEDNESDAYS</b>				
TURKEY NACHO DIP/CHIPS	SVG	501	4	42.65
VEGAN CHILI DIP w/CHIPS	SVG	414	4	51.59
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
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
KETCHUP PACKET	1 PACKET	20	4	4.0
RANCH DRESSING	SERVING	9	1	2.29

<b>THURSDAYS</b>				
BROCCOLI BEEF & RICE	SERVINGS	404	5	56.87
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CELERY STICKS	1/2 CUP	8	1	1.5
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
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
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

FRIDAYS				
FISH SANDWICH(FRESH)	SERVING	462	12	56.13
FALAFEL WRAP	SERVINGS	493	20	94.12
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
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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