

San Juan Unified School District

September 2026, Nutrient Analysis

Elem;K-8 Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/01/2026				
TACO, CRISPY BEEF & CH	2 EACH	340	4	28.0
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
RAISINS	1BOX	120	27	29.0
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

Wed - 09/02/2026				
ORANGE CHKN W/FR RICE	SERVING	281	12	43.39
FALAFEL WRAP	SERVINGS	493	20	94.12
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5
CUCUMBER SLICES	1/2 CUP	8	1	1.9
VEGGIE JUICE ,100%	1 each	60	7	13.0
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
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Thu - 09/03/2026				
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
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
MUSTARD, I PACKET	PACKET	0	0	0.0

Fri - 09/04/2026				
FISH TACOS (FRESH)	2 TACOS	403	2	52.72
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CUCUMBER SLICES	1/2 CUP	8	1	1.9

POTATO WEDGES	SERVING	130	0	21.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
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
TARTAR SAUCE	PKT	20	1	1.0

Tue - 09/08/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1	38.44
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
RAISINS	1BOX	120	27	29.0
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

Wed - 09/09/2026				
ORANGE CHKN W/FR RICE	SERVING	281	12	43.39
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CELERY STICKS	1/2 CUP	8	1	1.5
CUCUMBER SLICES	1/2 CUP	8	1	1.9
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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
RAISINS	1BOX	120	27	29.0
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 - 09/10/2026				
TURKEY SLOPPY SUB	1 EACH	387	*9	48.06
FALAFEL WRAP	SERVINGS	493	20	94.12
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Fri - 09/11/2026				
FISH TACOS (FRESH)	2 TACOS	403	2	52.72
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CUCUMBER SLICES	1/2 CUP	8	1	1.9
POTATO WEDGES	SERVING	130	0	21.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
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
TARTAR SAUCE	PKT	20	1	1.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Mon - 09/14/2026				
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1	38.44
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CORN ON COB ,HOT	1 EACH	90	3	18.0
SALAD MIX	1 CUP	10	2	2.0
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
KETCHUP PACKET	1 PACKET	20	4	4.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 09/15/2026				
TACO, CRISPY BEEF & CH	2 EACH	340	4	28.0
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
RAISINS	1BOX	120	27	29.0
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

Wed - 09/16/2026				
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
FALAFEL WRAP	SERVINGS	493	20	94.12
CELERY STICKS	1/2 CUP	8	1	1.5
CUCUMBER SLICES	1/2 CUP	8	1	1.9
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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
MUSTARD, 1 PACKET	PACKET	0	0	0.0

Thu - 09/17/2026				
TURKEY SLOPPY SUB	1 EACH	387	*9	48.06
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
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
RAISINS	1BOX	120	27	29.0
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
MUSTARD, 1 PACKET	PACKET	0	0	0.0

Fri - 09/18/2026				
FISH TACOS (FRESH)	2 TACOS	403	2	52.72
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CUCUMBER SLICES	1/2 CUP	8	1	1.9
POTATO WEDGES	SERVING	130	0	21.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
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
TARTAR SAUCE	PKT	20	1	1.0

Mon - 09/21/2026				
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
CARROT STICKS	1/2 CUP	0	0	0.0
CORN ON COB ,HOT	1 EACH	90	3	18.0
SALAD MIX	1 CUP	10	2	2.0
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

Tue - 09/22/2026				
TACO, CRISPY BEEF & CH	2 EACH	340	4	28.0
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0

PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
RAISINS	1BOX	120	27	29.0
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

Wed - 09/23/2026				
ORANGE CHKN W/FR RICE	SERVING	281	12	43.39
FALAFEL WRAP	SERVINGS	493	20	94.12
CELERY STICKS	1/2 CUP	8	1	1.5
CUCUMBER SLICES	1/2 CUP	8	1	1.9
BROCCOLI FRESH	1/2 CUP	25	1	4.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
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
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
MUSTARD, I PACKET	PACKET	0	0	0.0

Thu - 09/24/2026				
CHKN PATTY SWICH W/LETT,PICKLE	1 EACH	400	5	46.0
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	355	7	55.99
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLES, SLICED ,IW	PKT	34	6	8.0
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
MUSTARD, I PACKET	PACKET	0	0	0.0

Fri - 09/25/2026				
FISH TACOS (FRESH)	2 TACOS	403	2	52.72
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CUCUMBER SLICES	1/2 CUP	8	1	1.9
POTATO WEDGES	SERVING	130	0	21.0
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	7	9.98
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
TARTAR SAUCE	PKT	20	1	1.0

Mon - 09/28/2026				
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CORN ON COB ,HOT	1 EACH	90	3	18.0
SALAD MIX	1 CUP	10	2	2.0
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
KETCHUP PACKET	1 PACKET	20	4	4.0
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 09/29/2026				
CORN DOG ,TURKEY	1 EACH	230	12	33.0
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1	38.44
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
CARROT STICKS	1/2 CUP	0	0	0.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
PEAS, SUGAR SNAP	1/2 CUP	60	4	11.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
RAISINS	1BOX	120	27	29.0
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

Wed - 09/30/2026				
ORANGE CHKN W/FR RICE	SERVING	281	12	43.39
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CELERY STICKS	1/2 CUP	8	1	1.5
CUCUMBER SLICES	1/2 CUP	8	1	1.9
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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
RAISINS	1BOX	120	27	29.0
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

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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