

San Juan Unified School District

August 2026, Nutrient Analysis

ECE Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 08/03/2026				
CHKN QUESADILLA(ECE)	1 EACH	297	0	31.0
PUPUSA BEAN ,CH(ECE)	1 EACH	300	1	34.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Tue - 08/04/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 08/05/2026				
CHKN PATTY SWICH W/SPINACH	1 EACH	346	4	43.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 08/06/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 08/07/2026				
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 08/10/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Tue - 08/11/2026				
CHKN PATTY SWICH W/SPINACH	1 EACH	346	4	43.0
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROT STICKS	1/2 CUP	0	0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 08/12/2026				
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 08/13/2026				
CHKN PATTY SWICH W/SPINACH	1 EACH	346	4	43.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 08/14/2026				
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 08/17/2026				
CHKN QUESADILLA(ECE)	1 EACH	297	0	31.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Tue - 08/18/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
PUPUSA BEAN ,CH(ECE)	1 EACH	300	1	34.0
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 08/19/2026				
ORANGE CHKN W/FR RICE	SERVING	281	12	43.39
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 08/20/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 08/21/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
POTATO WEDGES	SERVING	130	0	21.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 08/24/2026				
CHKN QUESADILLA(ECE)	1 EACH	297	0	31.0
PUPUSA BEAN ,CH(ECE)	1 EACH	300	1	34.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Tue - 08/25/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 08/26/2026				
CHKN PATTY SWICH W/SPINACH	1 EACH	346	4	43.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 08/27/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 08/28/2026				
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
CARROT STICKS	1/2 CUP	0	0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 08/31/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

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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