

San Juan Unified School District

November 2026, Nutrient Analysis ELEM;K-8 LUNCH

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
Mon - 11/02/2026				
BEEF TACOS W/SALSA	2 EACH	363	*4.20	32.44
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1.20	38.44
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CARROT STICKS	1/2 CUP	0	0.00	0.0
GREEN BEANS,CND,HOT	1/2 CUP	25	1.00	4.0
SALAD MIX	1 CUP	10	2.20	2.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE ,100% FRUIT SLUSH	1 each	60	12.00	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
TACO SAUCE (PORTION PAC	1 PKT	5	1.00	1.0
Tue - 11/03/2026				
CHKN TENDERS W/MINI BUN	SVG	340	2.90	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
PROTEIN BOX W/CRACKERS	SERVIN	405	17.56	48.41
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
PEAS & CARROTS ,HOT	1/2 CUP	45	3.80	10.0
SALAD MIX	1 CUP	10	2.20	2.0
ZUCCHINI STIX (OTH) 1/2 CU	SVG	10	1.49	1.85
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
TACO SAUCE (PORTION PAC	1 PKT	5	1.00	1.0
RANCH DRESSING	1 PKT	70	0.00	1.0
Wed - 11/04/2026				
HOMESTYLE TURKEY BOWL	BOWL	490	*12.09	58.17
BLACK BEAN BURGER ,VEG	1 EACH	355	7.38	55.99
BENTO BOX	SERVIN	527	*6.90	80.06
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CAULIFLOWER FLORETS	1/2 cup	11	0.87	2.25
CELERY STICKS	1/2 CUP	8	0.68	1.5
CORN, CANNED ,HOT	1/2 CUP	80	7.00	17.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
MUSTARD, I PACKET	1 PKT	0	0.00	0.0
Thu - 11/05/2026				
TERIYAKI BEEF RICE BOWL	SVG	234	8.67	32.67
FALAFEL WRAP	SVG	405	6.21	48.71
PROTEIN BOX W/CRACKERS	SVG	405	17.56	48.41
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
CARROT STICKS	1/2 CUP	0	0.00	0.0

SALAD MIX	1 CUP	10	2.20	2.0
ZUCCHINI STIX (OTH) 1/2 CU	SVG	10	1.49	1.85
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14.00	17.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
Fri - 11/06/2026				
CRUNCHY FISH & SLAW SANDWICH	SVG	462	11.80	56.13
GRILLED CHEESE SANDWIC	1 EACH	309	5.95	32.86
BENTO BOX	SVG	527	*6.90	80.06
CARROT STICKS	1/2 CUP	0	0.00	0.0
CAULIFLOWER FLORETS	1/2 cup	11	0.87	2.25
CELERY STICKS	1/2 CUP	8	0.68	1.5
POTATO WEDGES	SVG	130	0.00	21.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLES, SLICED ,IW	PKT	34	6.00	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
TARTAR SAUCE	1 PKT	20	1.00	1.0
Mon - 11/09/2026				
CHKN TENDERS W/MINI BUN	SVG	340	2.90	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CARROT STICKS	1/2 CUP	0	0.00	0.0
CELERY STICKS	1/2 CUP	8	0.68	1.5
GREEN BEANS,CND,HOT	1/2 CUP	25	1.00	4.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
RANCH DRESSING	1 PKT	70	0.00	1.0
TACO SAUCE (PORTION PAC	1 PKT	5	1.00	1.0
Tue - 11/10/2026				
BEEF TACOS W/SALSA	2 EACH	363	*4.20	32.44
FALAFEL WRAP	SVG	405	6.21	48.71
PROTEIN BOX W/CRACKERS	SVG	405	17.56	48.41
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
CELERY STICKS	1/2 CUP	8	0.68	1.5
PEAS & CARROTS ,HOT	1/2 CUP	45	3.80	10.0
SALAD MIX	1 CUP	10	2.20	2.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
TACO SAUCE (PORTION PAC	1 PKT	5	1.00	1.0
RANCH DRESSING	1 PKT	70	0.00	1.0

Mon - 11/16/2026				
CHKN TENDERS W/MINI BUN	SVG	340	2.90	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE ,100% FRUIT SLUSH	1 each	60	12.00	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
TACO SAUCE (PORTION PAC	1 PKT	5	1.00	1.0
Tue - 11/17/2026				
BEEF TACOS W/SALSA	2 EACH	363	*4.20	32.44
PUPUSA BEAN,CH,SALSA	1 EACH	323	*1.20	38.44
CARROTS, PKG	2.6 OZ	25	3.00	6.0
PEAS & CARROTS ,HOT	1/2 CUP	45	3.80	10.0
VEGGIE JUICE ,100%	1 each	60	7.00	13.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
Wed - 11/18/2026				
CHKN QUESADILLA,SALSA	1 EACH	393	*2.20	35.44
FALAFEL WRAP	SVG	405	6.21	48.71
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CORN, CANNED ,HOT	1/2 CUP	80	7.00	17.0
APRICOTS, CUP,FRZ	1 EACH	125	27.00	32.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
RANCH DRESSING	1 PKT	70	0.00	1.0
Thu - 11/19/2026				
CHEESE PIZZA ,GALAXY	1 EACH	280	8.00	26.0
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
VEGGIE JUICE ,100%	1 each	60	7.00	13.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14.00	17.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
Fri - 11/20/2026				
CRUNCHY FISH & SLAW SANDWICH	SVG	462	11.80	56.13
BLACK BEAN BURGER ,VEG	SVG	355	7.38	55.99
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41

APPLES, SLICED ,IW	PKT	34	6.00	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
MUSTARD, I PACKET	1 PKT	0	0.00	0.0
RANCH DRESSING	1 PKT	70	0.00	1.0
KETCHUP PACKET	1 PKT	20	4.00	4.0
TARTAR SAUCE	1 PKT	20	1.00	1.0
Mon - 11/30/2026				
CHKN TENDERS W/MINI BUN	SVG	340	2.90	29.9
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
GREEN BEANS,CND,HOT	1/2 CUP	25	1.00	4.0
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
FRUIT, FRESH VARIETY 1	SVG (1/2 C)	40	7.56	10.41
JUICE ,100% FRUIT SLUSH	1 each	60	12.00	15.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12.00	13.0
RANCH DRESSING	1 PKT	70	0.00	1.0
TACO SAUCE (PORTION PAC	1 PKT	5	1.00	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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