

# San Juan Unified School District

September 2026, Nutrient Analysis

## HIGH SCH LUNCH

|                               | Portion<br>Size | Cals<br>(kcal) | Sugars<br>(g) | Carb<br>(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/SPINACH    | 1 EACH          | 346            | 4             | 43.0        |
| PEPPERONI PIZZA (BIG DADDY)   | 1 SLICE         | 350            | 7             | 34.0        |
| CHICKEN WRAP                  | SVG             | 346            | 0             | 40.69       |
| TURKEY HAM & CHEESE SANDWICH  | 1 EACH          | 340            | 5             | 34.18       |
| 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/SPINACH    | 1 EACH        | 346 | 4  | 43.0  |
| PEPPERONI PIZZA (BIG DADDY)   | 1 SLICE       | 350 | 7  | 34.0  |
| CHICKEN WRAP                  | SVG           | 346 | 0  | 40.69 |
| TURKEY HAM & CHEESE SANDWICH  | 1 EACH        | 340 | 5  | 34.18 |
| FALAFEL WRAP                  | SERVINGS      | 404 | 6  | 48.54 |
| 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   |
| CORN, CANNED ,HOT             | 1/2 CUP       | 80  | 7  | 17.0  |
| 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   |
| 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/SPINACH   | 1 EACH        | 346 | 4  | 43.0  |
| PEPPERONI PIZZA (BIG DADDY)  | 1 SLICE       | 350 | 7  | 34.0  |
| CHICKEN WRAP                 | SVG           | 346 | 0  | 40.69 |
| TURKEY HAM & CHEESE SANDWICH | 1 EACH        | 340 | 5  | 34.18 |
| 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/SPINACH    | 1 EACH        | 346 | 4  | 43.0  |
| PEPPERONI PIZZA (BIG DADDY)   | 1 SLICE       | 350 | 7  | 34.0  |
| CHICKEN WRAP                  | SVG           | 346 | 0  | 40.69 |
| TURKEY HAM & CHEESE SANDWICH  | 1 EACH        | 340 | 5  | 34.18 |
| PIZZA , BBQ CHICKEN           | SLICE         | 350 | 7  | 34.0  |
| FALAFEL WRAP                  | SERVINGS      | 404 | 6  | 48.54 |
| 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   |
| SPINACH SALAD(SM)             | 1.125 CUP     | 101 | *0 | 3.91  |
| 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/SPINACH    | 1 EACH        | 346 | 4  | 43.0  |
| PEPPERONI PIZZA (BIG DADDY)   | 1 SLICE       | 350 | 7  | 34.0  |
| CHICKEN WRAP                  | SVG           | 346 | 0  | 40.69 |
| TURKEY HAM & CHEESE SANDWICH  | 1 EACH        | 340 | 5  | 34.18 |
| 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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