San Juan Unified School District

November 2026, Nutrient Analysis MIDDLE SCH LUNCH

	Portion Size	Cals (kcal)	Sugar (g)	Carb (g)
MONDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BLACK BEAN BURGER ,VEG	1 EACH	356	7.06	56.0
CHEESE PIZZA	SLICE	350	7.00	34.0
CHICKEN PATTY SANDWICH	1 EACH	430	5.00	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2.20	35.44
PEPPERONI PIZZA	1 SLICE	350	7.00	34.0
DOUBLE SMASHED CHEESE BURGER	1 EACH	430	4.63	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	4.56	34.18
TERIYAKI BEEF RICE BOWL	SVG	234	8.67	32.67
BENTO BOX	SVG	527	*6.90	80.06
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
SPINACH SALAD(SM)	1.125 C	101	*0.13	3.91
FRUIT, FRESH VARIETY 1	SVG (1/ 2 C)	40	7.56	10.41
PEACHES,CANNED	1/2 CUP	60	13.00	14.0
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
TACO SAUCE (PORTION PAC	1 PACKET	5	1.00	1.0
KETCHUP PACKET	1 PACKET	20	4.00	4.0
RANCH DRESSING	SVG	70	0.00	1.0
BBQ SAUCE PACKET	1 OZ.	45	9.00	10.0
MUSTARD, I PACKET	PACKET	0	0.00	0.0
TUESDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BLACK BEAN BURGER ,VEG	1 EACH	356	7.06	56.0
CHEESE PIZZA	SLICE	350	7.00	34.0
CHICKEN PATTY SANDWICH	1 EACH	430	5.00	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2.20	35.44
PEPPERONI PIZZA	1 SLICE	350	7.00	34.0
DOUBLE SMASHED CHEESE BURGER	1 EACH	430	4.63	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	4.56	34.18
EDAMAME EGG RAMEN CUP	SVG	375	3.00	37.0
FALAFEL WRAP	SVG	404	6.08	48.54
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
SPINACH SALAD(SM)	1.125 C	101	*0.13	3.91
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
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
TACO SAUCE (PORTION PAC	1 PACKET	5	1.00	1.0
KETCHUP PACKET	1 PACKET	20	4.00	4.0
RANCH DRESSING	SVG	70	0.00	1.0
BBQ SAUCE PACKET	1 OZ.	45	9.00	10.0
MUSTARD, I PACKET	PACKET	0	0.00	0.0

WEDNESDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BLACK BEAN BURGER ,VEG	1 EACH	356	7.06	56.0
CHEESE PIZZA	SLICE	350	7.00	34.0
CHICKEN PATTY SANDWICH	1 EACH	430	5.00	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2.20	35.44
PEPPERONI PIZZA	1 SLICE	350	7.00	34.0
DOUBLE SMASHED CHEESE BURGER	1 EACH	430	4.63	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	4.56	34.18
TURKEY SLOPPY SUB	1 EACH	387	*9.18	48.06
BENTO BOX	SVG	527	*6.90	80.06
CAULIFLOWER FLORETS	1/2 cup	11	0.87	2.25
BEAN VARIETY,CND COLD	1/2 CUP	118	2.00	21.0
CELERY STICKS	1/2 CUP	8	0.68	1.5
SPINACH SALAD(SM)	1.125 C	101	*0.13	3.91
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
TACO SAUCE (PORTION PAC	1 PACKET	5	1.00	1.0
KETCHUP PACKET	1 PACKET	20	4.00	4.0
RANCH DRESSING	SVG	70	0.00	1.0
BBQ SAUCE PACKET	1 OZ.	45	9.00	10.0
MUSTARD, I PACKET	PACKET	0	0.00	0.0
THURSDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BLACK BEAN BURGER ,VEG	1 EACH	356	7.06	56.0
CHEESE PIZZA	SLICE	350	7.00	34.0
CHICKEN PATTY SANDWICH	1 EACH	430	5.00	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2.20	35.44
PEPPERONI PIZZA	1 SLICE	350	7.00	34.0
DOUBLE SMASHED CHEESE BURGER	1 EACH	430	4.63	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	4.56	34.18
PIZZA , BBQ CHICKEN	SLICE	350	7.00	34.0
FALAFEL WRAP	SVG	404	6.08	48.54
BROCCOLI FRESH	1/2 CUP	25	1.00	4.0
CARROTS, PKG	2.6 OZ	25	3.00	6.0
CORN, CANNED ,HOT	1/2 CUP	80	7.00	17.0
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
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 PACKET	5	1.00	1.0
KETCHUP PACKET	1 PACKET	20	4.00	4.0
RANCH DRESSING	SVG	70	0.00	1.0
BBQ SAUCE PACKET	1 OZ.	45	9.00	10.0
MUSTARD, I PACKET	PACKET	0	0.00	0.0
FRIDAYS				
BURRITO, BEAN & CH (H)	1 EACH	305	2.52	42.07
BLACK BEAN BURGER ,VEG	1 EACH	356	7.06	56.0
CHEESE PIZZA	SLICE	350	7.00	34.0
CHICKEN PATTY SANDWICH	1 EACH	430	5.00	47.0
CHKN QUESADILLA,SALSA	1 EACH	393	*2.20	35.44
PEPPERONI PIZZA	1 SLICE	350	7.00	34.0
DOUBLE SMASHED CHEESE BURGER	1 EACH	430	4.63	31.49
TURKEY HAM & CHEESE SANDWICH	1 EACH	340	4.56	34.18
CRUNCHY FISH & SLAW SANDWICH	SVG	462	11.80	56.13

BENTO BOX	SVG	527	*6.90	80.06
CAULIFLOWER FLORETS	1/2 cup	11	0.87	2.25
CARROTS, PKG	2.6 OZ	25	3.00	6.0
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 VARIETY ,CANNED	1/2 CUP	60	13.00	15.67
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 PACKET	5	1.00	1.0
KETCHUP PACKET	1 PACKET	20	4.00	4.0
RANCH DRESSING	SVG	70	0.00	1.0
BBQ SAUCE PACKET	1 OZ.	45	9.00	10.0
MUSTARD, I PACKET	PACKET	0	0.00	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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