

San Juan Unified School District

Base Menu Spreadsheet

HS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon -				
HS BREAKFAST	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CINNAMON ROLL	1 EACH	270	12	38.0
EGG CHILAQUILES	SVG	330	3	31.93
MUFFIN VARIETY (LARGE)	1 EACH	226	18	39.25
OATS -ROLLED WG,OVERNIGHT	SERVING	362	19	59.36
YOGURT PARFAIT	SERVING	319	32	61.06
WAFFLE W/FRUIT	SERVING	225	12	38.0
POPARTS,WG,VARIETY	1 EACH	366	30	72.7
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
APPLESAUCE CUP ,IW	1 EACH	51	11	14.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
JUICE VARIETY, BOX	CARTONS	61	13	14.62
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue -				
HS BREAKFAST	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CINNAMON ROLL	1 EACH	270	12	38.0
EGG CHILAQUILES	SVG	330	3	31.93
MUFFIN VARIETY (LARGE)	1 EACH	226	18	39.25
OATS -ROLLED WG,OVERNIGHT	SERVING	362	19	59.36
YOGURT PARFAIT	SERVING	319	32	61.06
WAFFLE W/FRUIT	SERVING	225	12	38.0
BREAKFAST SAUSAGE SANDWICH	1 EACH	214	4	26.3
NADA, CINN APPLE	1 EACH	270	18	50.0
MIXED FRUIT,CANNED	1/2 CUP	60	12	15.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

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YOGURT PARFAIT	SERVING	319	32	61.06
WAFFLE W/FRUIT	SERVING	225	12	38.0
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
WG CEREAL VARIETY	BOWL/CUP	223	13	45.33
PEARS,CANNED	1/2 CUP	60	12	16.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	50	*9	12.62
JUICE VARIETY, BOX	CARTONS	61	13	14.62
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