

San Juan Unified School District

November 2026, Nutrient Analysis

ECE LUNCH

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
Mon - 11/02/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2.00	14.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8.00	26.0
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
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
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
SPINACH,FRESH	1 cup	7	0.13	1.09
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
RANCH DRESSING	1pkt	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
CARROT STICKS	1/2 CUP	0	0.00	0.0
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Thu - 11/05/2026				
CORN DOG ,TURKEY	1 EACH	230	12.00	33.0
FALAFEL WRAP	SVG	405	6.21	48.71
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
SPINACH,FRESH	1 cup	7	0.13	1.09
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
RANCH DRESSING	1pkt	70	0.00	1.0
Fri - 11/06/2026				
GRILLED CHEESE SANDWIC	1 EACH	309	5.95	32.86
POTATO WEDGES	SERVIN	130	0.00	21.0
APPLES, SLICED ,IW	PKT	34	6.00	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
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
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Tue - 11/10/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2.00	14.0
FALAFEL WRAP	SVG	405	6.21	48.71
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
SPINACH,FRESH	1 cup	7	0.13	1.09
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
RANCH DRESSING	1pkt	70	0.00	1.0

Thu - 11/12/2026				
CORN DOG ,TURKEY	1 EACH	230	12.00	33.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8.00	26.0
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
APPLES, SLICED ,IW	PKT	34	6.00	8.0
MILK, 1% LOW FAT WHITE	1 CART	130	15.00	16.0
Fri - 11/13/2026				
GRILLED CHEESE SANDWIC	1 EACH	309	5.95	32.86
CARROT STICKS	1/2 CUP	0	0.00	0.0
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
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
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Tue - 11/17/2026				
CORN DOG ,TURKEY	1 EACH	230	12.00	33.0
PUPUSA BEAN ,CH(ECE)	1 EACH	300	1.00	34.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
PEARS,CANNED	1/2 CUP	60	12.00	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Wed - 11/18/2026				
CHKN QUESADILLA(ECE)	1 EACH	297	0.00	31.0
FALAFEL WRAP	SVG	405	6.21	48.71
CORN, CANNED ,HOT	1/2 CUP	80	7.00	17.0
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Thu - 11/19/2026				
CORN DOG ,TURKEY	1 EACH	230	12.00	33.0
PROTEIN BOX W/CRACKERS	SVG	405	17.56	48.41
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
SPINACH,FRESH	1 cup	7	0.13	1.09
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
RANCH DRESSING	1pkt	70	0.00	1.0
Fri - 11/20/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2.00	14.0
BLACK BEAN BURGER ,VEG	SVG	355	7.38	55.99
CARROT STICKS	1/2 CUP	0	0.00	0.0
APPLES, SLICED ,IW	PKT	34	6.00	8.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
Mon - 11/23/2026				
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
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0

Tue - 11/24/2026				
TACO, CRISPY BEEF & CH	1 EACH	170	2.00	14.0
CHEESE PIZZA ,GALAXY	1 EACH	280	8.00	26.0
CORN, CANNED ,HOT	1/2 CUP	80	7.00	17.0
APPLESAUCE CUP ,IW	1 EACH	60	18.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
RANCH DRESSING	1pkt	70	0.00	1.0
Wed - 11/25/2026				
GRILLED CHEESE SANDWIC	1 EACH	309	5.95	32.86
CARROTS, PKG	2.6 OZ	25	3.00	6.0
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	16.0
RANCH DRESSING	1pkt	70	0.00	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
FRUIT, FRESH VARIETY 1	SVG (1/2C)	40	7.56	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15.00	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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