

San Juan Unified School District

October 2026, Nutrient Analysis

ELEM; K-8 Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 10/01/2026				
TURKEY SLOPPY SUB	1 EACH	387	*9	48.06
FALAFEL WRAP	SERVINGS	405	6	48.71
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 - 10/02/2026				
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 - 10/05/2026				
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
FALAFEL WRAP	SERVINGS	405	6	48.71
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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 - 10/06/2026				
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1	38.44
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5

MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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
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

Wed - 10/07/2026				
TURKEY SLOPPY SUB	1 EACH	387	*9	48.06
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BENTO BOX	SERVING	527	*7	80.06
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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
KETCHUP PACKET	1 PACKET	20	4	4.0

Thu - 10/08/2026				
SMASHED CHEESEBURGER	1 EACH	385	5	32.99
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
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
SALAD MIX	1 CUP	10	2	2.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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

Fri - 10/09/2026				
CRUNCHY FISH & SLAW SANDWICH	SERVING	462	12	56.13
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
BENTO BOX	SERVING	527	*7	80.06
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
POTATO WEDGES	SERVING	130	0	21.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
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
MUSTARD, 1 PACKET	PACKET	0	0	0.0

Mon - 10/12/2026				
BEEF TACOS W/SALSA	2 EACH	363	*4	32.44
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
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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 - 10/13/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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
RANCH DRESSING	SERVING	9	1	2.29

Wed - 10/14/2026				
HOMESTYLE TURKEY BOWL	BOWL	435	*9	389.16
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
BENTO BOX	SERVING	527	*7	80.06
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
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
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
RANCH DRESSING	SERVING	9	1	2.29
MUSTARD, 1 PACKET	PACKET	0	0	0.0

Thu - 10/15/2026				
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
FALAFEL WRAP	SERVINGS	405	6	48.71
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
SALAD MIX	1 CUP	10	2	2.0

ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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

Fri - 10/16/2026				
CRUNCHY FISH & SLAW SANDWICH	SERVING	462	12	56.13
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BENTO BOX	SERVING	527	*7	80.06
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CELERY STICKS	1/2 CUP	8	1	1.5
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

Mon - 10/19/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
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
CELERY STICKS	1/2 CUP	8	1	1.5
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Tue - 10/20/2026				
BEEF TACOS W/SALSA	2 EACH	363	*4	32.44
FALAFEL WRAP	SERVINGS	405	6	48.71
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 10/21/2026				
HOMESTYLE TURKEY BOWL	BOWL	435	*9	389.16
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
BENTO BOX	SERVING	527	*7	80.06
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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

Thu - 10/22/2026				
SMASHED CHEESEBURGER	1 EACH	385	5	32.99
BLACK BEAN BURGER ,VEG	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
SALAD MIX	1 CUP	10	2	2.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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 - 10/23/2026				
CRUNCHY FISH & SLAW SANDWICH	SERVING	462	12	56.13
GRILLED CHEESE SANDWICH	1 EACH	309	6	32.86
BENTO BOX	SERVING	527	*7	80.06
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
POTATO WEDGES	SERVING	130	0	21.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
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 - 10/26/2026				
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
FALAFEL WRAP	SERVINGS	405	6	48.71
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CARROT STICKS	1/2 CUP	0	0	0.0
CELERY STICKS	1/2 CUP	8	1	1.5
GREEN BEANS,CND,HOT	1/2 CUP	25	2	4.0
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 - 10/27/2026				
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1	38.44
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CELERY STICKS	1/2 CUP	8	1	1.5
MIXED VEG ,CND,HOT	1/2 CUP	45	1	8.0
SALAD MIX	1 CUP	10	2	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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
RANCH DRESSING	SERVING	9	1	2.29
TACO SAUCE (PORTION PAC)	1 PACKET	5	1	1.0

Wed - 10/28/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BENTO BOX	SERVING	527	*7	80.06
PEACHES,CANNED	1/2 CUP	60	13	14.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SALAD MIX	1 CUP	10	2	2.0
BENTO BOX	SERVING	527	*7	80.06
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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

Thu - 10/29/2026				
SMASHED CHEESEBURGER	1 EACH	385	5	32.99
CHEESE PIZZA ,GALAXY	1 EACH	280	8	26.0
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
SALAD MIX	1 CUP	10	2	2.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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

Fri - 10/30/2026				
CRUNCHY FISH & SLAW SANDWICH	SERVING	462	12	56.13
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
BENTO BOX	SERVING	527	*7	80.06
CARROT STICKS	1/2 CUP	0	0	0.0
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
POTATO WEDGES	SERVING	130	0	21.0
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
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
MUSTARD, I PACKET	PACKET	0	0	0.0
RANCH DRESSING	SERVING	9	1	2.29
KETCHUP PACKET	1 PACKET	20	4	4.0
TARTAR SAUCE	PKT	20	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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