

San Juan Unified School District

October 2026, Nutrient Analysis

ECE Lunch

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 10/01/2026				
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 - 10/02/2026				
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 - 10/05/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Tue - 10/06/2026				
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
PUPUSA BEAN ,CH(ECE)	1 EACH	300	1	34.0
CARROT STICKS	1/2 CUP	0	0	0.0
SPINACH,FRESH	1 cup	7	0	1.09
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 10/07/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 10/08/2026				
SMASHED CHEESEBURGER	1 EACH	385	5	32.99
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
SPINACH,FRESH	1 cup	7	0	1.09
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

Fri - 10/09/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
CARROT STICKS	1/2 CUP	0	0	0.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 10/12/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
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

Tue - 10/13/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BROCCOLI FRESH	1/2 CUP	25	1	4.0
SPINACH,FRESH	1 cup	7	0	1.09
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
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
CARROT STICKS	1/2 CUP	0	0	0.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 10/15/2026				
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
FALAFEL WRAP	SERVINGS	405	6	48.71
BROCCOLI FRESH	1/2 CUP	25	1	4.0
SPINACH,FRESH	1 cup	7	0	1.09
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

Fri - 10/16/2026				
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 - 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
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Tue - 10/20/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
FALAFEL WRAP	SERVINGS	405	6	48.71
BROCCOLI FRESH	1/2 CUP	25	1	4.0
SPINACH,FRESH	1 cup	7	0	1.09
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
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
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
SPINACH,FRESH	1 cup	7	0	1.09
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Thu - 10/22/2026				
SMASHED CHEESEBURGER	1 EACH	385	5	32.99
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
BROCCOLI FRESH	1/2 CUP	25	1	4.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 10/23/2026				
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 - 10/26/2026				
CHKN QUESADILLA(ECE)	1 EACH	297	0	31.0
FALAFEL WRAP	SERVINGS	405	6	48.71
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

Tue - 10/27/2026				
TERIYAKI BEEF RICE BOWL	SERVINGS	234	9	32.67
PUPUSA BEAN ,CH(ECE)	1 EACH	300	1	34.0
CARROT STICKS	1/2 CUP	0	0	0.0
SPINACH,FRESH	1 cup	7	0	1.09
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
RANCH DRESSING	SERVING	9	1	2.29

Wed - 10/28/2026				
CHKN TENDERS W/MINI BUN	SERVING	340	3	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CORN, CANNED ,HOT	1/2 CUP	80	7	17.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 10/29/2026				
SMASHED CHEESEBURGER	1 EACH	385	5	32.99
PROTEIN BOX W/CRACKERS	SERVING	385	17	48.41
BROCCOLI FRESH	1/2 CUP	25	1	4.0
SPINACH,FRESH	1 cup	7	0	1.09
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

Fri - 10/30/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2	14.0
BLACK BEAN BURGER ,VEG	1 EACH	355	7	55.99
CARROT STICKS	1/2 CUP	0	0	0.0
APPLES, SLICED ,IW	PKT	34	6	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

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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