

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ELEM, K-8 BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/01/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -ROLLED WG,OVERNIGHT	SERVING	347	61.86	*5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Fri - 02/02/2024				
ELEM, K-8 BREAKFAST	Total			
WAFFLE W/FRUIT	SERVING	220	36.0	6.0
WG CEREAL VARIETY	BOWL/CUP	223	45.33	4.17
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Mon - 02/05/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Tue - 02/06/2024				
ELEM, K-8 BREAKFAST	Total			
BURRITO WG - EGG & CH	1 EACH	210	23.0	8.0
OATS -ROLLED WG,OVERNIGHT	SERVING	347	61.86	*5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 02/07/2024				
ELEM, K-8 BREAKFAST	Total			
EGG CHILAQUILES	SVG	330	31.93	18.03
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Thu - 02/08/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
YOGURT PARFAIT	SERVING	317	60.06	*5.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Fri - 02/09/2024				
ELEM, K-8 BREAKFAST	Total			
WAFFLE W/FRUIT	SERVING	220	36.0	6.0
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Mon - 02/12/2024				
ELEM, K-8 BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 02/13/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -ROLLED WG,OVERNIGHT	SERVING	347	61.86	*5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Wed - 02/14/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
YOGURT PARFAIT	SERVING	317	60.06	*5.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Thu - 02/15/2024				
ELEM, K-8 BREAKFAST	Total			
EGG CHILAQUILES	SVG	330	31.93	18.03
OATS -ROLLED WG,OVERNIGHT	SERVING	347	61.86	*5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Fri - 02/16/2024				
ELEM, K-8 BREAKFAST	Total			
WAFFLE W/FRUIT	SERVING	220	36.0	6.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 02/20/2024				
ELEM, K-8 BREAKFAST	Total			
CEREAL VARIETY, WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Wed - 02/21/2024				
ELEM, K-8 BREAKFAST	Total			
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
YOGURT PARFAIT	SERVING	317	60.06	*5.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Thu - 02/22/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -ROLLED WG, OVERNIGHT	SERVING	347	61.86	*5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEARS, CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Fri - 02/23/2024				
ELEM, K-8 BREAKFAST	Total			
WAFFLE W/FRUIT	SERVING	220	36.0	6.0
CEREAL VARIETY, WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 02/26/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Tue - 02/27/2024				
ELEM, K-8 BREAKFAST	Total			
BURRITO WG - EGG & CH	1 EACH	210	23.0	8.0
OATS -ROLLED WG,OVERNIGHT	SERVING	347	61.86	*5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Wed - 02/28/2024				
ELEM, K-8 BREAKFAST	Total			
EGG CHILAQUILES	SVG	330	31.93	18.03
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Thu - 02/29/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
YOGURT PARFAIT	SERVING	317	60.06	*5.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

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				Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)		

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