

San Juan Unified School District

October 2026, Nutrient Analysis

Middle School Lunch

	Portion	Cals	Sugars	Carb
	Portion	Cals	Sugars	Carb
	Size	(kcal)	(g)	(g)
MONDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BLACK BEAN BURGER ,VEG(FRESH)	1 EACH	356	7	56.0
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
DOUBLE SMASHED CHEESEBURGER	1 EACH	430	5	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	5	34.18
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
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	1 EACH	355	7	55.99
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
DOUBLE SMASHED CHEESEBURGER	1 EACH	430	5	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	5	34.18
CHICKEN WINGS BOWL(FRESH)	BOWL	423	6	35.0
FALAFEL WRAP	SERVINGS	404	6	48.54
BROCCOLI FRESH	1/2 CUP	25	1	4.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
SPINACH SALAD(SM)	1.125 CUP	101	*0	3.91
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
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	1 EACH	355	7	55.99
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
DOUBLE SMASHED CHEESEBURGER	1 EACH	430	5	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	5	34.18
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
BENTO BOX	SERVING	527	*7	80.06
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
BEAN VARIETY,CND COLD	1/2 CUP	118	2	21.0
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
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	1 EACH	355	7	55.99
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
DOUBLE SMASHED CHEESEBURGER	1 EACH	430	5	31.49
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
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
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
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
MUSTARD, I PACKET	PACKET	0	0	0.0

FRIDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
CHEESE PIZZA (BIG DADDY)	SLICE	350	7	34.0
CHICKEN PATTY SANDWICH,SPICY	1 EACH	430	5	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2	35.44
PEPPERONI PIZZA (BIG DADDY)	1 SLICE	350	7	34.0
DOUBLE SMASHED CHEESEBURGER	1 EACH	430	5	31.49
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
CAULIFLOWER FLORETS	1/2 cup	11	1	2.25
CARROTS, PKG	2.6 OZ PK	25	3	6.0
CELERY STICKS	1/2 CUP	8	1	1.5
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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