

# San Juan Unified School District

Oct 9, 2023 thru Oct 13, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Carb (g)
Mondays		
MIDDLE SCHOOL BREAKF	Total	
AVOCADO TOAST	1 SVG	36.0
CINNAMON ROLL	1 EACH	39.0
NADA, CINN APPLE	1 EACH	50.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
YOGURT PARFAIT	SERVING	61.06
PAN DULCE	1 EACH	30.0
WAFFLE W/FRUIT	SERVING	38.0
POPARTS,WG,VARIETY	1 EACH	74.2
BOILED EGG W/CORN MUFFIN	SERVING	45.0
APPLESAUCE CUP ,IW	1 EACH	14.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

	Portion Size	Carb (g)
Tuesdays		
MIDDLE SCHOOL BREAKF	Total	
AVOCADO TOAST	1 SVG	36.0
CINNAMON ROLL	1 EACH	39.0
NADA, CINN APPLE	1 EACH	50.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
PAN DULCE	1 EACH	30.0
YOGURT PARFAIT	SERVING	61.06
WAFFLE W/FRUIT	SERVING	38.0
EGG CHILAQUILES	SVG	31.93
BAGEL /JALPENO CR CHEESE	PKG	27.0
PEACHES,CANNED	1/2 CUP	14.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

**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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	Portion Size	Carb (g)
Wednesdays		
MIDDLE SCHOOL BREAKF	Total	
AVOCADO TOAST	1 SVG	36.0
CINNAMON ROLL	1 EACH	39.0
NADA, CINN APPLE	1 EACH	50.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
YOGURT PARFAIT	SERVING	61.06
WAFFLE W/FRUIT	SERVING	38.0
PAN DULCE	1 EACH	30.0
EGG CHILAQUILES	SVG	31.93
WG CEREAL VARIETY	BOWL/CUP	45.33
PEARS,CANNED	1/2 CUP	16.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
JUICE VARIETY, BOX	CARTONS	14.5
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

	Portion Size	Carb (g)
Thursdays		
MIDDLE SCHOOL BREAKF	Total	
AVOCADO TOAST	1 SVG	36.0
CINNAMON ROLL	1 EACH	39.0
NADA, CINN APPLE	1 EACH	50.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
YOGURT PARFAIT	SERVING	61.06
WAFFLE W/FRUIT	SERVING	38.0
PAN DULCE	1 EACH	30.0
BOILED EGG W/CORN MUFFIN	SERVING	45.0
BAGEL /JALPEN0 CR CHEESE	PKG	27.0
MIXED FRUIT,CANNED	1/2 CUP	17.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

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	Portion Size	Carb (g)
Fridays		
MIDDLE SCHOOL BREAKF	Total	
AVOCADO TOAST	1 SVG	36.0
CINNAMON ROLL	1 EACH	39.0
NADA, CINN APPLE	1 EACH	50.0
OATS -ROLLED WG,OVERNIGHT	SERVING	61.86
YOGURT PARFAIT	SERVING	61.06
WAFFLE W/FRUIT	SERVING	38.0
PAN DULCE	1 EACH	30.0
EGG CHILAQUILES	SVG	31.93
WG CEREAL VARIETY	BOWL/CUP	45.33
FRUIT VARIETY ,CANNED	1/2 CUP	15.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	8.81
JUICE VARIETY, BOX	CARTONS	14.5
MILK, WHITE 1%	1 CARTON	16.0
MILK, NONFAT CHOC	1 CARTON	20.0

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