

# San Juan Unified School District

Base Menu Spreadsheet

MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 05/01/2023				
MIDDLE SCHOOL BREAKF	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
CINNAMON ROLL	1 EACH	270	12	38.0
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
BREAKFAST SAUSAGE SANDWICH	1 EACH	214	4	26.3
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

Tue - 05/02/2023				
MIDDLE SCHOOL BREAKF	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
CINNAMON ROLL	1 EACH	270	12	38.0
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
EGG CHILAQUILES	SVG	330	3	31.93
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

**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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MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 05/03/2023				
MIDDLE SCHOOL BREAKF	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
CINNAMON ROLL	1 EACH	270	12	38.0
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
WG CEREAL VARIETY	BOWL/CUP	223	13	45.33
EGG CHILAQUILES	SVG	330	3	31.93
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
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, CHOC NONFAT	1 CARTON	120	19	21.0

Thu - 05/04/2023				
MIDDLE SCHOOL BREAKF	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
CINNAMON ROLL	1 EACH	270	12	38.0
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
POPARTS,WG,VARIETY	PKG	366	30	72.7
PEACHES,CANNED	1/2 CUP	60	13	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
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Base Menu Spreadsheet

MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 05/05/2023				
MIDDLE SCHOOL BREAKF	Total			
AVOCADO TOAST	1 SVG	260	5	36.0
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
CINNAMON ROLL	1 EACH	270	12	38.0
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
EGG CHILAQUILES	SVG	330	3	31.93
WG CEREAL VARIETY	BOWL/CUP	223	13	45.33
FRUIT VARIETY ,CANNED	1/2 CUP	60	12	15.0
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
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